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› WeluvFit Pilates Bar Kit with Resistance Bands Instruction Manual (Model Q26)

## WeluvFit Q26

# WeluvFit Pilates Bar Kit with Resistance Bands Instruction Manual

Model: Q26

## 1. PRODUCT OVERVIEW

The WeluvFit Pilates Bar Kit is a versatile and portable fitness solution designed for full-body workouts. It combines the functionality of a Pilates bar with adjustable resistance bands, allowing for a wide range of exercises to target various muscle groups. This kit is suitable for use at home, in the office, or while traveling.

### Components Included:

- 1 x 3-Section Adjustable Pilates Bar
- 4 x Resistance Bands (2 x 30 lbs, 2 x 50 lbs)
- 2 x Foot Straps
- 2 x Hand Grips
- 1 x Storage Bag
- 1 x Instruction Manual (this document)



Image: All components of the WeluvFit Pilates Bar Kit.

## Key Features:

- **Adjustable Resistance:** Bands can be used individually (30 lbs or 50 lbs) or combined for up to 80 lbs of resistance per side.
- **Durable Construction:** Features a high-quality steel rod wrapped in soft foam for comfort, widening non-slip foot belts, and thick latex resistance bands.
- **Portable Design:** The three-section bar disassembles easily for convenient storage and transport in the included bag.
- **Versatile Workouts:** Supports exercises similar to barbells, rowing machines, and yoga equipment for a comprehensive full-body workout.

## 2. SETUP INSTRUCTIONS

Follow these steps to assemble your WeluvFit Pilates Bar Kit:

1. Unpack all components from the storage box.

2. Connect the three sections of the Pilates bar by rotating and screwing them together until secure. The full bar length is approximately 38.8 inches.
3. Attach the desired resistance bands to the metal buckles on each end of the Pilates bar. The bands are labeled with their resistance levels (30 lbs or 50 lbs). You can attach one band per side or stack them for increased resistance.
4. Attach the foot straps to the free ends of the resistance bands. Ensure the carabiners are securely closed.
5. Alternatively, attach the hand grips to the free ends of the resistance bands for upper body exercises.

Video: Demonstration of unboxing and assembly of the Pilates bar and resistance bands.

### 3. OPERATING INSTRUCTIONS

The WeluvFit Pilates Bar Kit can be used for a variety of exercises. Always ensure proper form and adjust resistance levels according to your fitness level.

#### Exercise Examples:

- **Squats:** Place the Pilates bar across your upper back/shoulders. Step on the foot straps with both feet, ensuring the bands are taut. Perform squats, keeping your back straight and core engaged.

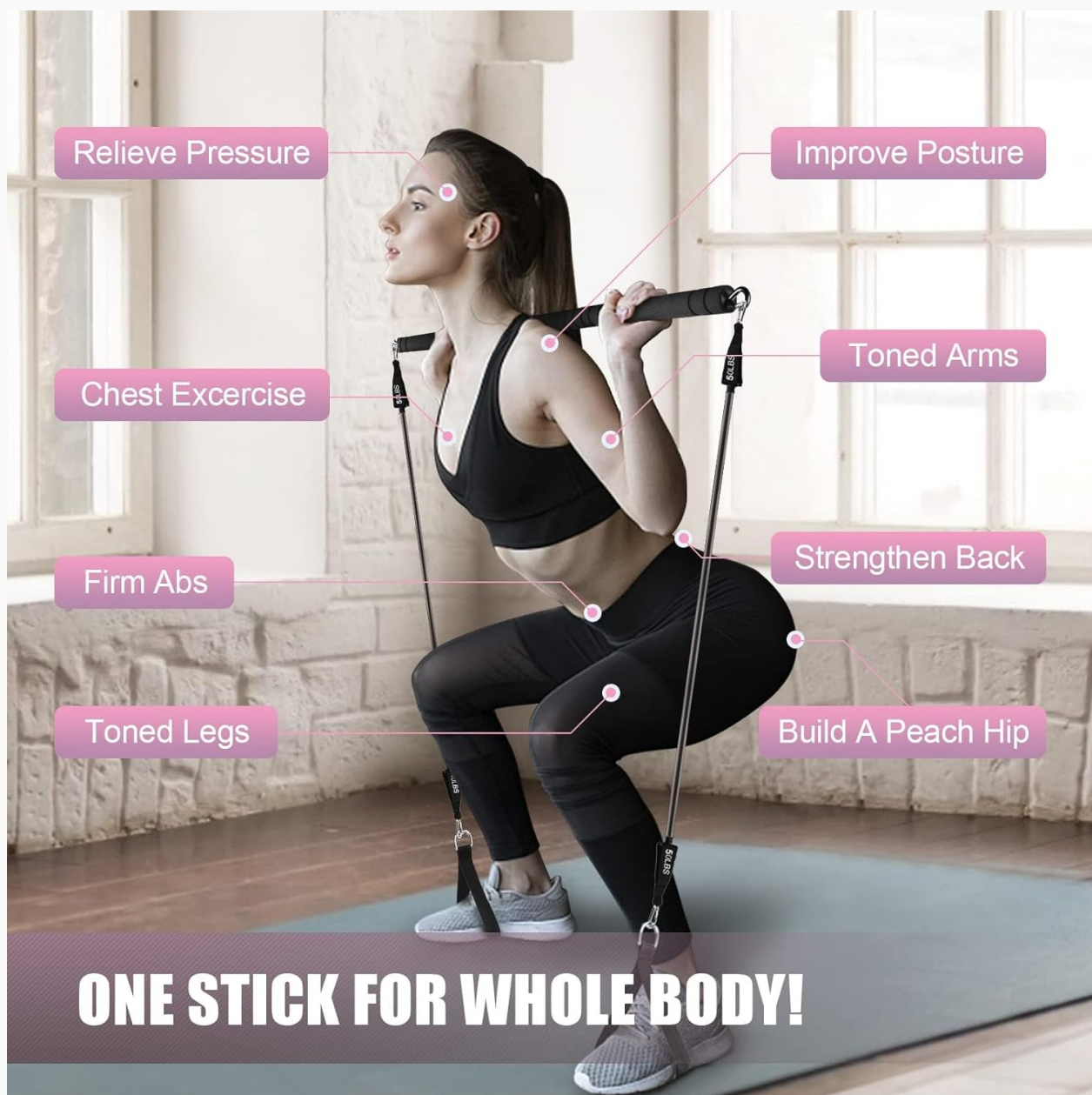


Image: Squat exercise with the Pilates bar.

- **Plank with Leg Lifts:** Get into a plank position with the bar on the floor in front of you, holding it with your hands. Attach one foot strap to one foot. Lift the leg with the strap, extending it backward against the resistance. Alternate legs.



### Make Muscles Firmer

- At home
- In office
- Outdoor

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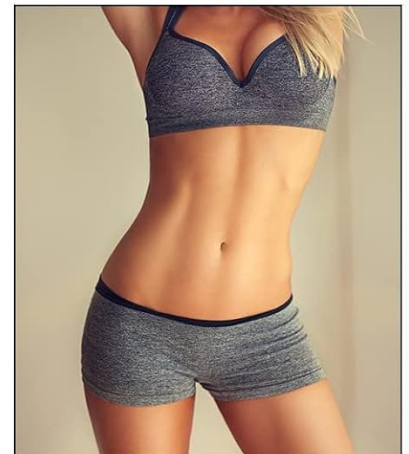


Image: Plank with leg lift exercise.

- **Bicep Curls:** Stand on the foot straps with both feet. Hold the Pilates bar with an underhand grip. Curl the bar upwards towards your chest, keeping elbows close to your body.
- **Overhead Press:** Stand on the foot straps. Hold the bar at shoulder height with an overhand grip. Press the bar overhead, extending your arms fully.
- **Leg Raises (Core):** Lie on your back. Place the foot straps around your feet. Hold the bar above your head. Perform leg raises, lifting your legs against the resistance.

Video: Demonstration of various exercises including squats, plank with leg lifts, and leg raises.

### Adjusting Resistance:

The kit includes 30 lbs and 50 lbs resistance bands. You can adjust the intensity of your workout by:

- Using a single 30 lbs band per side for lighter resistance.

- Using a single 50 lbs band per side for medium resistance.
- Combining a 30 lbs and a 50 lbs band per side for a total of 80 lbs resistance.
- Adjusting the length of the bands by changing your foot position on the straps or the distance from the anchor point (if using a door anchor, not included).

## Different Intensity Training



736G≈7LBS resistance



1070G≈10LBS resistance



30lbs for beginners



50 lbs for medium intensity training



30+50lbs for high intensity training



Image: Different resistance band configurations for varied intensity.

## 4. MAINTENANCE

Proper maintenance ensures the longevity and safety of your Pilates Bar Kit:

- **Cleaning:** Wipe down the Pilates bar and resistance bands with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals.
- **Storage:** Disassemble the bar and store all components in the provided storage bag in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the resistance bands for any signs of wear, tears, or damage. Check the carabiners and buckles for proper function. Discontinue use if any damage is found.
- **Avoid Overstretching:** Do not overstretch the resistance bands beyond their intended elasticity, as this can

lead to damage or breakage.

## 5. TROUBLESHOOTING

If you encounter any issues with your Pilates Bar Kit, refer to the following common solutions:

- Problem:** Resistance bands feel too loose or too tight.  
**Solution:** Adjust the resistance by using different band combinations (30 lbs, 50 lbs, or both) or by changing your foot placement on the straps to increase or decrease tension.
- Problem:** Pilates bar sections do not connect securely.  
**Solution:** Ensure the sections are aligned correctly and twisted firmly until they are snug. Do not force them if they are misaligned.
- Problem:** Bands are tangling during use.  
**Solution:** Ensure the bands are properly attached to the rotating metal lifting lugs on the bar. Adjust your body position to maintain a clear path for the bands.
- Problem:** Discomfort while holding the bar.  
**Solution:** The bar is wrapped in soft foam for comfort. Ensure your grip is centered and relaxed. If discomfort persists, adjust your hand position.

## 6. SPECIFICATIONS

| Feature            | Detail   |
|--------------------|--|
| Product Dimensions | 99 x 3 x 115 cm (assembled)                        |
| Item Model Number  | Q26  |
| Color              | Black  |
| Material           | Natural Rubber (bands), Steel (bar), Foam (handle) |
| Number of Pieces   | 4 (excluding accessories like straps/grips)        |
| Special Features   | Adjustable Resistance, Detachable Bar              |
| Item Weight        | 1.08 kg  |

## 7. WARRANTY AND SUPPORT

WeluvFit offers a 365-day risk-free service for this product. For any questions, concerns, or support needs, please contact WeluvFit customer service through the retailer's platform or the official WeluvFit website.