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> Aerofit Toning Tube AF 170 TR-1 User Manual

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Model: AF 170 TR-1

1. INTRODUCTION

The Aerofit Toning Tube AF 170 TR-1 is a versatile fitness accessory designed for strengthening and toning various muscle groups. It utilizes resistance to provide an effective workout, suitable for users of different fitness levels. This manual provides essential information for the safe and effective use of your toning tube.



Image 1: The Aerofit Toning Tube AF 170 TR-1, featuring a grey resistance tube with black and grey handles.

2. SAFETY INFORMATION

Before using the Aerofit Toning Tube, please read and understand all safety instructions. Failure to do so may result in injury.

- Consult a physician before starting any new exercise program.

- Inspect the toning tube for any signs of wear, tears, or damage before each use. Do not use if damaged.
- Ensure handles are securely attached to the tube.
- Do not stretch the tube beyond its intended elastic limit. Excessive stretching can cause breakage.
- Keep the toning tube away from sharp objects, abrasive surfaces, and direct sunlight or extreme temperatures, which can degrade the material.
- Perform exercises in a controlled manner. Avoid sudden releases or snapping motions.
- Keep children and pets away from the toning tube during use.

3. PACKAGE CONTENTS

Your Aerofit Toning Tube AF 170 TR-1 package should contain the following:

- One (1) Aerofit Toning Tube AF 170 TR-1 with attached handles.

4. SETUP

The Aerofit Toning Tube AF 170 TR-1 requires minimal setup. It is ready for use directly out of the packaging.

1. Remove the toning tube from its packaging.
2. Uncoil the tube and inspect it thoroughly for any manufacturing defects or shipping damage.
3. Ensure the handles are firmly attached to the resistance tube. The handles are designed for a comfortable and secure grip during exercise.



Image 2: Close-up view of the ergonomic handle of the Aerofit Toning Tube, showing the textured grip for comfort and security.



Image 3: Detail of the tube's connection point within the handle, illustrating how the resistance tube is secured for safe use.

5. OPERATING INSTRUCTIONS (USAGE)

The Aerofit Toning Tube can be used for a variety of exercises to target different muscle groups. Always maintain proper form and control throughout each movement.

5.1. Bicep Curls

1. Stand with both feet on the center of the toning tube, shoulder-width apart.
2. Hold one handle in each hand, palms facing forward.
3. Keeping your elbows close to your sides, slowly curl your hands towards your shoulders, squeezing your biceps.
4. Slowly lower your hands back to the starting position, controlling the resistance.
5. Repeat for desired repetitions.

5.2. Shoulder Press

1. Stand with both feet on the center of the toning tube, shoulder-width apart.
2. Hold one handle in each hand, bringing your hands to shoulder height with palms facing forward.
3. Press the handles upwards until your arms are fully extended overhead, but not locked.
4. Slowly lower the handles back to shoulder height, controlling the resistance.
5. Repeat for desired repetitions.

5.3. Chest Press

1. Anchor the center of the toning tube behind you (e.g., around a sturdy pole or door anchor, if available).
2. Stand facing away from the anchor point, holding one handle in each hand at chest height, elbows bent.
3. Press the handles forward, extending your arms straight out in front of you.
4. Slowly return your hands to the starting position, controlling the resistance.
5. Repeat for desired repetitions.

5.4. Rows

1. Sit on the floor with legs extended, placing the center of the toning tube around the soles of your feet.
2. Hold one handle in each hand, arms extended forward.
3. Keeping your back straight, pull the handles towards your torso, squeezing your shoulder blades together.
4. Slowly extend your arms back to the starting position, controlling the resistance.
5. Repeat for desired repetitions.

6. MAINTENANCE

Proper care and maintenance will extend the life of your Aerofit Toning Tube.

- **Cleaning:** Wipe the tube and handles with a damp cloth after each use. Use mild soap if necessary, then rinse thoroughly and air dry. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the toning tube in a cool, dry place away from direct sunlight, heat sources, and sharp objects. Avoid storing it in a tightly coiled or stretched position for extended periods.
- **Inspection:** Regularly inspect the entire tube and handle connections for any signs of wear, cracks, or damage. Replace the product if any damage is observed.

7. TROUBLESHOOTING

If you encounter issues with your Aerofit Toning Tube, consider the following:

- **Reduced Resistance:** Over time, resistance tubes can lose some elasticity. If the resistance feels significantly weaker, it may be time to replace the tube. Ensure you are using proper form and stretching the tube adequately for the exercise.
- **Tube Damage:** If you notice any nicks, cuts, or tears in the tube, discontinue use immediately. Continued use of a damaged tube can lead to sudden breakage and injury.
- **Handle Issues:** If a handle feels loose or detached, inspect the connection point. Do not attempt to repair a damaged handle or connection; replace the entire product.

8. SPECIFICATIONS

Feature	Detail
Model	AF 170 TR-1
Brand	Aerofit
Product Type	Toning Tube / Resistance Band
Item Weight	320 g

Batteries Included	No
First Available Date	24 July 2014

9. WARRANTY AND SUPPORT

For information regarding warranty coverage or product support, please refer to the documentation included with your purchase or contact Aerofit customer service directly. Contact details can typically be found on the product packaging or the official Aerofit website.

