

RESISTANCE BANDS SET-150 LBS

- WHOLE-BODY STEENGTH TRAINING
- EXERCISE ANYTIME,ANYWHERE
- NATURAL LATEX,NON-TOXIC AND HARMLESS



Please email me if you have anything need
fitbeastservice@gmail.com

*FitBeast reserves all the right for the final explanation.



CONTENTS

En	Quick Start Guide	02
De	Kurzanleitung	14
Es	Guía de inicio rápido	26
Fr	Guide de démarrage rapide	38
It	Guida di avvio rapido	50

CONTENTS

Tutorial Videos	02
Warnings	03
Guidelines for Safe and Risks	05
Instruction of Products and Accessories	07
Official Website and After-sale Service	11

**DON'T WANT TO READ WORDS!
PICTURE IS NOT EASY TO UNDER-
STAND!**

**WATCH PRODUCT TUTORIAL
VIDEO ON
WWW.FITBEASTSPORT.COM**



Tutorial Videos

Email: fitbeastservice@gmail.com
WhatsApp: +8618038159034
Facebook: Fitbeast
Ins: fitbeastsport

Use the registration code on the product service card to use on the brand official website.

RESISTANCE BANDS SET EXERCISE

IMPORTANT! Read and follow all information before use. Serious injury or fatality may occur.



DOOR ANCHOR

- ALWAYS check to make sure the door is firm enough before training and donot use door anchor on gypsum wall or glass door.
- ALWAYS install "RESISTANCE BANDS Door Anchors" so that the door closes TOWARDS you.
- ALWAYS Shut door tightly, securing and locking latch before every use.

RESISTANCE BANDS

- ALWAYS check your bands to make sure there is no risk of any off-line or fracture.
- DO NOT use on weak or hollow-core doors. Only use "RESISTANCE BAND" on solid wood or metal doors.
- ALWAYS inspect bands, door anchors and all components for nicks, cuts, or loose threads/stitching before every use. If you find any cuts or loose thread,discontinue use immediately.

FOAM ANCHOR

Made of foam and PP material,strong bearing capacity,firm and safe.USE GUIDE OF HAND PAD RESISTANCE BANDS EXERCISE VGUIDELINES FOR SAFE AND RISKS

Warnings: Stretching over 5 times has the risk of damaged. Safety range of stretching is between 3-4 times.Please note the limit of stretch ratio when you first start training. "RESISTANCE BANDS" are not a toy. Please do not eat or hang upside down.

- "RESISTANCE BANDS" Do not attempt any type of ultimate tensile on the "RESISTANCE BANDS" Use only as shown/illustrated/intended.
- "RESISTANCE BANDS" are intended for adult use only and are not to be used by children under 18. Keep "RESISTANCE BANDS" out of the hands of children at all times.
- "RESISTANCE BANDS" can pose a strangulation hazard to children and pets, therefore must NEVER be left unattended. To avoid accidents, uninstall and store "RESISTANCE BANDS" out of the reach of children when not in use.

STATEMENT

• FitBeast LLC is not responsible for any personal property damage that may occur while installing or using the "RESISTANCE BANDS" or any of its components.

• The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as "Materials").

• These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

• The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).You acknowledge and agree that the Materials are provided by FitBeast LLC(directly and/or through their licensors). You agree that all persons appearing in these Materials do so on behalf of FitBeast LLC and that FitBeast LLC are the sole providers of the content of the Materials, notwithstanding any other person in the Materials appearing to endorse or recommend the Materials.

• NO WARRANTIES OF ANY KIND OR NATURE RELATING TO THE MATERIALS,EITHER EXPRESS OR IMPLIED, AND EXPRESSLY DISCLAIMS ALL SUCH WARRANTIES AND REPRESENTATIONS, INCLUDING, BUT NOT LIMITED TO, THE WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. KNOWLEDGE EGARDING THE HUMAN BODY AND EXERCISES CHANGES; THEREFORE, YOU SHOULD CHECK THE FOLLOWING WEBSITE FROM TIME TO TIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS REGARDING THE MATERIALS ATwww.tbcastsport.com;

HOWEVER FitBeast LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.

IMPORTANT!!

THE STEPS ARE QUITE IMPORTANT, BANDS WILL BE UNAVAILABLE IF YOU FOLLOW WRONG STEPS

WARNINGS OF RESISTANCE BANDS

Warnings and Maintenance Tips of RESISTANCE BANDS


Warnings and Maintenance Tips of Pull Up Assist Bands

- 1. Warnings**
Before Use: Always check crack or notch before use.
In Use:
 - Do not wear sharp jewelry or keep long fingernails while using in case of worn off.
 - Do not rub bands with sharp items in case of worn off.
 - Stretch the bands no more than 3 times of its length.
 - Replace the bands periodically (per quarter), otherwise the life cycle will be reduced.
 - Stop to use if you are allergic to latex.
- 2. Maintenance Tips**
 - Do not dip the bands into water. It is better to clean using soap water, then dry it in cool place.
 - Keep the bands away from chemical reagent.
- 3. About Odor**
Always keep the bands in ventilated place, then odor of latex will disappear gradually.
- 4.Storage**
Do not expose the bands to the air over 6 months, store the bands into the carry bag, or the bands have the risk of fracture.

PRODUCT STRUCTURE DISPLAY

STRCKRBLE UP TO 150 LBS

They can be used alone or stacked in any combination of intensity from 10 lbs to 150 lbs



LENGTH: 1.5m/59inch

DOOR ANCHOR PLACEMENT



ALWAYS position Door Anchors in TOP-CENTER of the door.

ALWAYS place the Door Anchors so the door closes TOWARDS you on the exercise-side of the door.

Only use "Resistance bands" on SOLID WOOD or MEDAL doors.



DOOR ANCHOR INSTALLATION

(Refer to DOOR ANCHOR PLACEMENT Figure 1 for proper position options)
Exercise **ONLY** on the side of the door where the door closes **TOWARDS YOU**



Place the **Door Anchors** centered on top of the door. The **Door Anchor Stoppers** must be on the "non-exercise side" of the door.

When the door is closed, the **Door Anchors** fit snugly between the top of the door and the door jamb. The **Door Anchor Stoppers** must rest securely against the door frame.

When installed properly, the **Quick-adjust suspension strap clamps** are facing you on the "exercise side" of the door, after you have closed the door toward you.

USE GUIDE OF ANKLE STRAP

How to use Ankle Strap



WATCH PRODUCT TUTORIAL VIDEO ON WWW.FITBEASTSPORT.COM



Tutorial Videos

Email: fitbeastservice@gmail.com
WhatsApp: +8618038159034
Facebook: Fitbeast
Ins: fitbeastsport

Use the registration code on the product service card to use on the brand official website.

PRO TRAINER STRAPS EXERCISE



IMPORTANT! Read and follow all warnings and directions before using this product to reduce the risk of injury.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All FitBeast equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and instructions before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact FitBeast for assistance. This product is not intended for commercial use.

Go to www.fitbeastport.com for product information.
MADE IN CHINA.

