

[Manuals.plus](#) /

› [Te-Rich](#) /

› Te-Rich Fabric Resistance Bands User Manual

## Te-Rich EARB21152

# Te-Rich Fabric Resistance Bands User Manual

Brand: Te-Rich | Model: EARB21152

## INTRODUCTION

The Te-Rich Fabric Resistance Bands are designed for effective strength training and muscle activation. Manufactured with soft cotton material and built-in latex grips, these bands are engineered to prevent rolling, pinching, or snapping during your workout sessions. They are suitable for various exercises, from yoga and Pilates to glute and hip activation, and general warm-ups.

This set includes three bands with varying resistance levels: Light, Medium, and Heavy, catering to different fitness levels and exercise routines. Their lightweight and portable design, along with an included mesh carrying pouch, makes them convenient for both home use and travel.



Image: The Te-Rich Fabric Resistance Bands set, showcasing the three resistance levels (Light, Medium, Heavy) and a user performing a squat with a band.

## SETUP

Your Te-Rich Fabric Resistance Bands set comes ready for immediate use. Upon unboxing, you will find:

- 3 x Te-Rich Resistance Loop Exercise Bands (Light, Medium, Heavy)
- 1 x Carrying Pouch
- 1 x User Guide (this document)

Before your first use, identify the resistance level of each band. The bands are color-coded and labeled: Light (light gray), Medium (gray), and Heavy (black). Choose the appropriate band based on your fitness level and the intensity required for your exercise.



## WHICH SIZE IS RIGHT FOR YOU?

Color	Resistance level	Length	Width
Black	Light	13.6"/34.5 cm	3.15"/8 cm
Dark gray	Medium	13.6"/34.5 cm	3.15"/8 cm
Light gray	Heavy	13.6"/34.5 cm	3.15"/8 cm

Image: A guide illustrating the different resistance levels (Light, Medium, Heavy) and their corresponding colors and dimensions.

### OPERATING INSTRUCTIONS

Te-Rich Fabric Resistance Bands are versatile tools for enhancing your workout. The built-in latex grips on the inside of each band are designed to prevent slipping and rolling during use, ensuring a stable and effective exercise experience.

#### Choosing the Right Resistance:

- **Light Resistance:** Ideal for beginners, warm-ups, or exercises requiring less intensity, such as arm routines or lighter leg movements.
- **Medium Resistance:** Suitable for intermediate users or exercises that require moderate resistance, like glute activation or certain leg exercises.
- **Heavy Resistance:** Designed for advanced users or exercises demanding significant challenge, such as squats, hip thrusts, or other lower body strength training.

#### Common Exercises:

These bands can be incorporated into a wide range of exercises to target various muscle groups, including glutes, hips, thighs, and calves. Examples include:

- **Squats:** Place the band above your knees to add resistance to your squat, engaging your glutes and outer thighs.
- **Glute Bridges/Hip Thrusts:** Position the band above your knees to increase activation of your glutes during these exercises.
- **Side Steps/Lateral Walks:** Place the band around your ankles or above your knees and take small steps to the side, keeping tension on the band to work your hip abductors.
- **Leg Raises:** Use the band around your ankles for added resistance during various leg raise exercises.

## MUSCLE GROUPS

Sculpt, tone and improve your overall wellness



Image: Illustration of muscle groups targeted during exercises with the resistance bands, including glutes, quads, hamstrings, calves, and abs.



Image: Examples of exercises performed with the bands in various settings (gym, outdoor, home), emphasizing their versatility and portability.

## MAINTENANCE

To ensure the longevity and performance of your Te-Rich Fabric Resistance Bands, follow these maintenance guidelines:

- **Cleaning:** If necessary, gently hand wash the bands with mild soap and cold water. Avoid using harsh detergents or bleach. Rinse thoroughly and air dry completely before storing. Do not machine wash or tumble dry.
- **Storage:** Store the bands in the provided mesh carrying pouch in a cool, dry place away from direct sunlight and extreme temperatures. Avoid storing them in damp environments, which can degrade the fabric and latex grips.
- **Inspection:** Periodically inspect your bands for any signs of wear, fraying, or damage. While highly durable, continuous heavy use may eventually lead to wear. Discontinue use if any significant damage is observed to prevent injury.

# EXTREME DURABILITY

REINFORCED STITCHING  
AND WEAVE  
for long-term durability



ANTI-SLIP RUBBER STRIPS  
prevents slipping or  
rolling



PREMIUM COTTON SURFACE  
can be worn on bare skin



Image: Detailed view of the bands' construction, emphasizing reinforced stitching, anti-slip rubber strips, and premium cotton material for durability.

## TROUBLESHOOTING

Te-Rich Fabric Resistance Bands are designed to minimize common issues found with traditional elastic bands. However, if you encounter any concerns, consider the following:

- **Bands Rolling Up:** While Te-Rich bands are manufactured with built-in latex grips to prevent rolling, ensure the band is placed flat against your skin or clothing. If rolling persists, you may need to adjust the band's position or consider using a heavier resistance level for the specific exercise, as a lighter band might be overstretched.
- **Insufficient Resistance:** If an exercise feels too easy, transition to a band with a higher resistance level (e.g., from Light to Medium, or Medium to Heavy) to increase the challenge and continue progressing your workout.
- **Excessive Resistance:** If an exercise feels too difficult or causes discomfort, switch to a band with a lower resistance level. It's important to maintain proper form and gradually increase resistance as your strength improves.

## SPECIFICATIONS

Feature	Detail
Brand	Te-Rich
Model Number	EARB21152
Material	Cotton
Color	Light gray/black/dark gray
Product Dimensions	13.6"L x 3.5"W
Tension Levels	Light, Medium, Heavy (3 levels)
Included Components	3 x Resistance Bands, 1 x Carrying Pouch, 1 x User Guide
Recommended Uses	Workout, Yoga, Exercise and Fitness, Pilates, Stretching, Strength Training

## WARRANTY AND SUPPORT

Specific warranty information for the Te-Rich Fabric Resistance Bands is not provided in this manual. For details regarding product warranty, returns, or any other support inquiries, please refer to the product listing on Amazon or contact Te-Rich customer service directly through their official brand store.

You can visit the Te-Rich Store for further assistance: [Te-Rich Amazon Store](#)