



Resistance Bands **Booty**

- Shape your hips
- Strengthen leg muscles
- Improve flexibility and core strength



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

*FitBeast reserves all the right for
the final explanation.

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WATCH PRODUCT TUTORIAL VIDEO ON

WWW.FITBEASTSPORT.COM



Tutorial Videos

Email: fitbeastservice@gmail.com

WhatsApp: + 86 18038159034

Facebook: Fitbeast

Ins: fitbeastsport

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

01

RESISTANCE BANDS **BOOTY**



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

BEFORE USE

- Before each use, please check whether the Bands Booty interface is damaged, if yes, please stop using it immediately.
- Before each use, please check whether there are fracture in the anti-skid glue inside the Bands Booty interface. If yes, please stop using it immediately.
- If it is possible, please wear gym clothes to use it.
- Please do not contact skin directly to prevent forcing your body.

During Use

- If you feel pain in the contact area during use, you can use another smooth surface to avoid aggravating the pain.
- Novices should practice moderately during use to avoid muscle injuries caused by overuse.
- When novices use different resistances, please use them according to the actual situation to avoid harm to the body.
- If you are undergoing leg rehabilitation training, please follow the doctor's instructions for correct use

During Use

- Please put Bands Booty into the storage bag after each use to prevent damage caused by the external uncontrollable environment.
- It is forbidden to place high temperature environment to avoid damage to internal structure.
- Do not place it in a low temperature and humid environment to avoid corrosion of product materials.

02

STATEMENT

- FitBeast LLC is not responsible for any personal property damage that may occur while installing or using the "BANDS BOOTY" 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). Oct 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 Material&
- NO WARRANTIES OF ANY KIND OR NATURE RELATING TO THE MATERIALS, EITHER EXPRESS OR IMPLIED, AND EXPRESS, DISCL

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

04

RESISTANCE BANDS **BOOTY**

Cautions and warnings for Bands booty

1. Before each use, please check whether there are fracture in the anti-skid glue inside the Bands Booty interface. If it is, please stop using it immediately.
2. If it is possible, please wear gym clothes to use it.

during use

3. When using a Bands Booty , do not stretch it more than 3 times in length
4. It is forbidden to place the booty band in a high temperature environment, which shortens its life cycle
5. Do not expose the product to the sun to avoid deformation of the Extended Resistance Bands and shorten the life cycle
6. Avoid placing it outside the house, causing rain to get wet and avoid damage

Maintenance method

1. Keep away from chemical reagents
3. Store the product in a cool place
5. After use, please put the product in a storage bag or backpack to extend the life of the product.

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RESISTANCE BANDS **BOOTY**

3 Resistance Levels

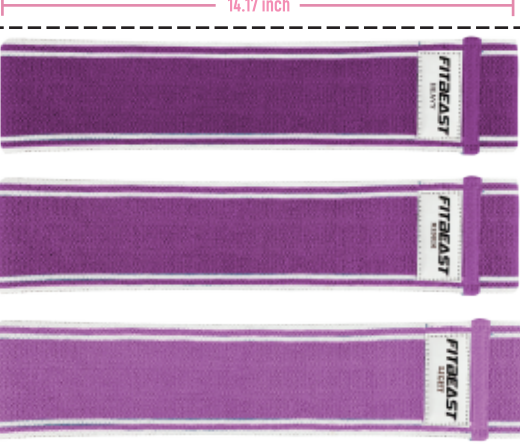
14.17in*3.14in



HEAVY
40-50LBS

MEDIUM
25-35LBS

LIGHT
15-25LBS



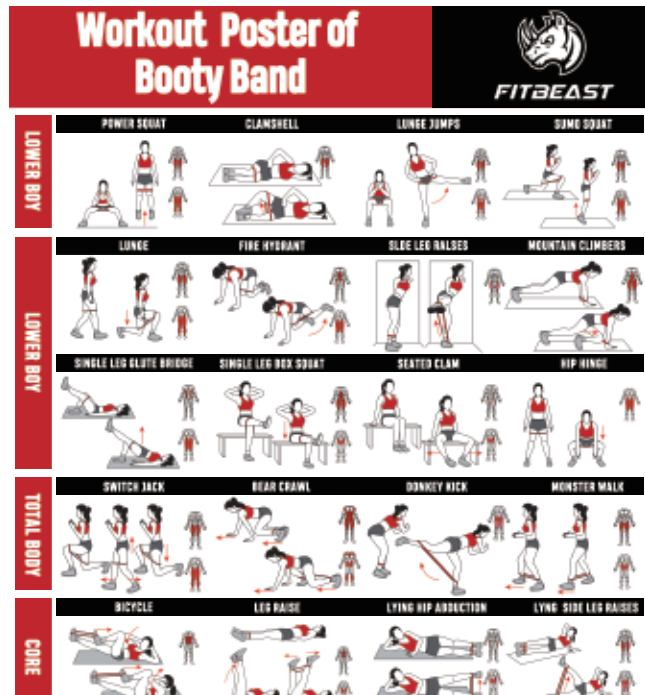
HEAVY
40-50LBS

MEDIUM
25-35LBS

LIGHT
15-25LBS

06

LEGS AND BUTT WORKOUT POSTER



07

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08

RESISTANCE BANDS **BOOTY**



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. If any is found, discontinue use immediately and contact FitBeast for assistance. This product is not intended for commercial use.

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



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