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› Odoland Pull Up Assist Resistance Bands Instruction Manual

Odoland Fba_sp0332-un

Odoland Pull Up Assist Resistance Bands Instruction Manual

INTRODUCTION

The Odoland 5-Pack Pull Up Assist Resistance Bands are designed for a wide range of fitness activities, from assisted pull-ups and powerlifting to general daily workouts and stretching. This set includes five bands with varying resistance levels, a door anchor, and handles, providing versatile options for a full-body workout.



Image: The complete set of Odoland resistance bands, including five different resistance levels, handles, a door anchor, and a storage bag, with a person demonstrating usage.

SAFETY INFORMATION

Before beginning any exercise program, consult with a healthcare professional. Always inspect bands for damage before each use. Do not overstretch bands beyond their recommended limits. Ensure door anchors are securely fastened to a sturdy door frame. Keep bands away from sharp objects and abrasive surfaces.

PACKAGE CONTENTS

- 5 x Resistance Bands (Yellow, Red, Black, Purple, Green)
- 1 x Door Anchor
- 2 x Handles
- 1 x Storage Bag

SETUP

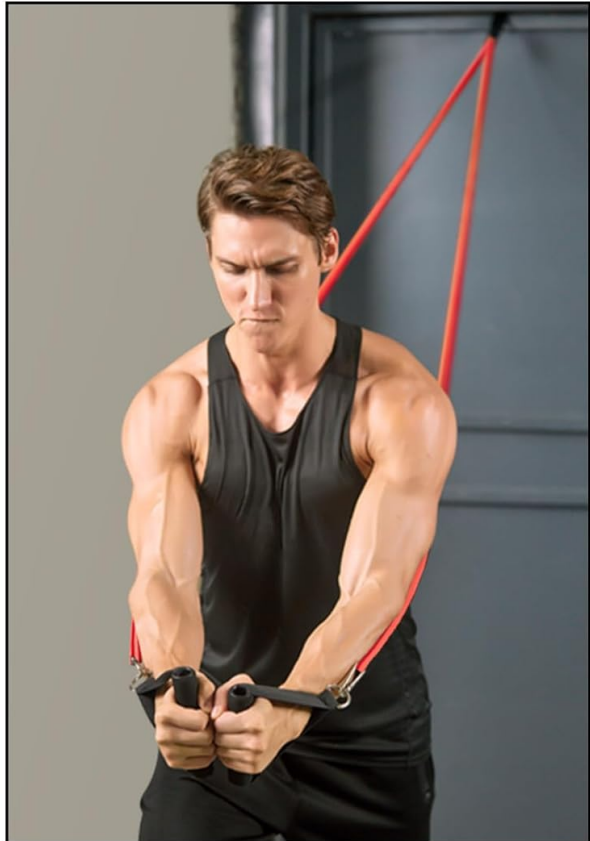
Attaching Handles

To attach the handles, simply clip the carabiner of each handle onto the loop of the desired resistance band. Ensure the carabiner is fully closed and secure before use.

Using the Door Anchor

Place the foam end of the door anchor on the opposite side of a sturdy door. Close the door firmly to secure the anchor in place. Loop the resistance band through the fabric loop of the anchor. Always pull the band away from the door hinges to prevent damage to the door or anchor.

TRAINING ANYWHERE



Handles



Door Anchor

Image: Demonstrates how to use the resistance bands with handles for standing exercises and with the door anchor for exercises like rows.

OPERATING INSTRUCTIONS (USAGE)

Resistance Levels

The set includes five bands, each offering a different level of resistance, allowing for progressive training and varied exercise intensity:

- **Yellow Band:** 5-15 LB (Light resistance, ideal for mobility exercises and stretching)
- **Red Band:** 15-35 LB (Medium-light resistance, suitable for shoulder and rehabilitation exercises)
- **Black Band:** 30-60 LB (Medium resistance, good for squats and strength training)

- **Purple Band:** 40-80 LB (Heavy resistance, effective for squats and bench press assistance)
- **Green Band:** 50-125 LB (Extra-heavy resistance, best for pull-up assistance and barbell training)

GYM ASSIST & DAILY WORKOUT BANDS

5 Levels of Resistance

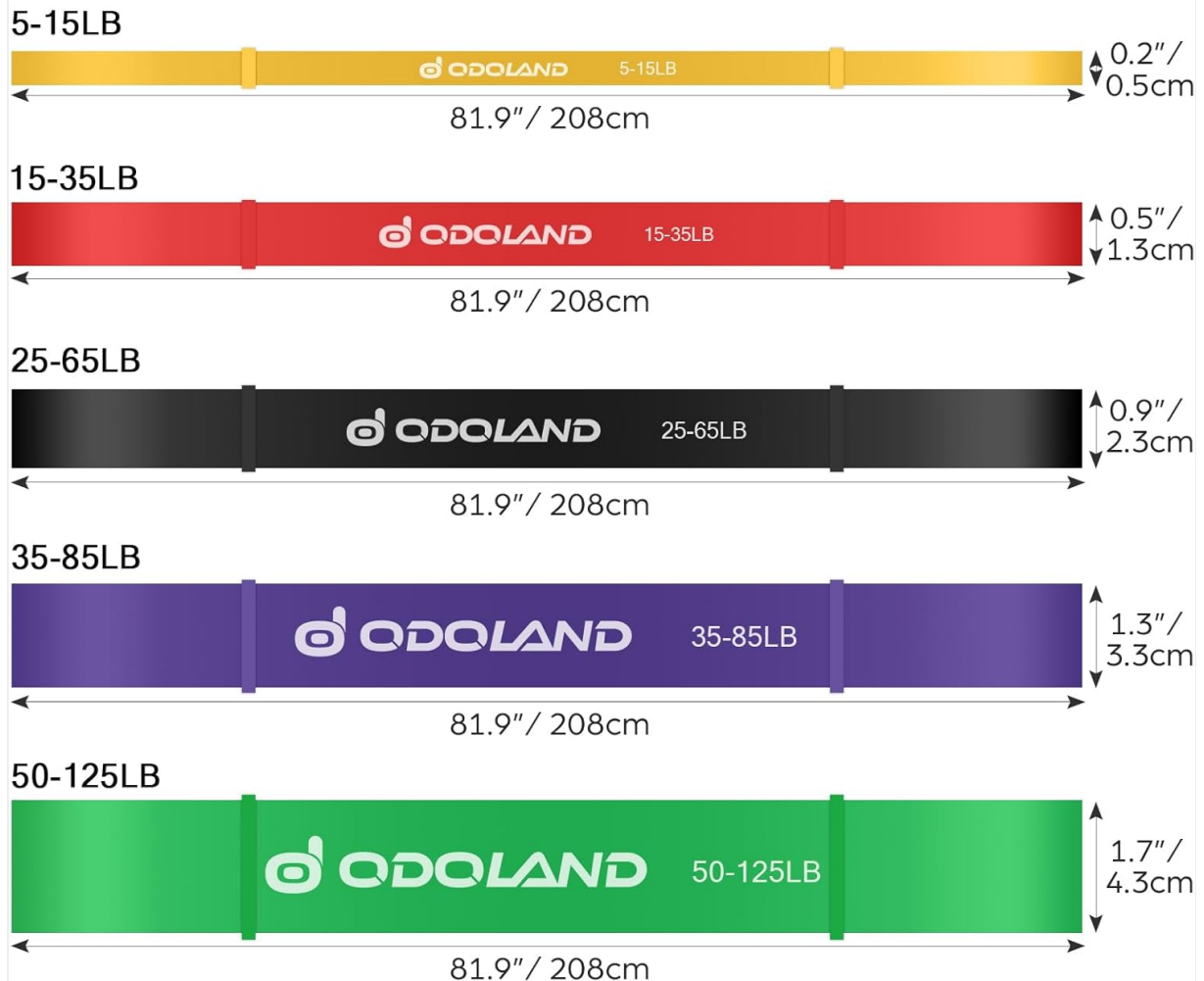


Image: A visual guide detailing the five different resistance bands, their color-coded weight ranges, and physical dimensions.



5 Colors Resistance Levels

Mobility Exercise / Stretching

5-15 LBS

2080*5*4.5mm



Squats / Bench Press

35-85LBS

2080*32*4.5mm



Shoulders / Rehabilitation Exercise

15-35LBS

2080*12*4.5mm



Pull-ups / Barbell Training

50-125LBS

2080*45*4.5mm



Squats / Strength Training

25-65LBS

2080*22*4.5mm

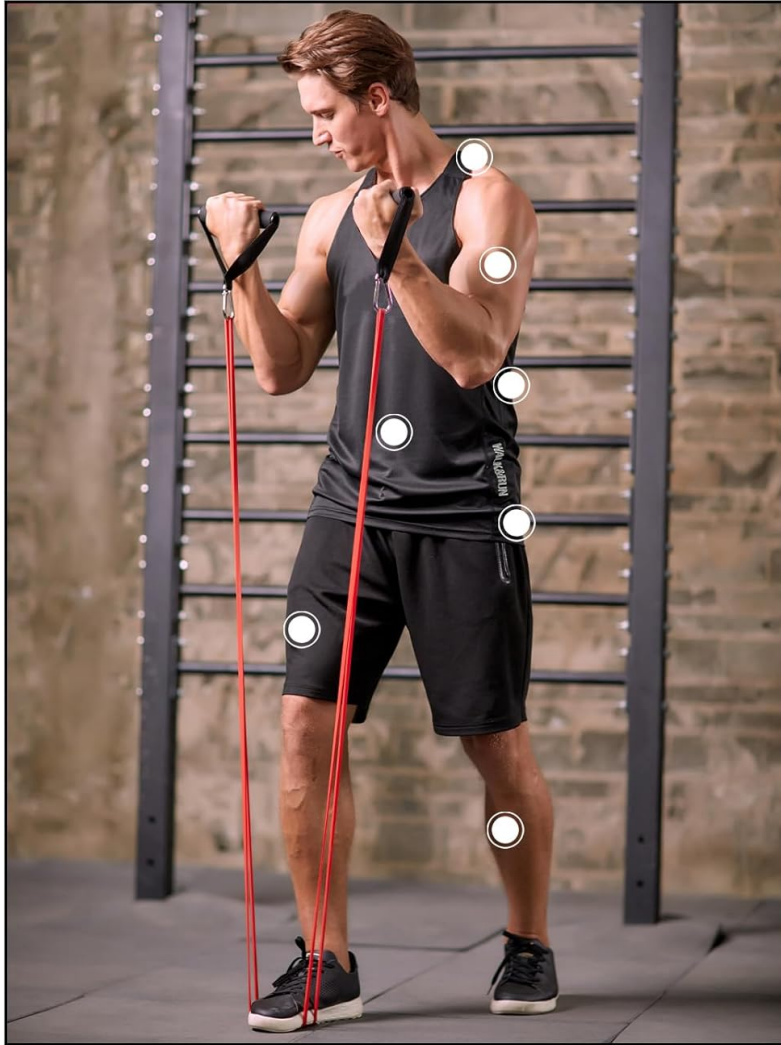


Image: A chart illustrating the five resistance bands, their resistance levels, and recommended exercises such as mobility, squats, shoulders, pull-ups, and strength training.

Workout Versatility

The bands can be used individually or combined for increased resistance. Attach them to the door anchor for exercises like rows or chest presses, or use them with handles for bicep curls and tricep extensions. They are also suitable for assisted pull-ups, powerlifting, and stretching. The versatility allows for a comprehensive full-body workout targeting various muscle groups.

WHOLE BODY WORKOUT



Arms



Shoulder



Back



Abdomen



Buttocks



Thigh



Calf

Image: A visual representation of a person performing exercises with resistance bands, indicating the various muscle groups targeted, including arms, shoulders, back, abdomen, buttocks, thighs, and calves.

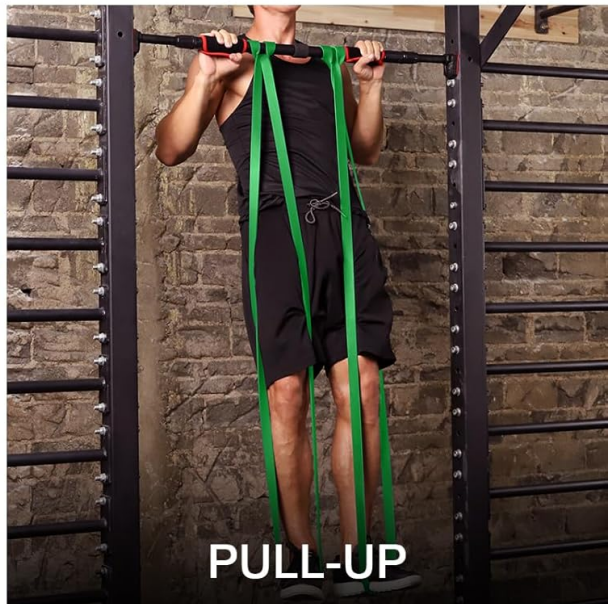
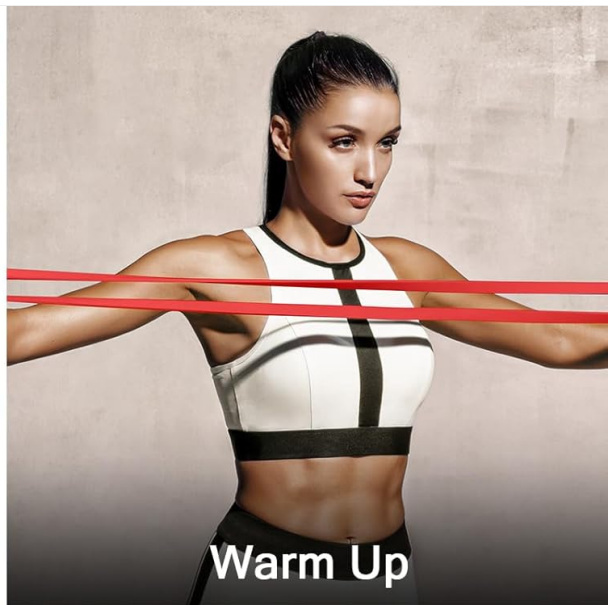
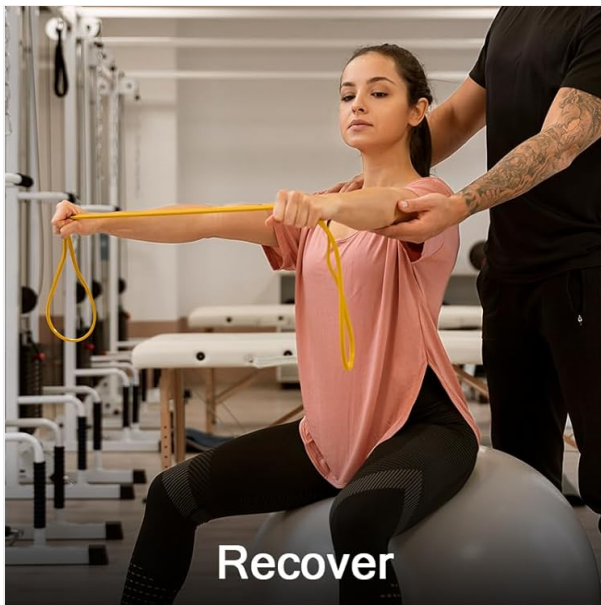


Image: Four distinct images showcasing the diverse applications of the resistance bands for recovery, warm-up routines, strength building, and providing assistance for pull-ups.

Additional Resources

An e-book with detailed workout guides is available to help you maximize your training. Refer to the product packaging or manufacturer's website for information on how to access this resource.

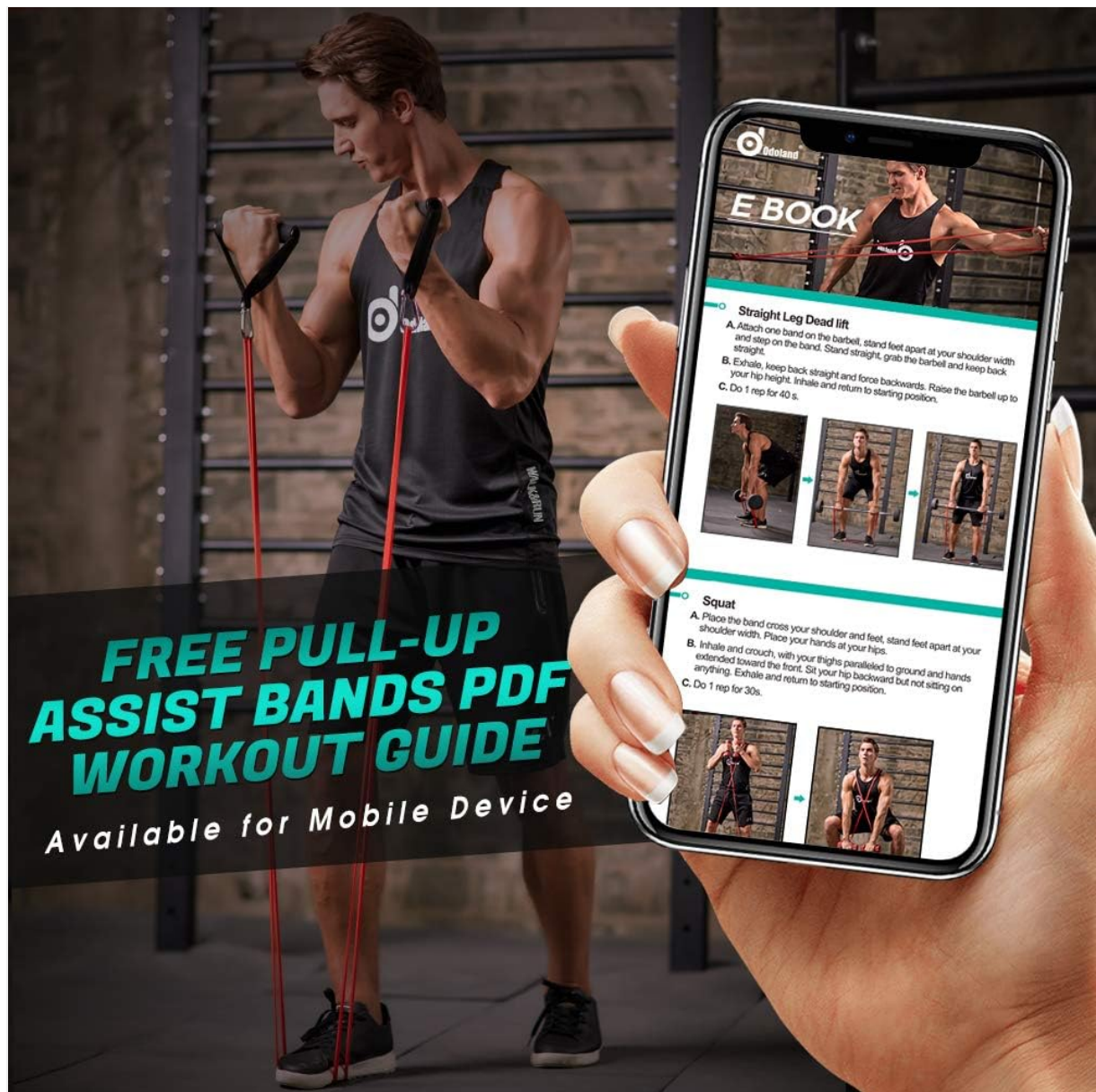


Image: A smartphone screen displaying a digital workout guide for pull-up assist bands, with a person exercising in the background.

MAINTENANCE

To ensure the longevity and performance of your resistance bands, follow these maintenance guidelines:

- **Cleaning:** Clean bands with a damp cloth and mild soap if necessary. Avoid harsh chemicals or abrasive cleaners, as these can degrade the material.
- **Storage:** Store bands in the provided storage bag, away from direct sunlight, extreme temperatures, and humidity. Prolonged exposure to these conditions can cause the material to deteriorate.
- **Inspection:** Regularly inspect bands for any signs of wear, tears, nicks, or damage before each use. Pay close attention to areas where the bands connect to handles or anchors.
- **Discontinue Use:** If any damage is observed, discontinue use of the affected band immediately to prevent injury.

TROUBLESHOOTING

- **Band shows signs of wear or tearing:** Discontinue use immediately to prevent injury. Replace the damaged band.

- **Door anchor slips or feels insecure:** Ensure the door is sturdy and fully closed. The anchor should be placed on the opposite side of the door from where you are pulling, and the door should be closed tightly. Avoid using on hollow or weak doors.
- **Resistance feels too low or too high:** Adjust by using a different band with a suitable resistance level or by combining multiple bands for increased tension.
- **Handles feel uncomfortable:** Ensure your grip is firm and even. If discomfort persists, adjust your hand position or consider wearing gloves.

SPECIFICATIONS

Feature	Detail
Brand	Odoland
Model Name	Fba_sp0332-un
Material	Plastic (Note: Typically resistance bands are made of latex or rubber. Please refer to product packaging for exact material composition.)
Item Weight	1.18 kg
Product Dimensions (L x W)	28L x 28W centimetres (Packaging dimensions)
Number of Resistance Levels	5
Special Features	Anti-Snap
UPC	757440587843
ASIN	B01LED8ZVC

WARRANTY INFORMATION

Official warranty information for the Odoland Pull Up Assist Resistance Bands is not provided in the available product data. For details regarding product warranty, please refer to the retailer's return policy at the time of purchase or contact Odoland customer support directly.

CUSTOMER SUPPORT

For further assistance, product inquiries, or to report any issues, please contact Odoland customer support through their official website or the retailer from whom the product was purchased. Please have your product model name (Fba_sp0332-un) and ASIN (B01LED8ZVC) ready when contacting support.