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GRIFEMA GA5002

GRIFEMA GA5002 Resistance Bands User Manual

Model: GA5002

1. INTRODUCTION

Thank you for choosing the GRIFEMA GA5002 Resistance Bands. This manual provides essential information for the safe and effective use of your resistance bands. These bands are designed for a variety of fitness activities, including bodybuilding, Pilates, yoga, and general strength training. The set includes four bands with distinct resistance levels to accommodate different fitness stages and exercise requirements.

2. PRODUCT COMPONENTS

The GRIFEMA GA5002 set includes the following items:

- 4 x Fitness Elastic Bands (Blue, Red, Yellow, Purple)
- 1 x Portable Storage Bag

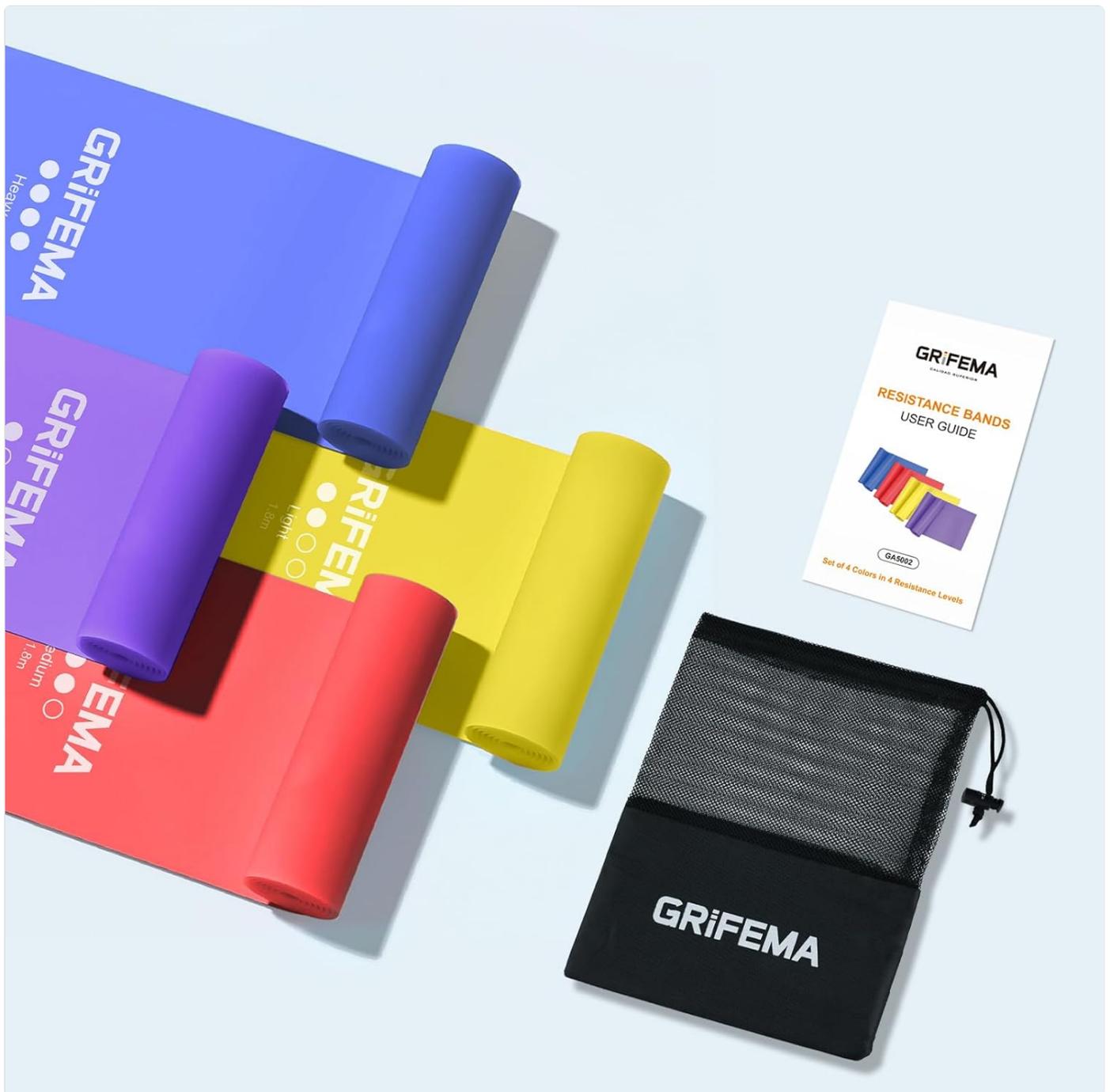


Image: Contents of the GRIFEMA GA5002 package, showing the four resistance bands and the included storage bag.

3. SETUP AND PREPARATION

The GRIFEMA GA5002 resistance bands require minimal setup. Simply remove the bands from their packaging. Before each use, inspect the bands for any signs of wear, tears, or damage. Do not use damaged bands.

The included portable storage bag allows for convenient transport and storage of your bands, keeping them organized and protected when not in use.

4. OPERATING AND USAGE GUIDELINES

The GRIFEMA GA5002 resistance bands offer four distinct resistance levels, indicated by color and thickness. This allows for progressive training and targeting different muscle groups with appropriate intensity.

4.1 Resistance Levels

Resistance Level Chart

Color	Resistance Level	Thickness	Estimated LBS
Purple	X-Light	0.35mm	15 LBS
Yellow	Light	0.4mm	20 LBS
Red	Medium	0.5mm	30 LBS
Blue	Heavy	0.55mm	35 LBS

Resistance levels	Strength Thickness	Estimated LBS
	Heavy 0.55mm	35 LBS
	Medium 0.5mm	30 LBS
	Light 0.4mm	20 LBS
	X-Light 0.35mm	15 LBS

Image: Visual representation of the four resistance bands with their corresponding strength, thickness, and estimated poundage.

4.2 Exercise Examples

These resistance bands are versatile and can be used for a full-body workout, targeting various muscle groups. Always ensure proper form and controlled movements during exercises.

- **Arms:** Bicep curls, tricep extensions.
- **Back:** Rows, pull-aparts.
- **Chest:** Chest presses, flyes.
- **Abs:** Crunches with resistance, leg raises.
- **Glutes & Legs:** Squats, lunges, glute bridges, leg presses.

Whole-body Workout



Arms



Back



Chest



Hips



Abs



Leg



Image: Illustrations demonstrating various exercises for arms, back, chest, hips, abs, and legs using the resistance bands.

4.3 Training Environments

The compact and lightweight design of the GRIFEMA GA5002 bands makes them suitable for training in various locations:

- **Gym:** Supplement your weight training.
- **Outdoor:** Exercise in parks or open spaces.

- **Office:** Quick breaks for stretching or light exercise.
- **Home:** Convenient for daily workouts without bulky equipment.

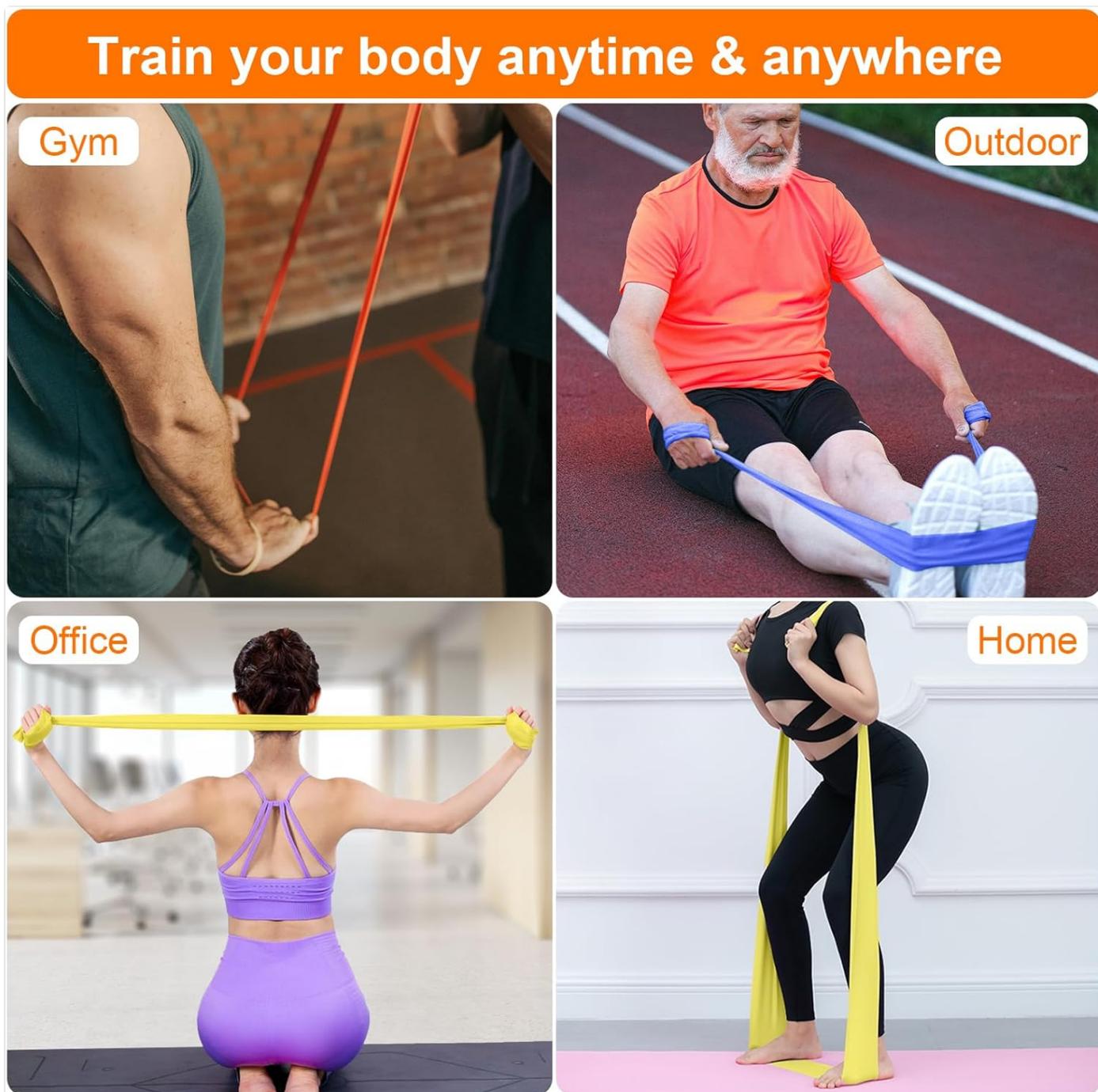


Image: Collage showing individuals utilizing resistance bands in a gym, outdoors, in an office setting, and at home.

5. MAINTENANCE AND CARE

Proper care will extend the lifespan of your GRIFEMA GA5002 resistance bands.

- **Cleaning:** Wipe the bands with a damp cloth after use. Avoid harsh chemicals or abrasive cleaners. Allow them to air dry completely before storing.
- **Storage:** Store the bands in a cool, dry place away from direct sunlight and extreme temperatures. Use the provided storage bag to prevent tangling and protect them from dust.
- **Inspection:** Regularly inspect the bands for any nicks, cuts, or signs of material degradation. Discontinue use immediately if any damage is found.

The bands are made from high-quality Thermoplastic Elastomer (TPE) material, known for its elasticity, durability, and

non-toxic properties.



High - quality TPE materials



Safe, non - toxic and highly elastic.

Image: Graphic illustrating the key features of the TPE material used in the bands: high elasticity, recyclability, and non-toxic composition.

6. TROUBLESHOOTING

Resistance bands are generally simple products, but here are some common concerns:

- **Loss of Elasticity:** Over time and with extensive use, resistance bands may lose some of their elasticity. This is normal wear and tear. If a band feels significantly less resistant or stretched out, it may be time to replace it.
- **Visible Damage (Tears, Nicks):** If you observe any tears, nicks, or holes in your resistance band, discontinue use immediately. Using a damaged band can lead to breakage and potential injury.
- **Skin Irritation:** While made from non-toxic TPE, some individuals may experience minor skin irritation. Ensure bands are clean and dry before use. If irritation persists, consult a healthcare professional.

7. SPECIFICATIONS

Feature	Detail
Model Name	GA5002
Brand	GRIFEMA
Material	Thermoplastic Elastomer (TPE)
Colors	Blue, Red, Yellow, Purple
Item Weight	250 Grams (total for set)
Product Dimensions (each band)	70.87" L x 5.91" W (180 cm L x 15 cm W)
Number of Resistance Levels	4
Resistance Levels (Estimated LBS)	15 LBS (X-Light), 20 LBS (Light), 30 LBS (Medium), 35 LBS (Heavy)
Recommended Uses	Strength Training, Yoga, Pilates, Weightlifting
Special Feature	Adjustable resistance through different bands



Image: Overview of the four resistance bands, illustrating their length (180cm) and width (15cm).

8. WARRANTY AND SUPPORT

For warranty information or product support, please refer to the purchase documentation or contact GRIFEMA customer service directly through their official website or the retailer where the product was purchased. Keep your proof of purchase for any warranty claims.

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This manual is for informational purposes only. GRIFEMA is not responsible for any injuries or damages resulting from the misuse of this product.