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Tribe RB47-105LB

Tribe RB47-105LB Resistance Bands Set User Manual

Model: RB47-105LB

1. Introduction

The Tribe Resistance Bands Set is designed for comprehensive strength training, exercise, and physical therapy. This versatile set provides multiple resistance levels suitable for both beginners and advanced users, enabling a full-body workout at home or on the go. Made from premium Malaysian latex, these bands are engineered for durability and consistent performance.

2. What's in the Box

- 5 Tube Bands
- 2 Pro Handles
- 2 Pro Ankle Straps
- Pro Door Anchor
- Carry Bag

3. Components and Features

The Tribe Resistance Bands Set includes five color-coded tube bands, each offering a different resistance level. These bands are constructed from premium Malaysian Latex for durability and anti-snap performance. The set also features high-density foam handles, adjustable ankle straps, and a door anchor for varied exercise options.



Image: The Tribe Resistance Bands Set, showcasing the various colored bands and an included workout guide.



Image: A close-up view of the resistance bands, handles, and ankle straps, highlighting their robust construction.



Image: Detailed view of a handle, showing the high-density foam grip and polished stainless steel D-ring.

4. Setup and Assembly

Each resistance band features a metal clip at both ends for easy attachment to the handles, ankle straps, or door anchor. To assemble, simply open the clip and secure it to the desired accessory. Multiple bands can be stacked together to increase the total resistance for a more challenging workout.

Attaching Handles and Ankle Straps:

1. Select the desired resistance band(s).
2. Open the metal clip on the band(s).
3. Attach the clip(s) to the D-ring on the foam handle or ankle strap.
4. Ensure the clip is securely closed before use.

Using the Door Anchor:

1. Place the foam end of the door anchor over the top, bottom, or side of a sturdy door frame.

2. Close the door firmly to secure the anchor. Ensure the door is completely closed and will not open during exercise.
3. Attach the resistance band(s) to the loop of the door anchor.

5. Operating Instructions

The Tribe Resistance Bands offer a wide range of exercises for various muscle groups. Always perform exercises with controlled movements and maintain proper form to prevent injury. Consult a fitness professional for personalized workout routines.

General Usage Tips:

- **Warm-up:** Always begin with a light warm-up before resistance training.
- **Controlled Movements:** Perform exercises slowly and with control, focusing on the muscle contraction.
- **Breathing:** Exhale during the exertion phase and inhale during the release phase.
- **Progression:** Start with lower resistance and gradually increase as your strength improves. You can combine bands for higher resistance.

Example Exercises:

- **Bicep Curls:** Stand on the band, hold handles, and curl arms upwards.
- **Tricep Extensions:** Anchor the band overhead using the door anchor, face away from the door, and extend arms downwards.
- **Chest Press:** Anchor the band at chest height using the door anchor, face away from the door, and press arms forward.
- **Squats:** Stand on the band, hold handles at shoulder height, and perform squats.
- **Leg Kicks:** Attach ankle strap, anchor band low, and perform various leg movements.

Product Videos:

Your browser does not support the video tag.
Video: An overview of the Tribe Resistance Bands Set, demonstrating its components and versatility for various exercises.

Your browser does not support the video tag.
Video: Demonstrations of various workout routines using the Tribe Resistance Bands, highlighting their effectiveness.

Your browser does not support the video tag.
Video: A review emphasizing the high quality and stackable resistance of the bands for increased challenge.

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Video: An honest review of the resistance bands set, discussing its features and benefits for home workouts.

6. Care and Maintenance

- **Cleaning:** Wipe bands with a damp cloth after each use. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store bands in the included carry bag in a cool, dry place away from direct sunlight and extreme temperatures to prevent material degradation.
- **Inspection:** Regularly inspect bands and attachments for any signs of wear, tears, or damage. Discontinue use if any damage is found.

7. Troubleshooting

If you experience any issues with your Tribe Resistance Bands Set, consider the following:

- **Reduced Resistance:** Ensure bands are properly attached and not stretched beyond their intended capacity. Consider stacking additional bands for increased resistance.
- **Attachment Issues:** Verify that all clips are securely fastened to the handles, straps, or door anchor. If clips are stiff, ensure they are clean and free of debris.
- **Band Damage:** If a band shows signs of cracking, tearing, or stretching beyond its original elasticity, discontinue use immediately to prevent injury.

8. Specifications

Attribute	Detail
Brand	Tribe
Model Name	RB47-105LB
Material	Premium Malaysian Latex
Color	Multicolored
Item Weight	1.2 Pounds
Tension Level	Up to 105 pounds (when stacked)
Number of Resistance Levels	5
Included Components	5 Tube Bands, 2 Pro Handles, 2 Pro Ankle Straps, Pro Door Anchor, Carry Bag
Special Feature	Heavy Duty, Lightweight

9. Warranty and Support

The Tribe Resistance Bands Set is covered by a Limited Lifetime Warranty. For any questions, concerns, or support needs, please refer to the contact information provided with your purchase or visit the official Tribe Fitness website.

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