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ROCKBROS 0031001

ROCKBROS Arm Sleeves with Elbow Protector Instruction Manual

Model: 0031001

1. PRODUCT OVERVIEW

Thank you for choosing ROCKBROS Arm Sleeves with Elbow Protector. These arm sleeves are designed to provide protection, comfort, and performance during various outdoor and sports activities. They feature integrated elbow protection, UV resistance, and breathable, quick-drying fabric to enhance your experience.

2. KEY FEATURES

- **Elbow Protection:** The elbow area features an upgraded joint-type PU soft pad, approximately 8mm thick, designed to absorb impact and protect the elbow. This soft pad conforms closely to the joint, allowing for comfortable and safe movement.



Image: Detailed view of the 8mm thick PU soft pad for elbow protection.

- **UV Protection & Cooling:** These arm sleeves offer UPF50+ UV protection, reducing sun exposure and safeguarding the skin. Made from a contact-cooling, highly breathable fabric, they quickly absorb and dry sweat, ensuring comfort even in warm conditions.

厚いPUソフトパッド



新しいアップグレードのジョイント式ソフトパッドを採用し、関節に密着します。

範囲が広い、約8mmの厚みがあり、やわらかいPUパッドで、快適で安全に活動することができます。



Image: Demonstrating UV protection and cooling effect with UPF50+ rating.

- **Stretch & Fit:** Constructed from highly elastic material, these arm sleeves provide a snug fit that resists slipping during activity. The soft PU elbow pad ensures comfort even during extended wear.

伸縮性&フィット感がいい

軽量で伸びのある素材を使用しているので、着用時の不快感も軽減してくれます。



Image: Illustrating the stretchability and comfortable fit of the arm sleeves.

- **Sweat Absorption & Breathability:** The advanced fabric quickly absorbs sweat and dries rapidly, promoting excellent ventilation. This design helps prevent stiffness and keeps you comfortable during intense activities or in hot weather.



滑り止め効果

腕周りが幅広になっており、シリコンも付き、しっかり支える役割しています。滑りにくいです。

Image: Visual representation of the sweat-absorbing and quick-drying fabric.

- **Anti-slip Design:** An anti-slip silicone band is integrated into the upper cuff to ensure a secure fit without excessive tightness. This prevents the sleeves from sliding down during movement, making them reliable for various outdoor and sports activities.



滑り止めシリコン付き

止滑バンドにシリコンを採用した防滑デザインで、ずり下がり防止の以外、締め付け感なくフィットします。アウトドアやスポーツの際にお役立ちのアイテムです。

Image: Detail of the anti-slip silicone band for a secure fit.

3. SETUP AND INSTALLATION (HOW TO WEAR)

1. **Identify Left and Right:** The arm sleeves are generally symmetrical, but ensure the elbow pad is correctly positioned over your elbow joint.
2. **Slide On:** Gently slide the arm sleeve onto your arm, starting from your wrist.
3. **Position the Pad:** Adjust the sleeve so that the PU soft pad is centered over your elbow. The joint-type design should allow it to conform naturally to your elbow's shape.
4. **Ensure Snug Fit:** The elastic material and anti-slip silicone band should provide a snug fit around your bicep and wrist without feeling overly tight or restrictive.
5. **Check Movement:** Bend and straighten your arm to ensure full range of motion and that the elbow pad remains in place.

安全&快適

最低限ですが肘をプロテクトして乗ってる安心感があります。



Image: Example of proper wearing and fit of the arm sleeves.

4. OPERATING (USAGE GUIDELINES)

These arm sleeves are designed for use in various sports and outdoor activities where elbow protection, UV shielding, and comfort are desired.

- **Cycling:** Ideal for road cycling, mountain biking, and motorcycle riding to protect against sun exposure and minor impacts.

- **Sports:** Suitable for sports requiring arm protection and flexibility.
- **Outdoor Activities:** Provides comfort and protection during general outdoor activities in sunny or warm conditions.

Always ensure the sleeves are properly positioned before engaging in activity to maximize protection and comfort.

5. MAINTENANCE

Proper care will extend the life and effectiveness of your arm sleeves.

- **Washing:** Hand wash in cold water with a mild detergent. Do not use bleach.
- **Drying:** Air dry away from direct sunlight. Do not tumble dry or iron.
- **Storage:** Store in a cool, dry place when not in use.
- **Avoid Harsh Chemicals:** Do not use fabric softeners or harsh cleaning agents, as these can degrade the material and protective properties.

6. SPECIFICATIONS

Product Dimensions and Weight

Attribute	Value
Model Number	0031001
Package Dimensions	31 x 14.4 x 3.1 cm
Item Weight	220 g
Color	Black

Size Chart

To ensure the best fit, please refer to the size chart below. Measurements are approximate and may vary slightly due to manual measurement. If you are between sizes or unsure, it is generally recommended to choose a smaller size for a snug fit.



サイズ表

サイズ	S	M	L	XL	XXL
袖口/CM	22	24	26	28	30
全長/CM	38	40	42	44	46
腕周り/CM	13	15	17	19	21

ご注意: 手作業・平置き状態での計測となるため、誤差が生じる場合がございます。
(その際、迷ったら小さいサイズをお選びください)

Image: Detailed size chart for selecting the correct arm sleeve size.

Size	Arm Circumference (cm)	Cuff (cm)	Total Length (cm)
S	22	13	38
M	24	15	40
L	26	17	42
XL	28	19	44
XXL	30	21	46

7. TROUBLESHOOTING

If you encounter issues with your arm sleeves, consider the following:

- **Sleeves feel too tight or too loose:** Refer to the size chart in Section 6 and compare your arm measurements. Ensure you have selected the appropriate size. The material is highly elastic, but an incorrect size may lead to discomfort or slippage.
- **Elbow pad shifts during activity:** Re-adjust the sleeve to ensure the elbow pad is centered. The anti-slip band should help keep it in place. If shifting persists, re-evaluate your size selection.
- **Discomfort during prolonged wear:** While designed for comfort, ensure the sleeves are not too tight. If discomfort persists, discontinue use and consult the size chart.

8. WARRANTY AND SUPPORT

ROCKBROS is committed to providing high-quality products. For any questions, concerns, or support needs regarding your arm sleeves, please contact the retailer or ROCKBROS customer service. Please retain your proof of purchase for any warranty claims.

