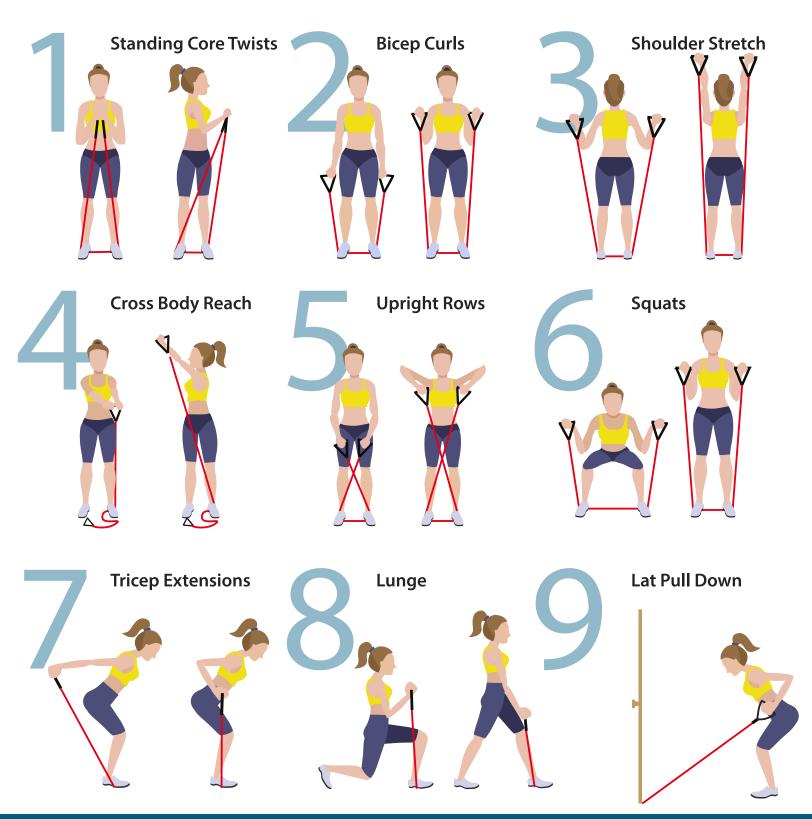
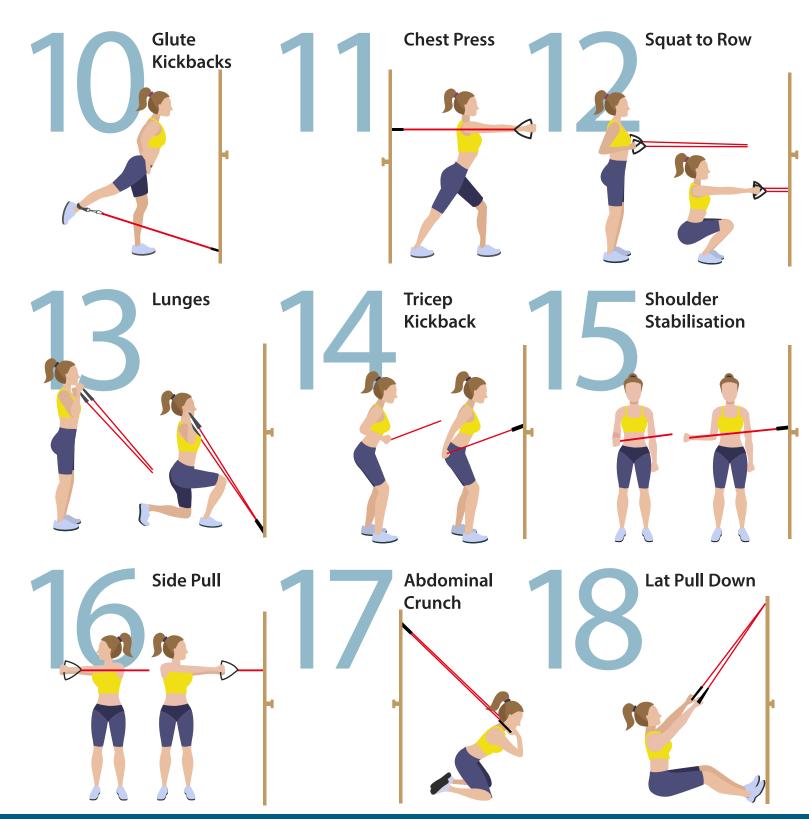
Quick Start Guide





Quick Start Guide

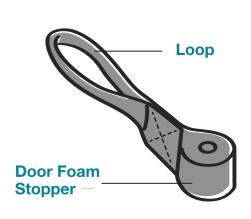




Quick Start Guide



How to use your Door Anchor

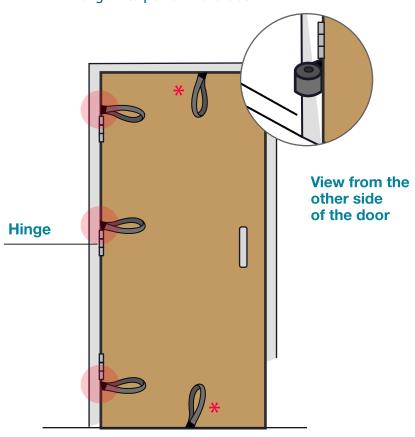


- To install your door anchor, open the door and insert the anchor's loop through the door gap. Slide your door anchor towards the hinges, or place it on the top/bottom position*
- Next, close and lock the door, leaving the anchor's loop open hanging. Pull on the anchor to ensure that it is secured for safety. Make sure you are pulling the opposite way the door closes.
- Finally slide the resistance band through the anchor's loop until both sides of the band are equal lengths to perform exercise.

Fits all door points

- **Upper Position**
- Middle Position
- **Lower Position**
- Top Position*
- Bottom Position*

* If Anchor placed at the top or bottom of door, make sure that the door is properly closed and locked for your safety.







Door Anchor Storage and Care





Clean the door anchor by wiping with a damp cloth.





Avoid storing the door anchor near direct sunlight.





Do not use harsh chemicals to clean your door anchor as these can deteriorate it.





Keep stored the door anchor away from heat sources.

Door Anchor Guidelines and Warning

- Always examine your door anchor for any defects, cracks, cuts, tears or imperfections before use. If damaged, stop using it immediately.
- Make sure that the door is strong enough to hold the anchor and resistance band tension (especially as you increase in strength).
- The hinge side of the door is the strongest and safest. Always check that your door gaps are not too wide for the door anchor.
- Always fully close and lock your door when using your door anchor.

- The sharp edges on some doors may damage the door stopper over time, so periodically check your anchor for damage, and replace if necessary.
- Door anchor with resistance bands installed can pose a strangulation hazard to children and pets, therefore must never be left unattended. To avoid accidents, uninstall and store it out of the reach of children when not in use.
- Beenax is not responsible for any personal property damage and injuries that may occur while installing or using the door anchor or any of its components.

Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!

Quick Start Guide







5 Resistance Bands Levels

3 TOTAL STRENGTH OPTIONS

TOTAL STRENGTH	EXTRA LIGHT	LIGHT	MEDIUM	HEAVY	EXTRA HEAVY
	10.18	2018	SOUR	40 15	O O O O O O O O O O O O O O O O O O O
100 LBS	10 lbs	15 lbs	20 lbs	25 lbs	30 lbs
150 LBS	10 lbs	20 lbs	30 lbs	40 lbs	50 lbs
200 LBS	20 lbs	30 lbs	40 lbs	50 lbs	60 lbs

Combining Bands

Add more intensity to your workouts by stacking multiple bands together.



3 Strength Options











Guidelines & Warning

- Always examine your bands and door anchor for any defects, cracks, cuts, tears or imperfections before you use them. If damaged, stop using them immediately.
- When using the door anchor, prioritise the hinge side of the door. Always check that your door gaps are not too wide for the door anchor.
- Avoid rough surfaces such as concrete, wood, and thin carpeting as it can compromise the integrity of the bands.
- Do not wrap bands around any abrasive or sharp surfaces.
- Avoid over stretching the resistance bands. They can be stretched up to 400% safely.
- For more resistance, shorten the bands. Standing on a band with two feet instead of one is a great way to add resistance.
- Beenax is not responsible for any personal property damage or injuries that may occur while installing or using the resistance bands or any of its components.