



Resistance band usage guide and safety instructions



WARNING : READ THE SAFETY GUIDE BEFORE USE



Find international instructions at / Finden Sie internationale Anweisungen am /
Trouver des instructions internationales à / Trovare le istruzioni internazionali presso /
Encontrar las instrucciones de internacionales / www.gym-stuff.co.uk/guides

1 x Black tube 15-20kg
1 x Red tube 20-25kg
1 x Blue tube 25-30kg
1 x Door anchor
1 x Carry bag

Thanks for purchasing our resistance band kit!

Please see enclosed some basic exercises to get you going. There are 100's of exercises that can be done and more information can be found via the internet.

We'd love to hear what you think! If you could take a moment to submit a product review via the platform you purchased this item, eg. [amazon.co.uk](https://www.amazon.co.uk) / [ebay.co.uk](https://www.ebay.co.uk) / [gym-stuff.co.uk](https://www.gym-stuff.co.uk)



**WARNING : BEFORE USE PLEASE READ THE SAFETY INSTRUCTIONS
CONTAINED IN THIS MANUAL**

INSTRUCTIONS FOR USE

How to attach the tube to the door anchor

Thread the anchor loop through the hinged side or top of the door frame. The felt anchor should remain on rear side of the door. Close the door and use your anchor as the image below. Only use on professionally fitted doors, and never use on a door that opens towards you. Do not use on glass sliding doors, kitchen cupboard doors, or wardrobe doors. Pulling the door towards you can cause injury.

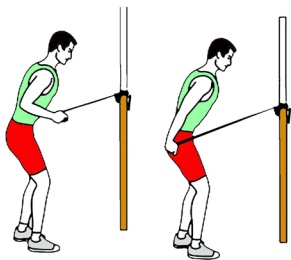


Front of door

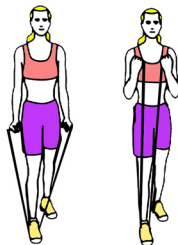


Rear of door

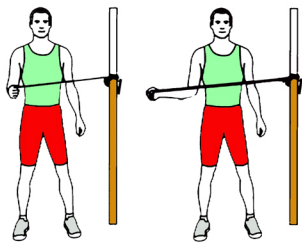
Tricep extension



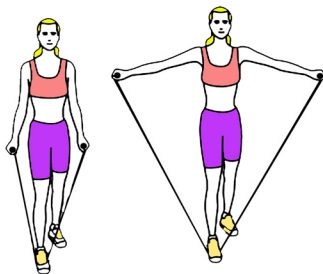
Bicep curl



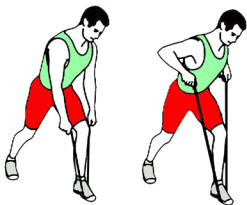
Chest fly



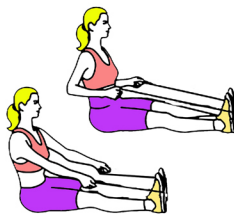
Lateral raise



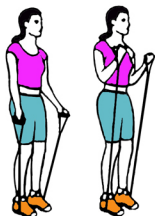
Bent Over Row



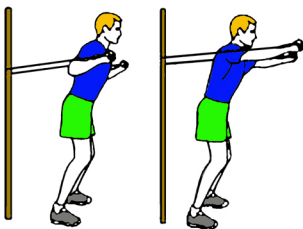
Seated Row



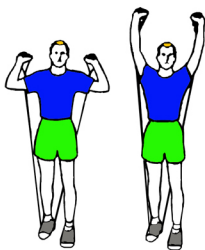
Bicep hammer curl



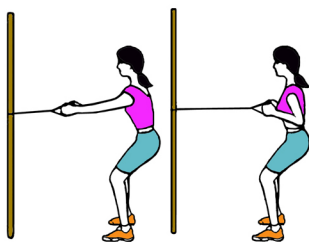
Chest Press



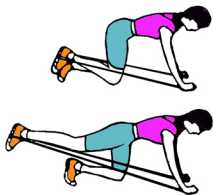
Shoulder press



Standing row



Leg extension



Squat



INSTRUCTIONS FOR USE

Sawing

Resistance bands should not be used in a sawing manner. This is when you thread your bands through an anchor system and alternate pulling from side to side. This action creates friction and heat - Its possible to tare through the band when used in this manner.

Anchor points

Use the door anchor as directed in this manual only.

Overstretching

Do not overstretch your bands. The bands should not be stretched more than 1.5 times its original length of 1100mm.

Storage

Do not store in direct sunlight or hot / dry conditions. The bands can become brittle and snap.

Maximum stretch -

Each band should not be stretched more than 1.5 times its original length of 1400mm.

The approx. weights on each band when fully stretched are -

Black band - 40kg

Red tube - 50kg

Blue tube - 60kg