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Decathlon 2531585

Decathlon Domyos Cross-Training Elastic Training Band 15 KG User Manual

Model: 2531585

1. PRODUCT OVERVIEW

The Domyos Cross-Training Elastic Training Band is designed for various fitness activities, including weight training, cross-training, and general physical preparation. This versatile accessory aids in building muscle strength, improving flexibility, and enhancing overall muscle power.



Image 1.1: The Domyos Cross-Training Elastic Training Band, designed for strength and flexibility exercises.

Key Features:

- Enhances strength and muscle power.
- Develops flexibility.
- Constructed for robustness and durability.
- Lightweight design for portability.
- Made from 100% Natural Rubber (NR) - Latex.

2. SETUP

The Domyos Elastic Training Band requires minimal setup. Before each use, inspect the band for any signs of wear or damage.

1. **Unpack:** Carefully remove the training band from its packaging.
2. **Inspect:** Visually check the entire length of the band for any cuts, tears, nicks, or weak spots. Do not use the band if any damage is observed.
3. **Clean (Optional):** If desired, wipe the band with a damp cloth and mild soap, then air dry completely before first use.

3. OPERATING INSTRUCTIONS

This 15 KG resistance band can be incorporated into a wide range of exercises. Always ensure proper form and control during use.

General Usage Guidelines:

- **Warm-up:** Always perform a proper warm-up before using the resistance band.
- **Anchor Points:** When anchoring the band, ensure the anchor point is secure and stable (e.g., a sturdy pole, door anchor, or your foot).
- **Controlled Movements:** Perform exercises with slow, controlled movements. Avoid sudden jerking or releasing the band abruptly.
- **Resistance Level:** This band provides 15 KG of resistance. Adjust your exercises or repetitions based on your fitness level.
- **Stretching:** Use the band to assist in stretching exercises, gently increasing flexibility.
- **Strength Training:** Integrate the band into exercises like squats, rows, bicep curls, and tricep extensions to add resistance.
- **Safety:** Never stretch the band beyond its intended limits. Avoid using it near sharp objects or abrasive surfaces.

4. MAINTENANCE

Proper maintenance extends the life of your Domyos Elastic Training Band.

- **Cleaning:** Wipe the band with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use mild soap and water, then rinse thoroughly and air dry completely.
- **Storage:** Store the band in a cool, dry place away from direct sunlight, extreme temperatures, and humidity. Avoid storing it near sharp objects or chemicals.
- **Inspection:** Regularly inspect the band for any signs of wear, cracks, or damage. Discontinue use immediately if any damage is found.

5. TROUBLESHOOTING

This section addresses common concerns regarding the Domyos Elastic Training Band.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Band shows signs of cracking or tearing.	Overstretching, prolonged exposure to sunlight/heat, improper storage, or manufacturing defect.	Discontinue use immediately to prevent injury. Replace the band. Ensure proper storage and avoid overstretching in the future.
Band feels less resistant over time.	Natural wear and tear from frequent use.	This is normal over extended periods. Consider replacing the band if the resistance level no longer meets your training needs.
Band feels sticky or dirty.	Accumulation of sweat, dust, or residue.	Clean the band with a damp cloth and mild soap, then rinse and air dry thoroughly.

6. SPECIFICATIONS

Brand	Decathlon
Model Number	2531585
Material	100% Natural Rubber (NR) - Latex
Color	Multicolor
Item Weight	0.14 Kilograms (140 g)
Sport Type	Exercise and Fitness, Strength Training, Stretching
Recommended Uses	Workout
Special Feature	Lightweight
Style	Pull Up
Tension Level	15 KG
Number of Resistance Levels	1

7. WARRANTY INFORMATION

The Domyos Cross-Training Elastic Training Band 15 KG comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects under normal use conditions. Please retain your proof of purchase for any warranty claims.

The warranty does not cover damage resulting from improper use, accidents, modifications, or normal wear and tear.

8. CUSTOMER SUPPORT

For further assistance, questions, or warranty claims regarding your Domyos Cross-Training Elastic

Training Band, please contact Decathlon customer support.

- **Online:** Visit the official Decathlon website for support resources and contact information.
- **In-Store:** You may also visit your nearest Decathlon store for assistance.

Please have your product model number (2531585) and proof of purchase ready when contacting support.