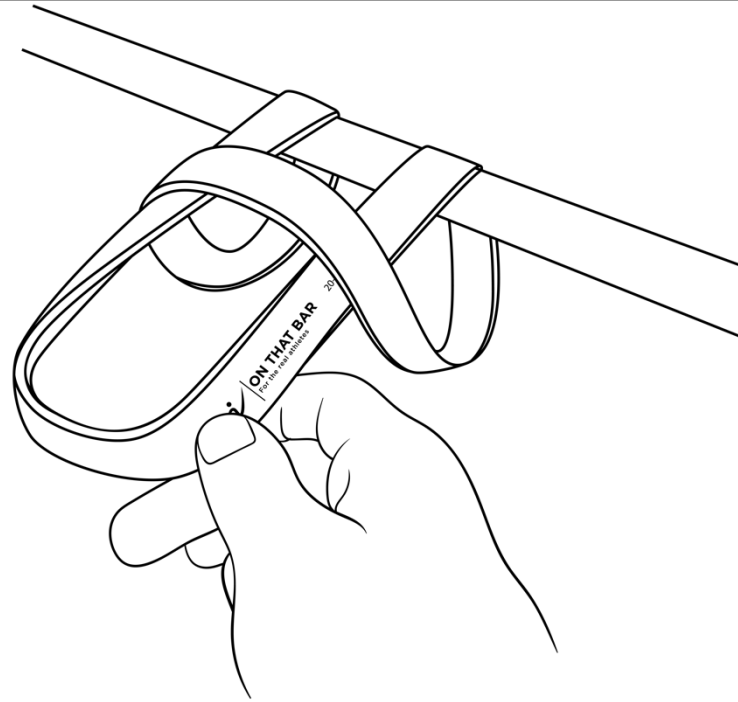
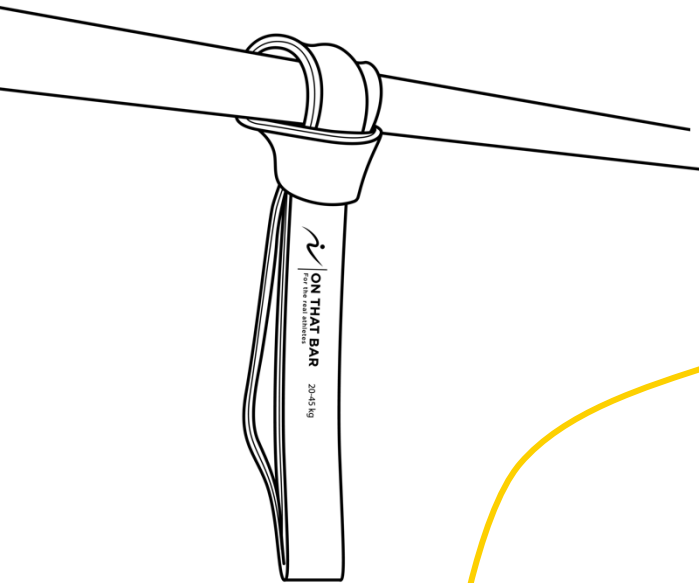


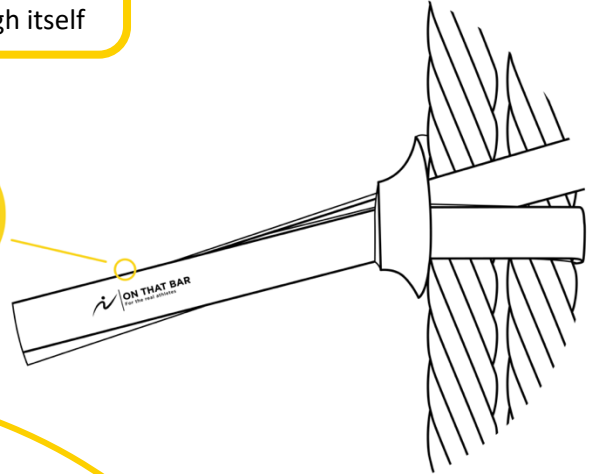


Step 1:
Find a sturdy place to hang your resistance bands like a pull-up bar, door anchor or side bar

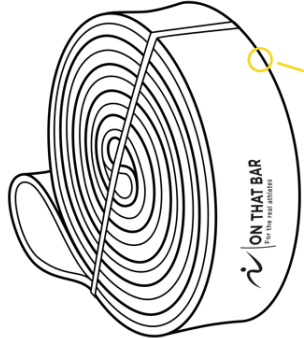


Step 2:
Loop your resistance band over the bar and through itself

Step 3:
Pull the resistance tight for a secure fit



Step 4:
Make sure you use the right band for your needs and check the different resistance levels



- long lifespan without losing elasticity
- wear & tear resistance
- environment friendly

Step 5:
Roll the bands up for easy storage and a longer lifespan

- Resistance levels:
- 5 - 10 kilogram
 - 15 - 30 kilogram
 - 20 - 45 kilogram
 - 25 - 55 kilogram

