

**Crivit 373955**

# Crivit Fitness Resistance Band Set Instruction Manual

Model: 373955

## 1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Crivit Fitness Resistance Band Set. Designed for full-body workouts, this set includes two elastic bands and two fitness loops made from latex, offering various resistance levels for body shaping, endurance training, and muscle building.

## 2. SAFETY INFORMATION

- Always inspect bands for nicks, tears, or damage before each use. Do not use damaged bands.
- Consult a healthcare professional before starting any new exercise program.
- Use proper form during exercises to prevent injury. If you experience pain, stop immediately.
- Keep bands away from sharp objects, direct sunlight, and extreme temperatures.
- Keep out of reach of children and pets.

## 3. PACKAGE CONTENTS

Your Crivit Fitness Resistance Band Set includes:

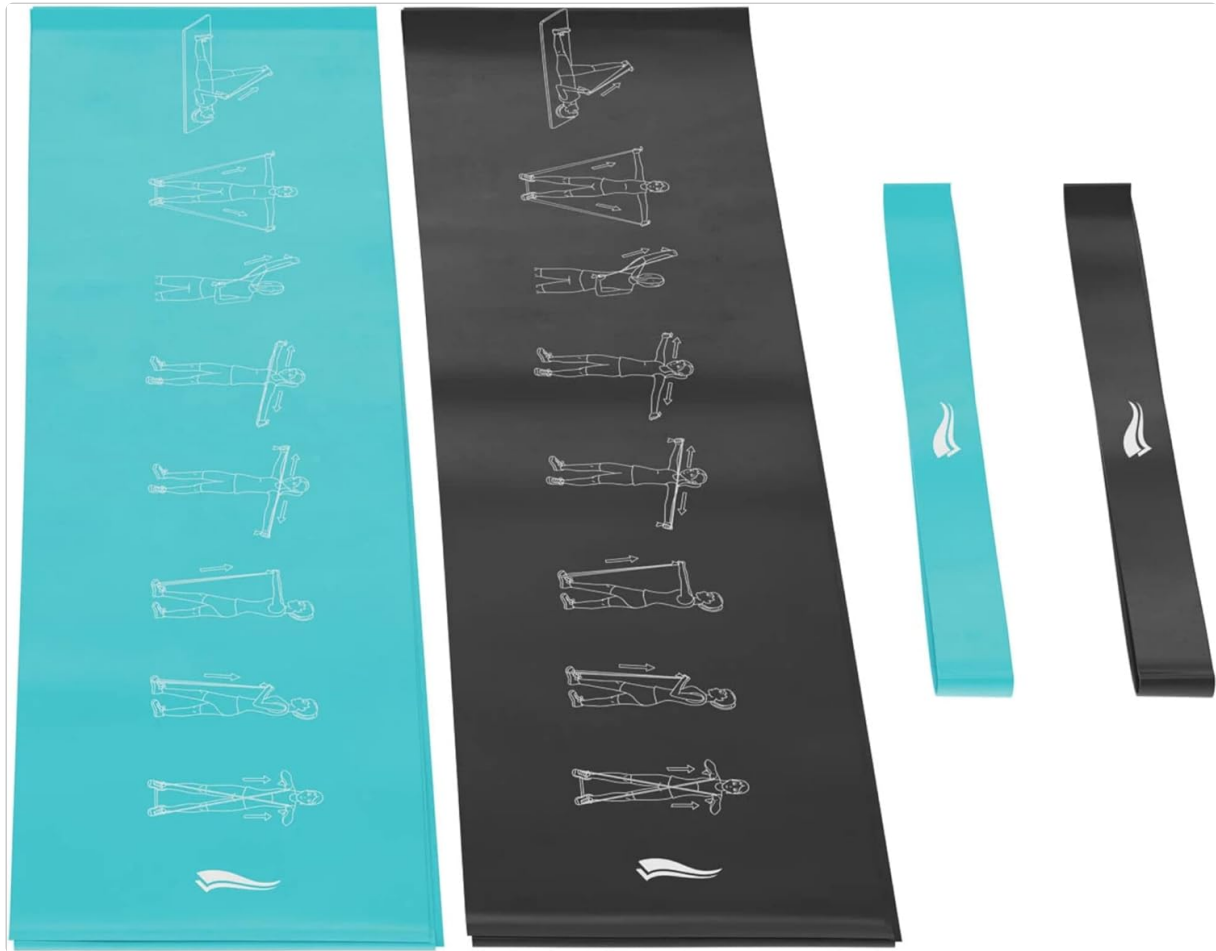
- 2 x Elastic Resistance Bands (approx. 200 x 15 cm, 0.3/0.4 mm thickness)
- 2 x Fitness Loop Bands (approx. 55 x 2.5 cm)
- Instruction manual (this document)

## 4. SETUP AND PREPARATION

No complex setup is required. Simply remove the bands from their packaging. Ensure your workout area is clear of obstructions and provides enough space for full range of motion. Choose the appropriate band intensity (medium to heavy, indicated by color/thickness) for your exercise and fitness level.

## 5. OPERATING AND USAGE: EXERCISE GUIDE

The Crivit Fitness Resistance Band Set is versatile for various exercises targeting different muscle groups. The long bands feature printed diagrams illustrating several exercises. Below are descriptions of common exercises you can perform with your bands.



**Figure 1:** Crivit Fitness Resistance Band Set showing two long bands with printed exercise diagrams and two smaller loop bands. The long bands illustrate various full-body exercises.

### 5.1 Exercises with Long Resistance Bands

1. **Chest Press:** Anchor the band behind you (e.g., around a sturdy pole or door anchor). Hold one end in each hand, palms facing down. Extend arms forward, pushing against the resistance, then slowly return.
2. **Shoulder Press:** Stand on the middle of the band with both feet. Hold the ends in each hand at shoulder height, palms forward. Press arms overhead, then slowly lower.
3. **Bicep Curl:** Stand on the middle of the band with one foot. Hold one end in each hand, palms facing up. Curl hands towards shoulders, keeping elbows tucked in, then slowly release.
4. **Tricep Extension:** Anchor the band overhead or stand on it with one foot. Hold one end in one hand, extending arm overhead. Bend elbow to lower hand behind head, then extend arm upwards.
5. **Rows:** Sit on the floor with legs extended, looping the band around your feet. Hold one end in each hand. Pull hands towards your torso, squeezing shoulder blades, then slowly extend arms.
6. **Squats:** Stand on the middle of the band with both feet, holding the ends at shoulder height. Perform a squat, keeping your back straight and chest up, then stand back up against the resistance.
7. **Leg Press (Iying):** Lie on your back, loop the band around your feet. Hold the ends in your hands.

Push your legs away from your body, extending knees, then slowly return.

5.2 Exercises with Loop Bands

- **Glute Bridges:** Place a loop band around your thighs, just above the knees. Lie on your back with knees bent, feet flat. Lift hips off the floor, pushing knees slightly outwards against the band.
- **Lateral Walks:** Place a loop band around your ankles or just above the knees. Stand with feet hip-width apart, slight bend in knees. Take small steps sideways, maintaining tension on the band.
- **Clamshells:** Lie on your side with knees bent and stacked. Place a loop band around your thighs, just above the knees. Keeping feet together, lift your top knee upwards, rotating at the hip.

6. MAINTENANCE AND CARE

- **Cleaning:** Wipe bands with a damp cloth and mild soap if necessary. Rinse thoroughly and air dry completely before storing. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store bands in a cool, dry place away from direct sunlight, heat sources, and sharp objects. Avoid storing them in stretched positions.
- **Longevity:** Regular inspection and proper care will extend the life of your resistance bands.

7. TROUBLESHOOTING

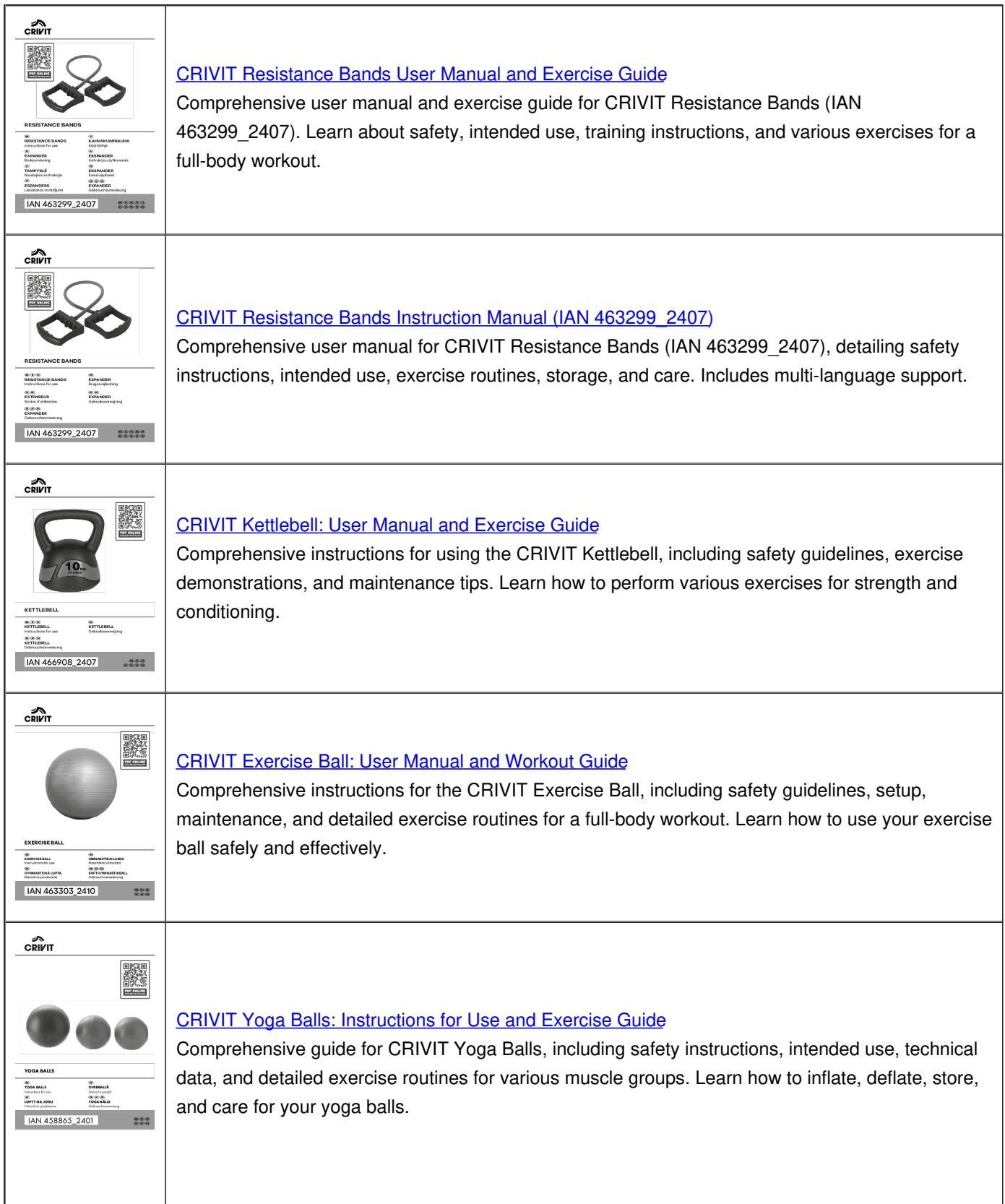
- **Band feels too easy/hard:** Adjust your grip, body position, or switch to a different band (if available in a set with varying resistances) to match your strength level.
- **Band rolls up during use:** Ensure the band is flat against your skin or clothing. Adjust placement or try a wider band if available.
- **Discomfort or skin irritation:** Ensure bands are clean. If irritation persists, discontinue use and consult a doctor.




8. SPECIFICATIONS

Feature	Detail
Product Name	Crivit Fitness Resistance Band Set
Model Number	373955
Material	Latex
Long Band Dimensions	Approx. 200 x 15 cm (Thickness: 0.3/0.4 mm)
Loop Band Dimensions	Approx. 55 x 2.5 cm
Color	Blue/Black
Total Weight	Approx. 236 g
Features	Anti-slip

9. WARRANTY AND SUPPORT

## Related Documents - 373955





YOGA BLOCKS

YOGA BLOCKS

Material: EPE foam

CRIVIT NA JOYU

Material: EPE foam

YOGA BLOCKS

Material: EPE foam

YOGA BLOCKS

Material: EPE foam

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[CRIVIT Yoga Blocks: Instructions for Use, Safety & Exercises](#)

Get the most out of your CRIVIT Yoga Blocks with this comprehensive guide. Learn about package contents, technical specifications, essential safety information, detailed exercise instructions, proper storage and cleaning, and warranty details.