

# All in One Resistance Band Set

KC: 43723027 Usage Instructions

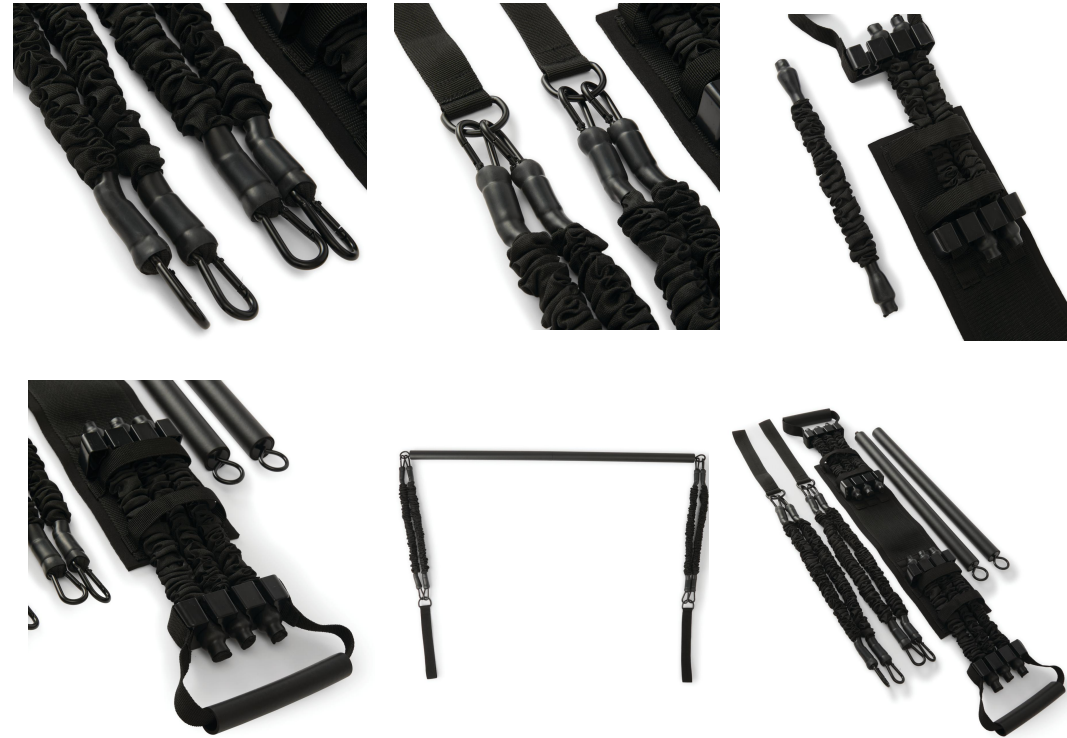


## Parts included:

- 1x Strength Belt
- 2x Strength Belt Handles
- 6x Resistance Bands
- 1x Detachable Steel Bar (2 segments)
- 1x Travel Bag
- 4x Squat Resistance Bands
- 2x Foot straps



## Assembly illustration:



## Care Instructions

Before use, check the stitching between the webbing and D-rings / plastic parts to ensure it is secure and free of loose threads. Check all components for damage or cracks, and ensure stitching and metal connections are secure and tight. The end rings of the pulling bar should rotate freely but must not detach. Ensure threaded connections are tight.

After use, disassemble or organize all components and store them in the storage bag in a cool, dry place. Avoid direct sunlight. Avoid use on rough surfaces (concrete, asphalt). Do not overstretch. Keep out of reach of children.

# Using Guide

## UPPER BODY

### ① CHEST PRESS CHEST & ARMS

- › 1 x Strength Belt
- › 2 x Strength Belt Handles
- › 2 x Resistance Bands (supports up to 6 pieces)



### ② BENT-OVER ROW BACK & BICEPS

- › 1 x Detachable Steel Bar
- › 1 x Strength Belt
- › 2 x Strength Belt Handles
- › 2 x Resistance Bands (supports up to 6 pieces)



### ③ BICEP CURL BICEPS

- › 1 x Detachable Steel Bar
- › 2 x Foot Straps
- › 2 x Squat Resistance Bands (supports up to 4 pieces)



### ④ LYING CHEST PRESS CHEST & TRICEPS

- › 1 x Detachable Steel Bar
- › 1 x Strength Belt
- › 2 x Strength Belt Handles
- › 2 x Resistance Bands (supports up to 6 pieces)



## LOWER BODY & CORE

### ⑤ SEATED ROW BACK & BICEPS

- › 1 x Strength Belt
- › 2 x Strength Belt Handles
- › 2 x Resistance Bands (supports up to 6 pieces)



### ⑥ SQUAT LEGS & GLUTES

- › 1 x Detachable Steel Bar
- › 2 x Foot Straps
- › 2 x Squat Resistance Bands (supports up to 4 pieces)



### ⑦ SHOULDER PRESS SHOULDERS & ARMS

- › 1 x Detachable Steel Bar
- › 2 x Foot Straps
- › 4 x Squat Resistance Bands



### ⑧ OVERHEAD STRETCH FULL BODY STRETCH

- › 1 x Detachable Steel Bar
- › 2 x Foot Straps
- › 4 x Squat Resistance Bands

