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ZIPRO 1022131

ZIPRO Resistance Band Set Instruction Manual

Model: 1022131

INTRODUCTION

The ZIPRO Resistance Band Set is designed for effective full-body workouts using your body weight and gravity. This versatile training system allows for a wide variety of exercises to strengthen all muscle groups, providing a challenging workout without excessive strain on joints or the spine. It is suitable for users of all fitness levels, from beginners to advanced athletes.

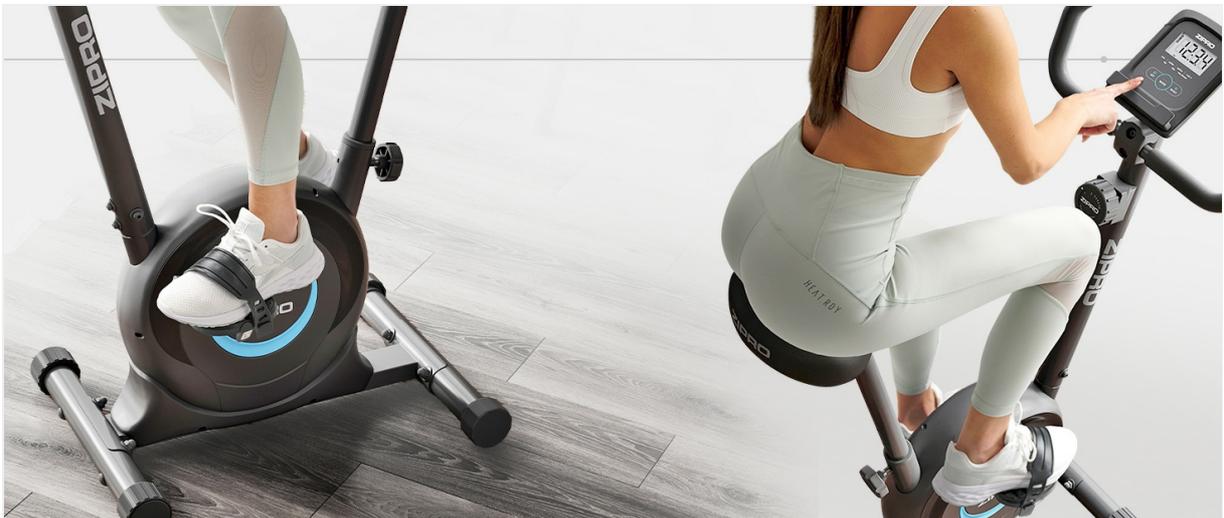


Image: The complete ZIPRO Resistance Band Set, showing its adjustable length from 160 to 270 cm.

SAFETY INFORMATION

- Always inspect the bands, straps, and anchors for any signs of wear, tears, or damage before each use. Do not use if damaged.
- Ensure the anchor point is secure and can support your body weight. A door anchor should be placed on the hinge side of a sturdy, closed door.
- Maintain proper form during exercises to prevent injury. If you experience pain, stop immediately.
- Keep children and pets away from the equipment during use.

- Consult a healthcare professional before starting any new exercise program.

PACKAGE CONTENTS

Your ZIPRO Resistance Band Set includes the following components:

- Main Resistance Straps with Handles and Foot Cradles
- Door Anchor
- Mesh Carry Bag



RESISTANCE BAND - SET

Length:
160-270 cm



Image: All components of the ZIPRO Resistance Band Set laid out, showing the main straps, handles, foot cradles, door anchor, and mesh carry bag.

SETUP INSTRUCTIONS

1. Attaching the Door Anchor

1. Open a sturdy door that closes towards you.
2. Place the door anchor over the top or side of the door, ensuring the padded part is on the opposite side of the door from where you will be exercising.
3. Close the door securely, making sure the anchor is firmly trapped. Pull on the anchor strap to confirm it is stable.
4. Attach the carabiner of the main resistance straps to the loop of the door anchor.

2. Adjusting Strap Length

The resistance bands feature adjustable buckles to change the strap length, allowing you to modify the intensity and range of motion for various exercises.

- To lengthen: Press the buckle and pull the strap downwards.
- To shorten: Pull the strap upwards through the buckle.



Image: A close-up view of the adjustment buckle on the resistance band, used to modify strap length.



Image: A close-up view of the robust carabiners used to connect the resistance bands to the anchor point.

The ZIPRO Resistance Band Set allows for a wide range of exercises targeting different muscle groups. The intensity can be adjusted by changing your body position relative to the anchor point and by modifying the strap length.

General Principles:

- **Body Angle:** The steeper your body angle (closer to horizontal), the more challenging the exercise.
- **Strap Length:** Shorter straps generally increase resistance, while longer straps decrease it.
- **Stability:** Maintain a stable core throughout all exercises.

Example Exercises:

Here are a few examples of exercises you can perform:

Set Trainingsbänder Stoff Flex Zubehör



Image: Two individuals demonstrating different exercises with the resistance bands, highlighting full-body engagement.

COMFORTABLE, ANTI-SLIP RUBBER GRIP



BAG TO TAKE YOUR SET WHEREVER YOU GO



SOLID, DURABLE MATERIALS



Image: A woman performing a push-up variation, using the resistance bands for support and added challenge.

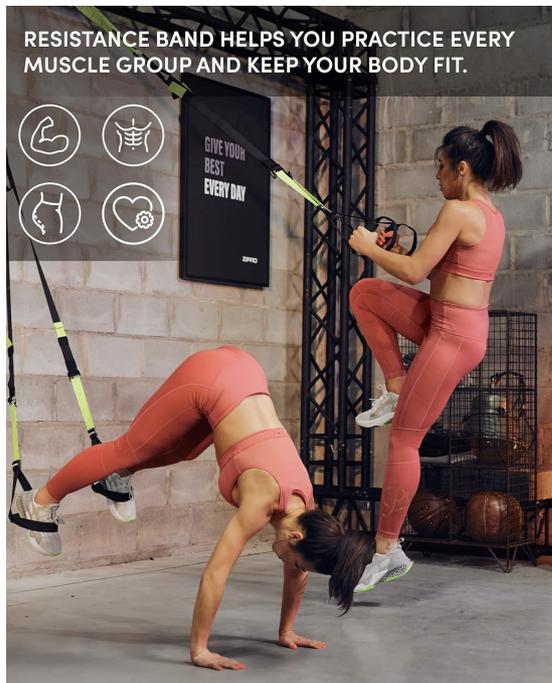


Image: A woman performing a lunge, utilizing the resistance bands to engage leg and core muscles.



Image: A man performing a rowing exercise, targeting back and arm muscles with the resistance bands.

MAINTENANCE

Cleaning:

- Wipe down the straps and handles with a damp cloth after each use to remove sweat and dirt.
- Use mild soap and water if necessary. Avoid harsh chemicals or abrasive cleaners.
- Allow the bands to air dry completely before storing.

Storage:

- Store the resistance band set in a cool, dry place away from direct sunlight and extreme temperatures.
- Use the provided mesh carry bag for convenient and organized storage.



Image: The ZIPRO Resistance Band Set neatly packed into its mesh carry bag for easy storage and transport.

TROUBLESHOOTING

- **Issue:** Bands feel too loose or too tight during an exercise.
Solution: Adjust the strap length using the buckles. For less resistance, lengthen the straps. For more resistance, shorten them. You can also adjust your body position relative to the anchor point.
- **Issue:** Door anchor slips or feels unstable.
Solution: Ensure the door is sturdy and closed securely. The anchor should be placed on the hinge side of the door, not the opening side. Verify the anchor is fully trapped and cannot be pulled through the door gap.
- **Issue:** Handles are uncomfortable or slippery.
Solution: Ensure your grip is firm. The handles are designed with an anti-slip rubber grip. If hands are sweaty, consider using gym gloves.

ZIPRO

Geen tijd meer verspillen met heen en weer reizen naar de sportschool!

Met ZIPRO-producten tover je eenvoudig een deel van je thuisvloer om tot een professionele trainingsruimte waar je comfortabel kunt trainen wanneer je maar wilt.

Of je nu een slank figuur wilt, je conditie wilt verbeteren of indrukwekkende spiermassa wilt opbouwen, met de juiste apparatuur kun je de gewenste resultaten bereiken zonder de deur uit te gaan.

Image: A close-up view of the comfortable, anti-slip rubber grip on the handle, designed for secure use.

SPECIFICATIONS

Feature	Specification
Brand	ZIPRO
Model Number	1022131
Material	Nylon
Color	Black/Green
Item Thickness	5 Millimeters
Package Dimensions	21.5 x 18.1 x 8.6 cm
Item Weight	1.33 Kilograms
Service	Adult Unisex

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official ZIPRO website or contact your retailer. Keep your purchase receipt as proof of purchase.