

peach  bands

# Resistance Tube Band Set

Instruction Manual  
& Exercise Guide

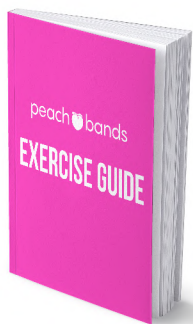
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# What's Included:

TRAVEL BAG



3 RESISTANCE BANDS



BONUS: E-BOOK  
WORKOUT GUIDE

DOOR ANCHOR



# Instruction Manual

## Safety Instructions

- Before every use, inspect the resistance bands and door anchor for any damage including but not limited to tears, rips, loose areas or unwoven stitching. Do not use the product if they are damaged in any way and replace if necessary.
- Ensure the door anchor is placed at a strong anchor point on a closed door before performing any exercises using the resistance bands.
- Do not release the resistance bands while under tension as this may result in the bands snapping and causing injury.
- Only use the resistance bands and door anchor for the exercises demonstrated in this guide. Do not use it for any other purpose than the exercises specified. Peach Bands is not responsible for misuse of this product or any injury that may result.
- Do not use or wrap the resistance bands around your head, face, neck or mouth.
- Do not stretch the resistance bands beyond 3 times their original length.
- Do not use if you are allergic to latex.
- Keep away from children.

## Care Instructions:

- To clean, wipe with a damp cloth and dry thoroughly.
- Do not use soap or any cleaning agents as this may damage the bands.
- Keep away from heat and direct sunlight.
- Store the resistance bands in the travel bag when not in use.

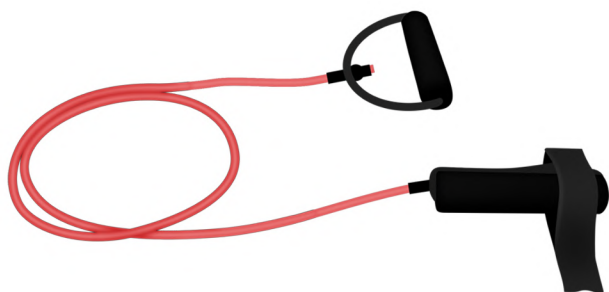


# Assembly Instructions

## How To Set-Up Door Anchor

### Step 1:

Put one end of resistance band through the loop of the door anchor.



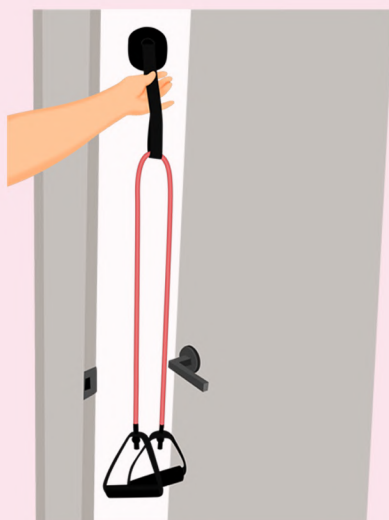
### Step 2:

Slide the door anchor to the middle of the resistance band.



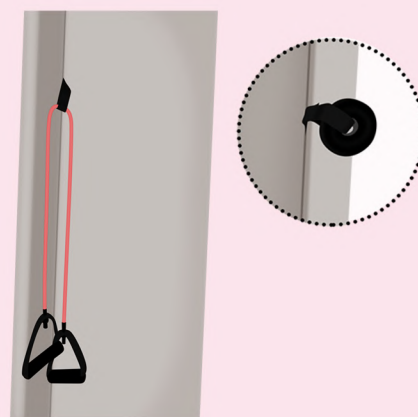
### Step 3:

Open your door and place the circular foam portion of the door anchor behind the door opening.



### Step 4:

Make sure the loop portion and resistance band is in front of the door and close the door securely. Always pull on the resistance band to check if it is secure before performing any exercises.

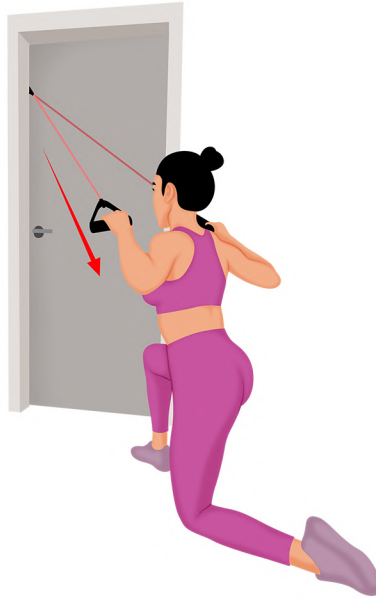


# Exercises

**1. Back Row**



**2. Lat Pull Down**



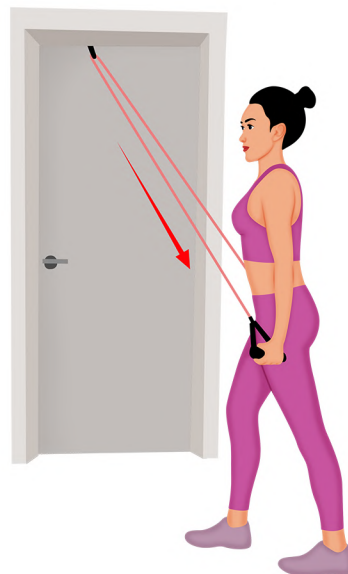
**3. Ab Crunch**



**4. Chest Fly**

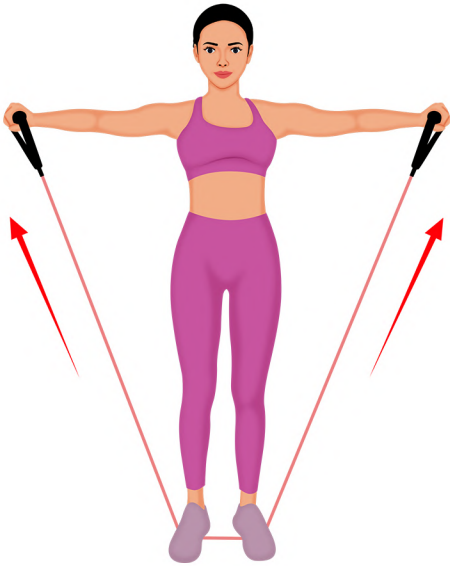


**5. Tricep Push Down**

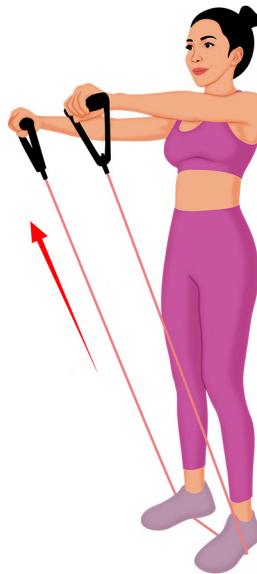


# Exercises

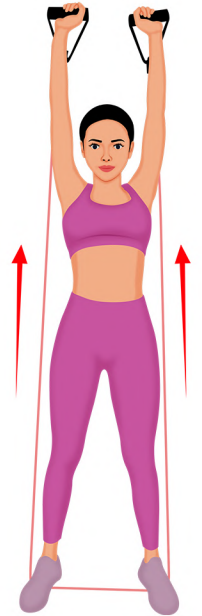
**6. Lateral Raises**



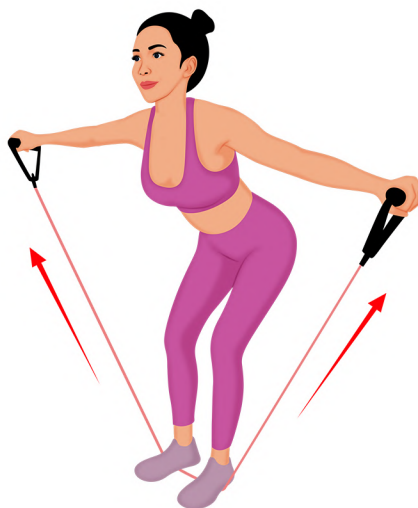
**7. Front Raise**



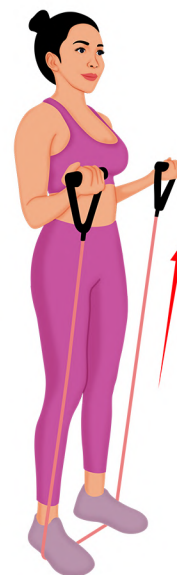
**8. Shoulder Press**



**9. Rear Delt Fly**



**10. Bicep Curl**



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## Disclaimer

Always consult your physician and certified personal trainer before you start using any Peach Bands products or perform any exercises to determine if it is suitable for your needs. Do not start using if your physician or certified personal trainer advises against it. This book is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. The use of any information provided in this program is used solely at your own risk. Peach Bands is not responsible and will not assume any liability for any direct or indirect losses or damages that may result from the use of this product, including, but not limited to, economic loss, injury, illness or death.

## Questions?

If you have any questions, concerns or feedback, feel free to contact us at [care@peachbands.com](mailto:care@peachbands.com) and we will get back to you as soon as possible.

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