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WeluvFit Q2

WeluvFit Long Resistance Bands User Manual

Model: Q2

1. INTRODUCTION

Thank you for choosing WeluvFit Long Resistance Bands. This manual provides essential information for the safe and effective use of your new fitness equipment. These fabric elastic bands are designed for a wide range of physical training, including stretching, strength building, and full-body workouts for both women and men. Please read this manual thoroughly before first use and retain it for future reference.



This image displays the set of four WeluvFit long resistance bands in pink, alongside a user performing a shoulder press, highlighting the bands' versatility for upper body workouts.

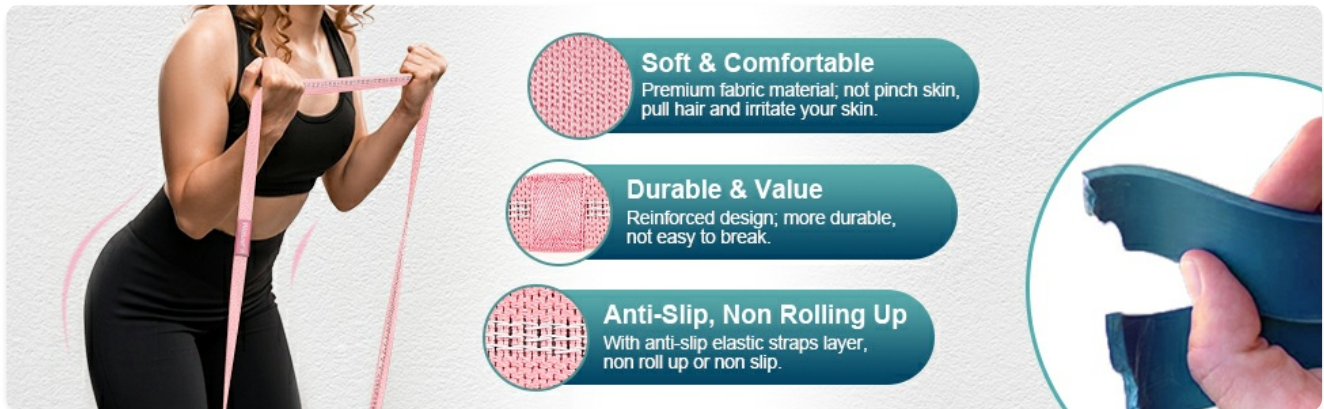
2. PRODUCT FEATURES

The WeluvFit Long Resistance Bands are engineered with user comfort and durability in mind. Key features include:

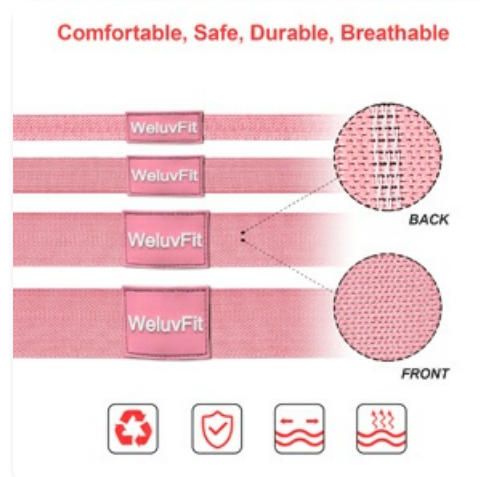
- **Enhanced Comfort and Anti-Slip Design:** Crafted from premium, skin-friendly polyester fabric with a non-slip rubber layer. Reinforced stitching prevents rolling or snapping during exercise, ensuring a secure workout experience.
- **Portability and Versatility:** Lightweight and compact, these bands can be easily carried in a gym bag, luggage, or pocket, allowing for workouts anywhere, anytime – at home, office, school, or while traveling.
- **Multi-purpose Training Companion:** Ideal for rehabilitation, mobility exercises, and general fitness. Suitable for targeting arms, back, legs, and glutes, aiding in strengthening ligaments and muscles. Can be integrated with gym

equipment for proper movement standards.

- **Four Resistance Levels:** Includes X-Light (up to 20 kg / 44 lbs), Light (up to 35 kg / 77 lbs), Medium (up to 50 lbs / 22.7 kg), and Heavy (up to 170 lbs / 77.1 kg). These varied resistances cater to all fitness levels, from beginners to experts, offering flexibility for diverse exercises.



This image visually reinforces the key material benefits of the WeluvFit bands: their soft and comfortable premium fabric that doesn't pinch skin, their durable and reinforced design, and their anti-slip layer that prevents rolling during exercise.



This image provides a detailed view of the band's fabric, illustrating its comfortable, safe, durable, and breathable design, along with features like anti-slip properties and reinforced stitching.

3. SETUP AND GETTING STARTED

The WeluvFit resistance bands require no complex setup. They are ready for use right out of the package. Simply select the band with the appropriate resistance level for your intended exercise.

Choosing Your Resistance Level:

The set includes four bands, each offering a different resistance:

- **X-Light:** 5-20 LBS (approx. 2.3-9.1 kg) - Ideal for warm-ups, joint movements, and light resistance.
- **Light:** 15-35 LBS (approx. 6.8-15.9 kg) - Suitable for warming up larger muscle groups.
- **Medium:** 25-50 LBS (approx. 11.3-22.7 kg) - Good for large muscle group workouts and assisted pull-ups.
- **Heavy:** 35-65 LBS (approx. 15.9-29.5 kg) - Best for mobility exercises, compound movements, and deadlifts.

Begin with a lower resistance band if you are new to resistance training or for exercises targeting smaller muscle groups. Gradually increase resistance as your strength improves.

Precise Width Size

From thin to wide, get the exact resistance for you easily

X-Light 5-20LBS

0.59 inch Width, 42Inch Length

Warm-up, pumping up, joint movements



Light 15-35 LBS

0.98 inch width, 42Inch Length

Warming up larger muscle groups



Medium 25-50 LBS

1.38 inch width, 42Inch Length

Large muscle group workout, pull-ups



Heavy 35-65 LBS

1.77 inch width, 42Inch Length

Mobility exercises, compound movement, deadlifts



This image details the four distinct resistance levels available in the WeluvFit band set, ranging from X-Light (5-20 LBS) to Heavy (35-65 LBS), each with specific width and recommended uses for different exercise intensities.

4. OPERATING AND USAGE

WeluvFit resistance bands can be incorporated into a wide variety of exercises to target different muscle groups and achieve various fitness goals. Always ensure the band is securely positioned before starting an exercise.

General Exercise Guidelines:

- **Warm-up:** Always perform a light warm-up before using the bands to prepare your muscles.
- **Form Over Quantity:** Focus on maintaining proper form throughout each exercise to maximize effectiveness and prevent injury.
- **Controlled Movements:** Perform movements slowly and with control, both during the concentric (muscle shortening) and eccentric (muscle lengthening) phases.
- **Breathing:** Breathe naturally throughout your exercises. Exhale during the effort phase and inhale during the recovery phase.

- **Listen to Your Body:** Stop if you feel any sharp pain.

Example Exercises:

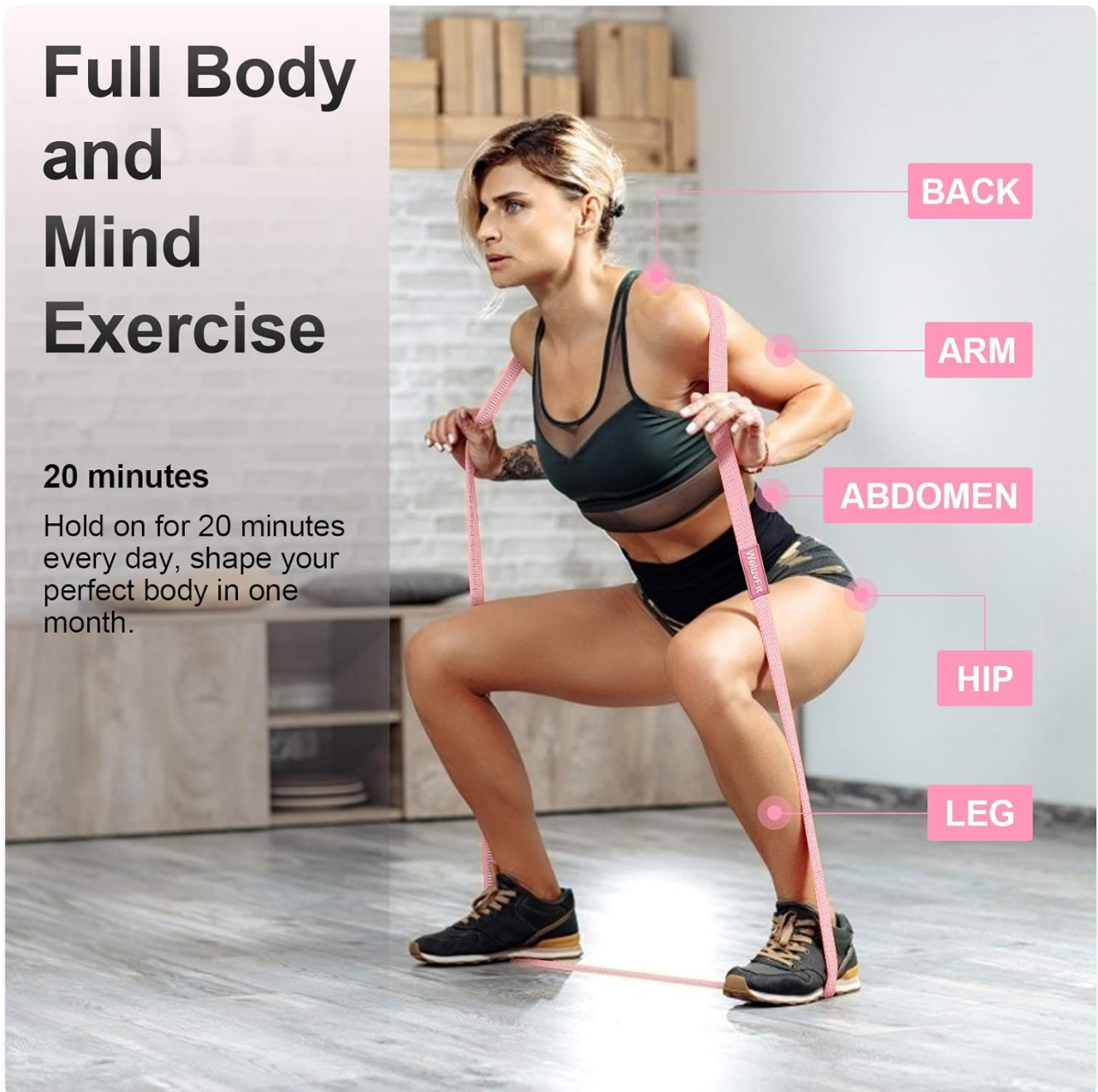
The bands are suitable for:

- **Full Body Workouts:** Engage multiple muscle groups simultaneously.
- **Strength Training:** Add resistance to squats, deadlifts, bicep curls, tricep extensions, and more.
- **Assisted Pull-ups:** Use a band to reduce your body weight, making pull-ups more accessible.
- **Stretching and Mobility:** Enhance flexibility and range of motion.
- **Rehabilitation:** Aid in recovery and strengthening of injured muscles under professional guidance.

Full Body and Mind Exercise

20 minutes

Hold on for 20 minutes every day, shape your perfect body in one month.



This image demonstrates a full-body exercise using the resistance band, specifically a squat, indicating how the bands engage various muscle groups including the back, arms, abdomen, hips, and legs.



This composite image provides visual examples of various exercises that can be performed with the resistance bands, including assisted pull-ups, bicep curls, chest expansions, and planks with leg raises, showcasing their utility for a comprehensive workout.



A woman performs squats with the resistance band positioned around her thighs, illustrating an effective lower body workout.



A woman demonstrates bicep curls, showcasing how the resistance band can be used for arm strengthening exercises.

PULL UP BAND

-  Fitness
-  Home
-  Physical Therapy
-  Weight Loss
-  Body Shaping

This image emphasizes the multi-purpose nature of the WeluvFit resistance bands, suitable for general fitness, home workouts, physical therapy, aiding in weight loss, and body shaping.



This image illustrates the broad applicability of the WeluvFit resistance bands for various user groups, including prenatal exercise and assisted rehabilitation or fitness for older individuals.



Perfect for Variable Training

- ◆ Speed Training
- ◆ Strength Training
- ◆ Assisted Pull-ups
- ◆ Muscle Ups
- ◆ Jumping Training
- ◆ Stretching Training
- ◆ Ring Dips
- ◆ Rehabilitation

This image highlights the diverse training applications of the resistance bands, including speed training, strength training, assisted pull-ups, muscle ups, jumping training, stretching, ring dips, and rehabilitation exercises.

5. MAINTENANCE

Proper care and maintenance will extend the lifespan of your WeluvFit resistance bands.

- **Cleaning:** Wipe the bands with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, hand wash with mild soap and cold water. Do not use harsh chemicals or abrasive cleaners.
- **Drying:** Air dry the bands completely before storing. Do not tumble dry or expose to direct sunlight for prolonged periods, as this can degrade the fabric and elastic.
- **Storage:** Store the bands in a cool, dry place away from direct sunlight, extreme temperatures, and sharp objects. The included storage bag is ideal for this purpose.
- **Inspection:** Before each use, inspect the bands for any signs of wear, tears, or damage. Discontinue use if any damage is observed to prevent injury.



This image highlights the portability of the WeluvFit resistance bands, showing them neatly packed in a gym bag alongside other workout essentials, making them ideal for exercise anywhere.

6. TROUBLESHOOTING

While WeluvFit resistance bands are designed for durability, here are some common considerations:

- **Band Rolling Up:** Ensure the band is flat against your skin or clothing. The anti-slip layer is designed to minimize rolling, but improper positioning or very loose clothing can sometimes cause it.
- **Resistance Feels Too Easy/Hard:** Refer to Section 3, 'Choosing Your Resistance Level', and select a different band from the set that matches your current strength and exercise requirements.
- **Discomfort During Use:** Ensure the band is not pinching skin or pulling hair. Adjust its position. If discomfort persists, consult a fitness professional.
- **Signs of Wear:** If you notice fraying, thinning, or any damage to the band, discontinue use immediately. Continued use of a damaged band can lead to snapping and potential injury.

7. SPECIFICATIONS

Attribute	Detail
Brand	WeluvFit
Model Number	Q2
Material	Polyester
Color	Red (as per model color, actual product shown is pink)
Number of Pieces	4
Special Feature	Anti-snap
Sport Type	Pilates (and general fitness)
UPC	631344706978
Package Dimensions	14 x 14 x 9.2 cm; 600 grams

8. WARRANTY AND SUPPORT

WeluvFit stands behind the quality of its products. Your WeluvFit resistance band set comes with a **100% satisfaction lifetime guarantee**.

If you have any questions, concerns, or require assistance with your WeluvFit product, please do not hesitate to contact our customer support. We are committed to ensuring your satisfaction and are always ready to help.

For support, please refer to the contact information provided on the product packaging or the official WeluvFit website.