

Nuvance Resistance Bands Set - 3-piece

Nuvance Resistance Bands Set - Instruction Manual

Model: Resistance Bands Set - 3-piece

1. INTRODUCTION

Thank you for choosing the Nuvance Resistance Bands Set. This 3-piece set is designed to enhance your fitness routine, offering versatile resistance for various exercises. The bands are suitable for strength training, physiotherapy, and general fitness, catering to both beginners and experienced users. This manual provides essential information on the product components, safe usage, maintenance, and specifications to help you get the most out of your resistance bands.

2. PRODUCT COMPONENTS

Your Nuvance Resistance Bands Set includes the following items:

- **3 x Resistance Bands:** One Light (6-10 kg), one Medium (11-15 kg), and one Heavy (18-22 kg) resistance band.
- **1 x Storage Bag:** For convenient storage and portability of your bands.
- **1 x E-book:** Digital guide with additional information and exercises.
- **1 x Exercise Manual:** A printed guide with targeted exercises.

Train gericht je spieren

Inclusief

E BOOK

20 minuten per dag!



Bovenbenen



Armspieren



Bilspieren



Hielen



Kuitspieren



Image: The three resistance bands included in the set. The storage bag and exercise manual are also part of the package.

3. SAFETY INFORMATION

- Always inspect bands for any signs of wear, tears, or damage before each use. Do not use damaged bands.
- Consult a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- Perform a warm-up before exercising and cool-down afterwards.
- 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 to prolong their lifespan.
- Keep out of reach of children and pets.

4. SETUP

The Nuvance Resistance Bands are ready for use directly out of the package. No assembly is required. Simply remove the desired band from the storage bag and ensure it is clean and free from damage before beginning your workout.

5. OPERATING (USAGE GUIDELINES)

Your Nuvance Resistance Bands are designed for a wide range of exercises targeting various muscle groups. The set includes three bands with distinct resistance levels:

- **Light (White):** 6-10 kg intensity, ideal for beginners or rehabilitation exercises.
- **Medium (Grey):** 11-15 kg intensity, suitable for intermediate users and general fitness.
- **Heavy (Black):** 18-22 kg intensity, for advanced users and challenging strength training.

Refer to the included E-book and Exercise Manual for detailed instructions and illustrations of various exercises. These bands are designed to be non-slip and sweat-resistant, ensuring a stable and effective workout.

Example Exercises



Image: Targeted muscle training, demonstrating a squat with a resistance band for glutes and legs.



Image: Durable and anti-slip design of the resistance bands, showing the quality material.



Image: Using a resistance band for stretching and flexibility exercises.

3 verschillende weerstanden



Lengte	Weerstand	Rekbaar tot	Gebruik
36cm	Heavy	18 - 22 kg	Pro
36cm	Medium	11 - 15 kg	Ervaren
36cm	Light	6 - 10 kg	Beginner

Image: Various exercises demonstrating full-body workout potential with the bands.

6. MAINTENANCE

To ensure the longevity and hygiene of your Nuvance Resistance Bands, follow these maintenance guidelines:

- **Cleaning:** The resistance bands are washable. Hand wash or machine wash at a maximum temperature of 30 degrees Celsius (86°F). Use a mild detergent.
- **Drying:** Air dry the bands completely after washing. Do not tumble dry or expose to direct heat.
- **Storage:** Store the bands in the provided storage bag in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the bands for any signs of wear, fraying, or damage. Replace bands if any damage is observed.

7. TROUBLESHOOTING

The Nuvance Resistance Bands are designed with an anti-slip feature to prevent rolling during use. If you experience any issues:

- **Bands rolling up:** Ensure the band is positioned correctly on your body part (e.g., above the knees, not directly on the joint). Adjust the band's position or try a different resistance level if it consistently rolls.
- **Loss of elasticity:** Over time, all resistance bands may lose some elasticity. Regular inspection (as per Maintenance section) will help identify when a band needs replacement.

8. SPECIFICATIONS

Feature	Detail
Model Name	Resistance Bands - 3-piece set
Brand	Nuvance

Feature	Detail
Material	Nylon
Color	Black, Grey, White
Resistance Levels	Light (6-10 kg), Medium (11-15 kg), Heavy (18-22 kg)
Number of Items	3 Pack
Product Dimensions	26.5 x 13 x 2.5 cm (packaged)
Item Weight	100 g
Special Features	Anti-slip
Recommended Uses	Training, Physiotherapy, Strength Training, Exercise and Fitness

Train gericht je spieren

Inclusief  **EBOOK**

20 minuten per dag!



Bovenbenen

Armspieren

Bilspieren

Hielen

Kuitspieren



Image: The three resistance bands with their respective colors and branding.

9. WARRANTY

For information regarding the warranty of your Nuvance Resistance Bands Set, please refer to the retailer where the product was purchased or contact Nuvance customer support directly.

10. SUPPORT

If you have any questions, concerns, or require assistance with your Nuvance Resistance Bands Set, please contact Nuvance customer service. Contact details can typically be found on the Nuvance official website or through your purchase platform.