



SMARTWORKOUT

USER GUIDE & SAFETY RULES



SMARTWORKOUT
SPÉCIALISTE DES BANDES DE RÉSISTANCE

DISCLAIMER

WARNING: Products sold by SmartWorkout - including fitness equipment, resistance bands, and all other products - can cause serious injury if used improperly or if not installed correctly. Training or using any equipment provided by SmartWorkout is at your own risk. Be sure to consult a qualified medical professional before beginning any athletic activities.

By purchasing, using, providing or permitting the use of SmartWorkout products, you understand and agree that the above activities, and any other activities involving the use of equipment sold by SmartWorkout, are high risk activities and, to the extent permitted by law, you expressly and voluntarily assume the risk of death or other personal injury sustained while participating in these activities, whether or not caused by SmartWorkout's negligence, including, but not limited to, equipment malfunction, improper installation of a SmartWorkout-supplied product, or any other fault of SmartWorkout.

INSPECTION BEFORE EVERY USE: Resistance bands can deteriorate over time with persistent use. It is your responsibility to inspect each rubber band before use, especially with constant use or vigorous activity, to ensure that it is intact. Look for signs of wear such as abrasions on the surface of the bands, cracks or tears. If you see these or other common signs of damage, do not use the elastics.

GENERAL DISCLAIMER:. Exercise demonstration videos may show the model not following safety rules or performing high risk exercises, this is for demonstration purposes only and does not preclude following the safety rules mentioned above.

INTRODUCTION & FIRST-TIME USE

Welcome to the SmartWorkout community!

Whether you're just starting out in strength training, intensifying your existing workout, or recovering after an injury, SmartWorkout equipment will help you progress and get you closer to your muscle goals, and we congratulate you on your fitness journey.

Before you start using the SmartWorkout equipment, **please read carefully our safety guidelines to ensure proper use of the equipment.**

SmartWorkout Elite content:



- 7 resistance bands,
- 1 workout bar,
- 1 pair of handles,
- 1 pair of ankle straps,
- 1 door anchor,
- 4 carabiners, attached to the handles & ankle straps.

When you receive your SmartWorkout Elite set, the carabiners are attached to the handles and ankle straps. These carabiners should also be used with the bar.

The [workout programs are available here](#), there is no paper version. Videos describing the main exercises are available on our [Youtube channel](#).

SAFETY RULES

Wear shoes when training.

We know it's tempting to train barefoot at home. But that's not recommended with the SmartWorkout equipment!

Firstly, you'll need to lock the bands under your feet for most exercises, which is much easier when you're wearing shoes. Secondly, the shoes will protect you in the unlikely event that the resistance band slips or tears.

Maximum stretch of the band: up to 4x its initial size.

Our resistance bands can stretch up to 4 times their initial size. The maximum resistance (displayed on the band) is reached for this stretch. Beyond this stretch, you weaken the band, and it will lose its resistance, at the risk of tearing if you stretch it too much.

Always choose a higher resistance rather than a greater stretch (especially for exercises with the door anchor).

Support: Feet, Door Anchor or smooth & round Pole.

We recommend using the rubber bands only with the door anchor, the anywhere anchor or its feet. If a post is used, make sure that its diameter is large enough (min. 5cm), and that its surface is smooth and round to avoid damaging the rubber bands. **Wooden posts or bars (rectangular) are not recommended** - the splinters of the former and the sharp angle of the latter may tear the rubber bands.

WARNING:

Failure to follow the rules of use can make the use of SmartWorkout equipment dangerous. SmartWorkout will not be responsible for any injury or damage to the equipment if you do not follow the rules of use. Damage to the equipment due to non-compliance will not be covered by the SmartWorkout warranty.

SAFETY RULES



70 kg of maximum resistance with the door anchor.

The standard door anchor supports a maximum load of 70 kg. If you want to use a higher load, you can use a smooth round post with a diameter greater than 5cm as a support.

The door anchor XL supports up to 100 kg of resistance.



100 kg maximum resistance with handles and ankle straps.

Handles and ankle straps are designed for isolation exercises (such as lateral raises) where the resistance does not need to be very high. Above 100kg, do not use your straps and handles, only the barbell which was designed to support heavy loads.



100 kg of maximum resistance for the squat, lunges and barbell press.

These three exercises can be dangerous with a higher load because the elastics are stretched to the maximum and the bar is close to your face. If 100 kg in the squat is not enough for you, we recommend replacing this exercise with unilateral lunges.



200 kg of maximum resistance for Chest Press, Rowing and Deadlift with the bar.

Unlike squats, the tension points on the bar are not at the ends of the bar for these exercises as the bands are wrapped around the bar. The bar is therefore much more stable, and you can load up to 200 kg without risking injury or damaging the equipment.

HOW TO FIX THE RESISTANCE BANDS ?

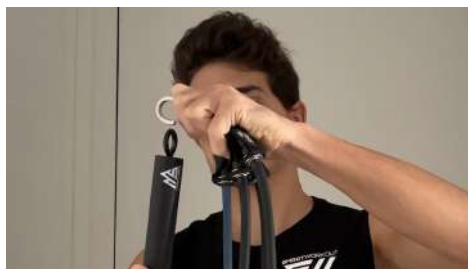
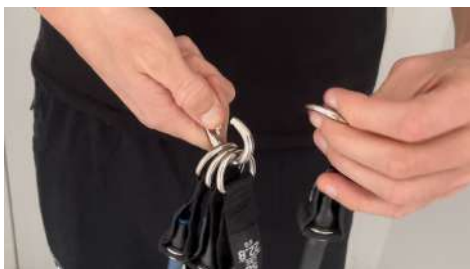
Each resistance band has two steel rings, allowing to fix the accessories (SmartWorkout bar, handles and ankle straps) to the bands with the help of large carabiners.

Upon receipt, the carabiners are attached to the handles and ankle straps.



To attach your resistance bands to the accessories: :

1. Open the carabiner with your thumb.
2. Slide in the desired number of resistance bands.
3. Fix the carabiner to the accessory you want to use.



[Click here](#) to watch the explaining video.

Before performing an exercise, **always check that the carabiners are closed.**

The bar can make a pression against the carabiners and lock them open when they are manipulated.

DOOR ANCHOR

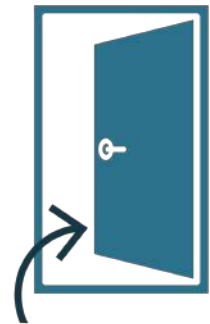
The door anchor allows you to replicate a real pulley at home. **The standard door anchor supports a maximum of 70 kg of resistance**, the XL door anchor supports 100 kg.

It can be used in three different ways:

- At the top of the door (*example: Triceps Extension, Face Pull, ...*),
- In the middle of the door (*example: Rowing, ...*),
- At the bottom of the door (*example: Donkey Kick, Biceps Curl, ...*).

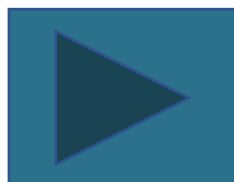
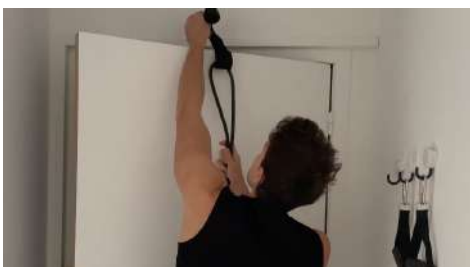
To train with the door anchor safely, **always stand on the opposite side of the door opening and/or lock the door** so it does not open during an exercise.

The space below your door should not be bigger than 0.5 cm.



To use the door anchor:

1. Place the anchor in the desired position (top, middle or bottom of the door) and close the door. The foam is blocked behind the door.
2. Slide the resistance bands through the loop of the door anchor.
3. Fix the bands to the accessory.



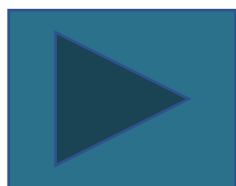
[Click here](#) to watch the explaining video.

ANKLE STRAPS

Ankle straps are useful for performing isolation exercises for the lower body. They are often used with the door anchor.

To train with the ankle straps:

1. Open the ankle strap, place it around your ankle and close it with the Velcro.
2. Attach the carabiner to the ring of the ankle strap.
3. Attach both rings of the band to the carabiner, after passing the band through the door anchor if needed.



[Click here](#) to watch the explaining video.

ANYWHERE ANCHOR

The anywhere anchor is a new accessory (not included in the SmartWorkout Elite pack) that allows you to replicate a pulley outside and without a door.

Indeed, **it is forbidden to use the elastics directly with a support such as a post** because it risks scratching the elastics and eventually breaking them (see next page). The anywhere anchor can be used with a **maximum resistance of 100 kg**.

To use the anywhere anchor :

1. Wrap the anywhere anchor around the desired support (post, bar, etc).
2. Pass the end of the anchor (where the protective fabric is sewn) through the small loop.
3. Pull the end towards you so that the loop tightens around the bracket.
4. Pass the elastic tubes through the end and the loop thus formed.



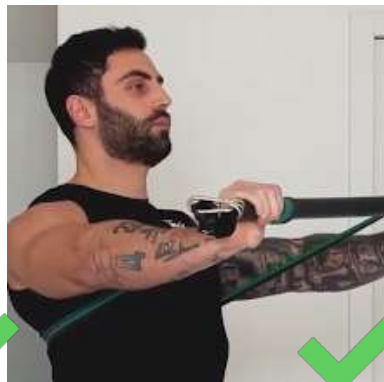
[Click here](#) to watch the video explaining this.

SUPPORT FOR BANDS

In order not to weaken your elastics, we recommend that you use them only **with your feet, your back, the door anchor, or the [anywhere anchor](#).**

The anywhere anchor is an accessory that has been designed to allow you to stabilize and hang your rubber bands on different surfaces (even rough ones) without damaging or weakening them.

For large surfaces such as a post where the anywhere anchor will be too small to be used, make sure that its diameter is large enough (min. 5cm), and that its surface is smooth and round **to avoid** damaging the rubber bands. Wooden posts or bars (rectangular) are not recommended - the splinters of the former and the sharp angle of the latter may tear the bands.



PRESERVE YOUR BANDS

To ensure a long life for your resistance bands, it is important to take care of them. Over time, the natural latex of the elastics can oxidize which will create white spots on your elastics and therefore make them more fragile.

This oxidation will be generated by **long and recurrent** exposure to external factors such as humidity, wind, heat or cold, and simply the ambient air.

To preserve and care for your elastics, we recommend **storing them in the SmartWorkout bag** after use and storing them inside rather than outside your home.

It is important to note that the wear and tear of the elastics is not instantaneous, and that outdoor training does not in any way weaken your elastics: they were designed for that.

If you want to clean your bands and revive the color, you can use **silicone oil**.



HOW THE WARRANTY WORKS

Our equipment (SmartWorkout Elite, SmartWorkout Pro and SmartWorkout Bar) is guaranteed for 5 years against all production defects and other breakages related to normal use of the equipment.

The warranty does not cover damage caused by the failure to observe safety rules and regulations. All warranty claims will be reviewed before being accepted.

Examples not covered by the warranty (non-exhaustive list):

- A bar falls to the ground and the attachment ring gets damaged;
- A load higher than the maximum recommended load is used and an accessory breaks;
- A band is used with a wooden pole and it gets scratched;
- An exercise is performed incorrectly: the feet lock the bands too close to the end cap and the stretch of one part of the elastic band is greater than 4x, causing the band to break (often near the end of the bungee).

Examples covered by the warranty (non-exhaustive list):

- The fabric of a handle becomes unraveled, rendering the handle unusable;
- A hole forms in a resistance band even though all the recommendations for use are followed;
- The thread of the bar is damaged and makes the use of the bar compromising.

Natural wear and tear of the elastics (whitening of the elastics due to contact with air) is not covered by the warranty: this does not compromise the use of the elastics.

Our warranty policy provides for free replacement of the damaged part, but we charge shipping costs which vary from 6 to 15€ depending on the size of the part:

- Elastic tube and carabiner: 6 €.
- Accessories (excluding bar): 8 €.
- Bar: 15€.

Additional charges may apply for shipments outside the EU.

THE SMARTWORKOUT APP

The SmartWorkout App is available **in English** on IOS and Android.

To download it, type “SmartWorkout – ENG” in the App Store or Google Play and select the app with our logo.



Otherwise, [Click here](#) to download the app on the App Store, or [Click here](#) to download the app on Google Play

Here are some recommendations to take full advantages of the application.

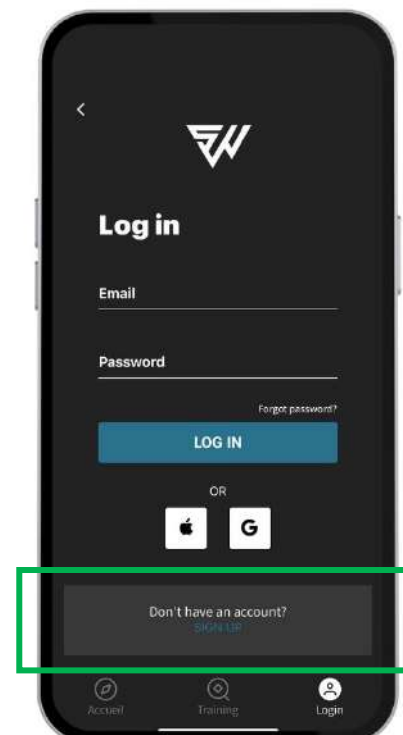
1. Create an account and join the FREE CONTENT plan for free

Although creating an account is not mandatory, we **recommend to create an account to unlock all the tracking feature.**

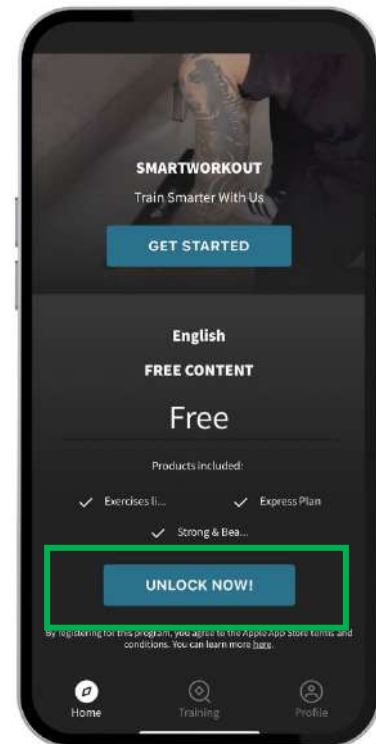
To create your account, go in the tab “Login”, and click on “Sign Up”.

Enter your email address and your password, confirm a second time your password, and click on “SIGN UP”.

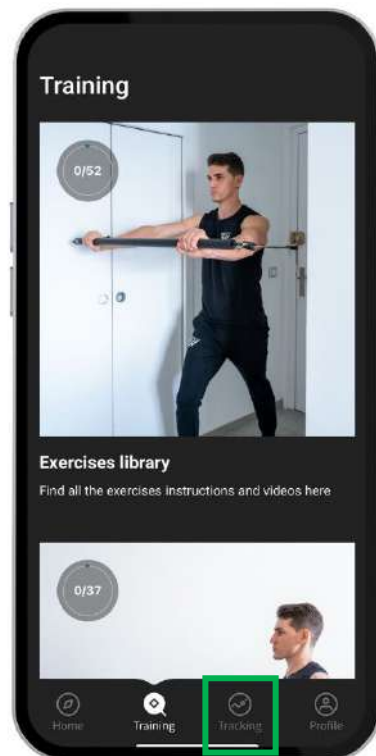
Your account is created.



Once your account is created, you are redirected to the tab “Home”. Scroll down and click on the button “UNLOCK NOW” under the plan named FREE CONTENT.



You have now unlocked all the features of the app. Another tab – “Tracking appears”.



2. “Training” tab

The exercises library and the workout plans are available in the tab “training”.

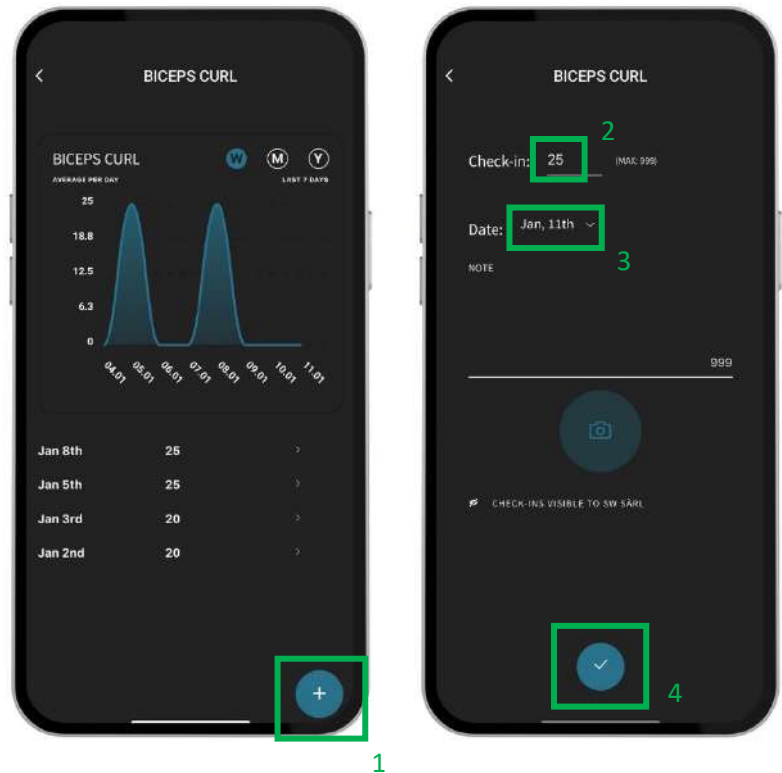
- Exercises library : the exercises are sorted by muscular group. Each exercise is illustrated by a demonstration video.
- Workout plan : once you have finished a session, you can indicate that the session is over by clicking on the button “COMPLETE”. It allows to track your progression and your physical activity.

3. "Tracking" tab

The Tracking tab allows you to enter the resistance used for each exercise and thus track your performance easily.

To insert a new value , select the exercise you want, then click the + button at the bottom right of the screen.

Enter the resistance next to "Check-In", make sure the date matches the date you worked out, then press the ✓ sign at the bottom of the screen. You can add a note if you wish, for example to indicate the level of difficulty felt.



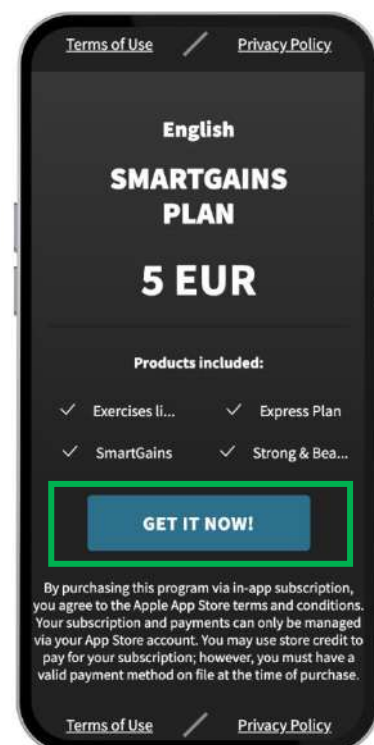
4. SmartGains Plan (+5 €)

If you want to go further, SmartGains is a hypertrophy program, allowing you to gain maximum muscle mass with resistance bands in 9 weeks. With a "Push / Pull / Legs" format and 5 sessions per week, it is composed of 3 cycles to optimize mass gain. You can find more information on SmartGains [here](#).

If you are interested in this program, you can unlock its access directly on the application for a one-time payment of 5.00€.

To do this, go to the "Home" tab and press the "GET IN NOW" button. Pay on your smartphone.

Once the payment is made, the content of the SmartGains program will be unlocked.





<https://en.smartworkout-pro.com/>

