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## Gocrun PLTB-US-Black-01

# Gocrun Portable Pilates Bar Kit

MODEL: PLTB-US-BLACK-01

## Introduction

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The Gocrun Portable Pilates Bar Kit is a versatile fitness tool designed for full-body workouts, suitable for both men and women. This kit combines the benefits of a Pilates bar with the flexibility of resistance bands, allowing for a wide range of exercises to target various muscle groups. Its detachable design ensures portability, making it ideal for use at home, in the gym, or while traveling.

## Product Components

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Your Gocrun Portable Pilates Bar Kit includes the following items:

- Premium Steel Pilates Stick (three detachable sections)
- Three Pairs of Quality Resistance Bands (varying strengths: 15 lbs, 20 lbs, 30 lbs per side)
- Non-Slip Foot Loops
- Fitness Poster with Exercise Guide
- Compact Storage Bag

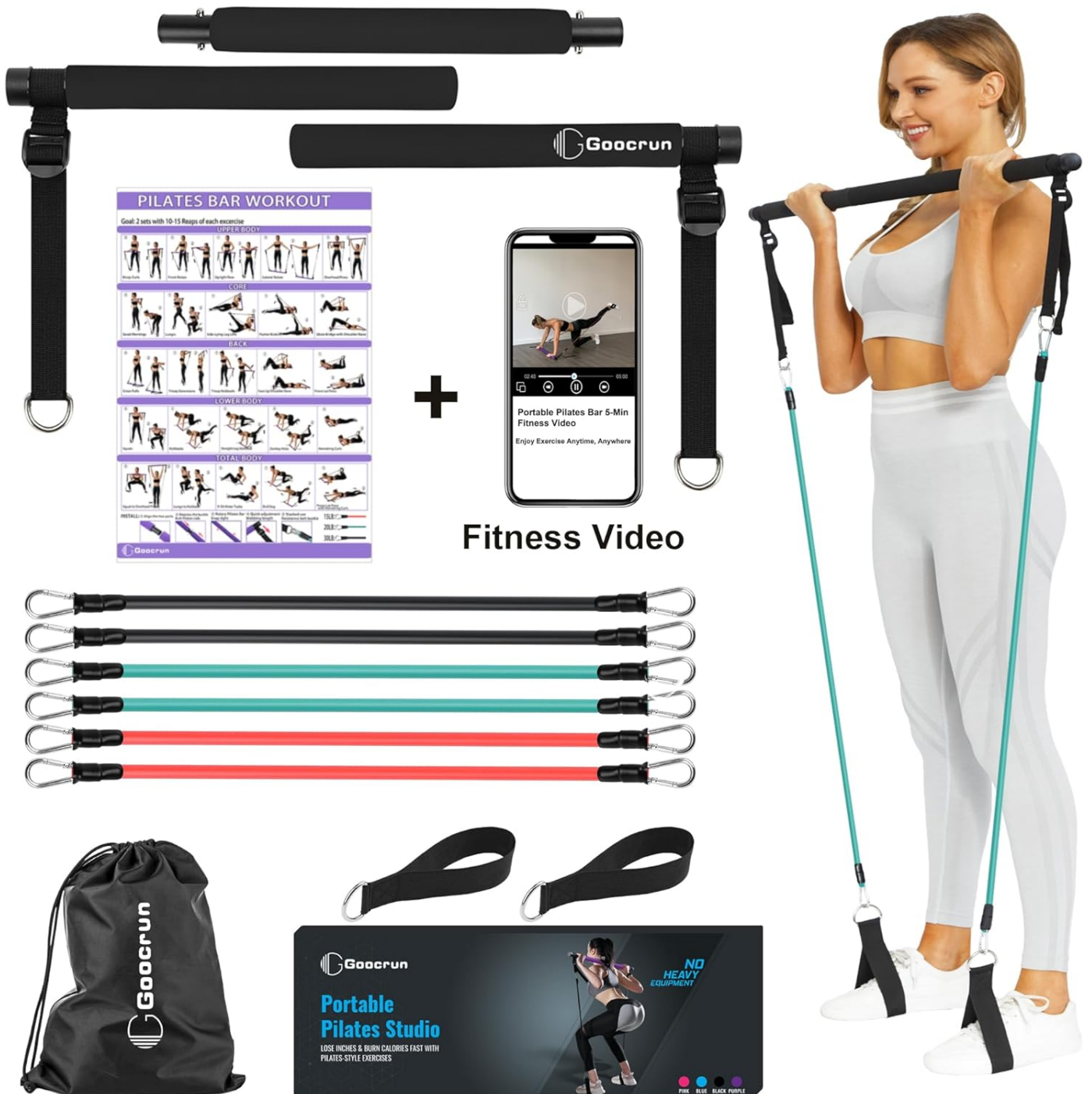
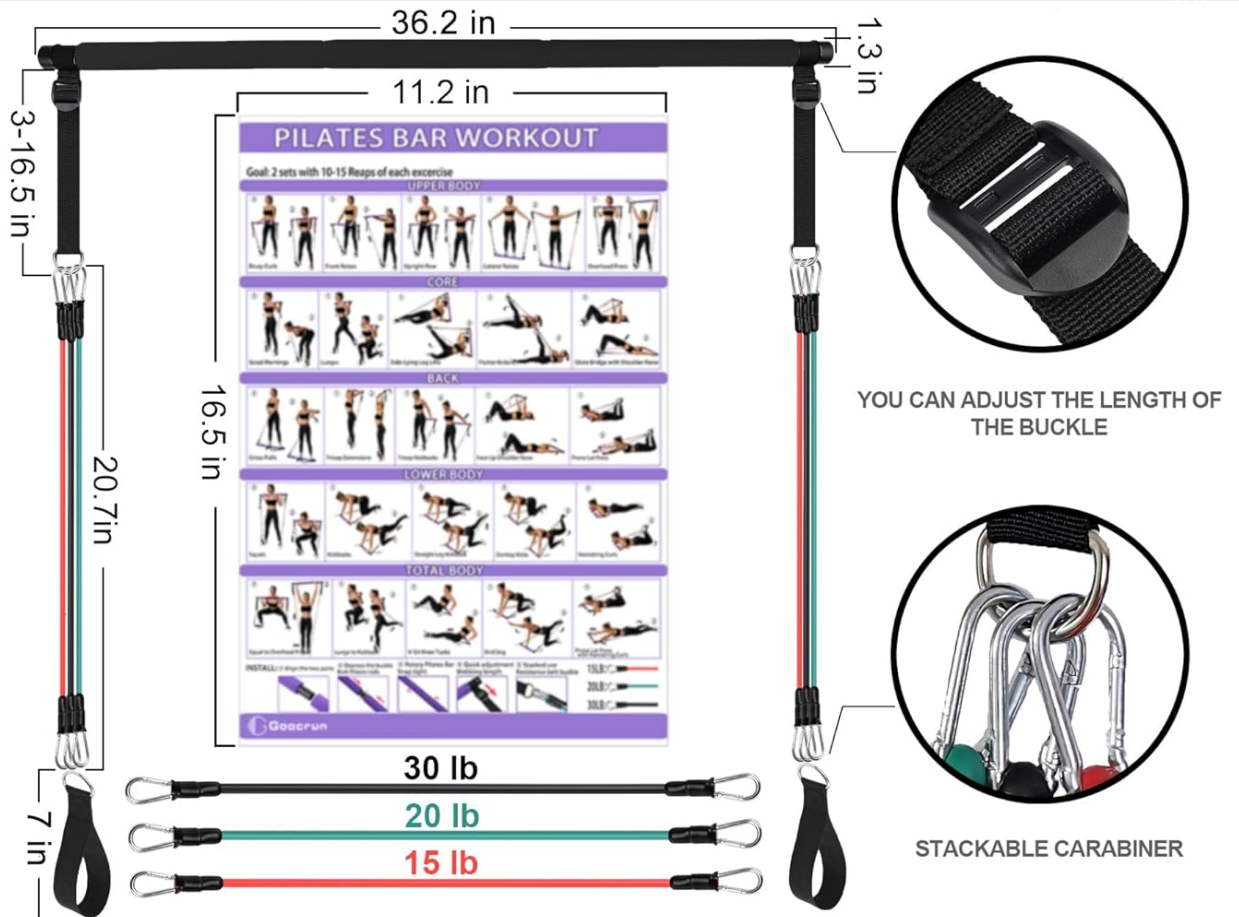


Image: All components of the Goocrun Portable Pilates Bar Kit, including the detachable bar, resistance bands, foot loops, fitness poster, and storage bag.

## Setup Instructions

1. **Assemble the Pilates Bar:** Connect the three steel pipe sections of the Pilates bar by aligning the ends and pushing them together until they click securely into place. Ensure a firm connection for stability during exercise.
2. **Attach Resistance Bands:** The Pilates bar features hoisting straps at both ends. Attach the carabiners of your desired resistance bands to the D-rings on these straps. You can use one, two, or all three pairs of bands simultaneously to adjust the resistance level.
3. **Adjust Strap Length:** The length of the hoisting straps can be adjusted using the buckles. Adjust the length to ensure proper tension and range of motion for your exercises. For foot-based exercises, ensure the foot loops are securely attached to the ends of the resistance bands.

# Size Measurement



# Installation Method

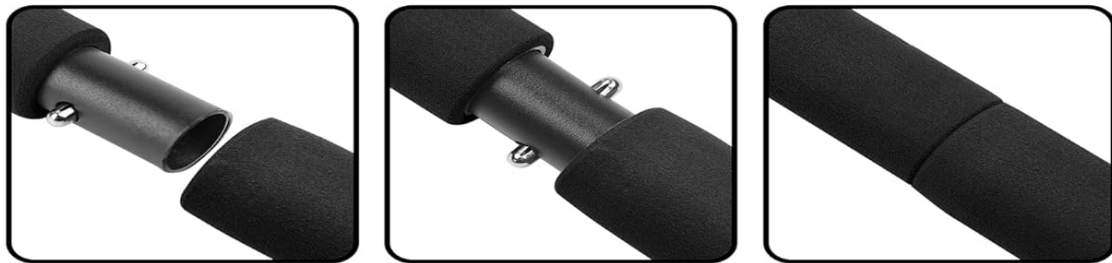


Image: Visual guide demonstrating the assembly of the Pilates bar, adjustment of the buckle, and stackable carabiner feature for resistance bands. Dimensions are also shown.

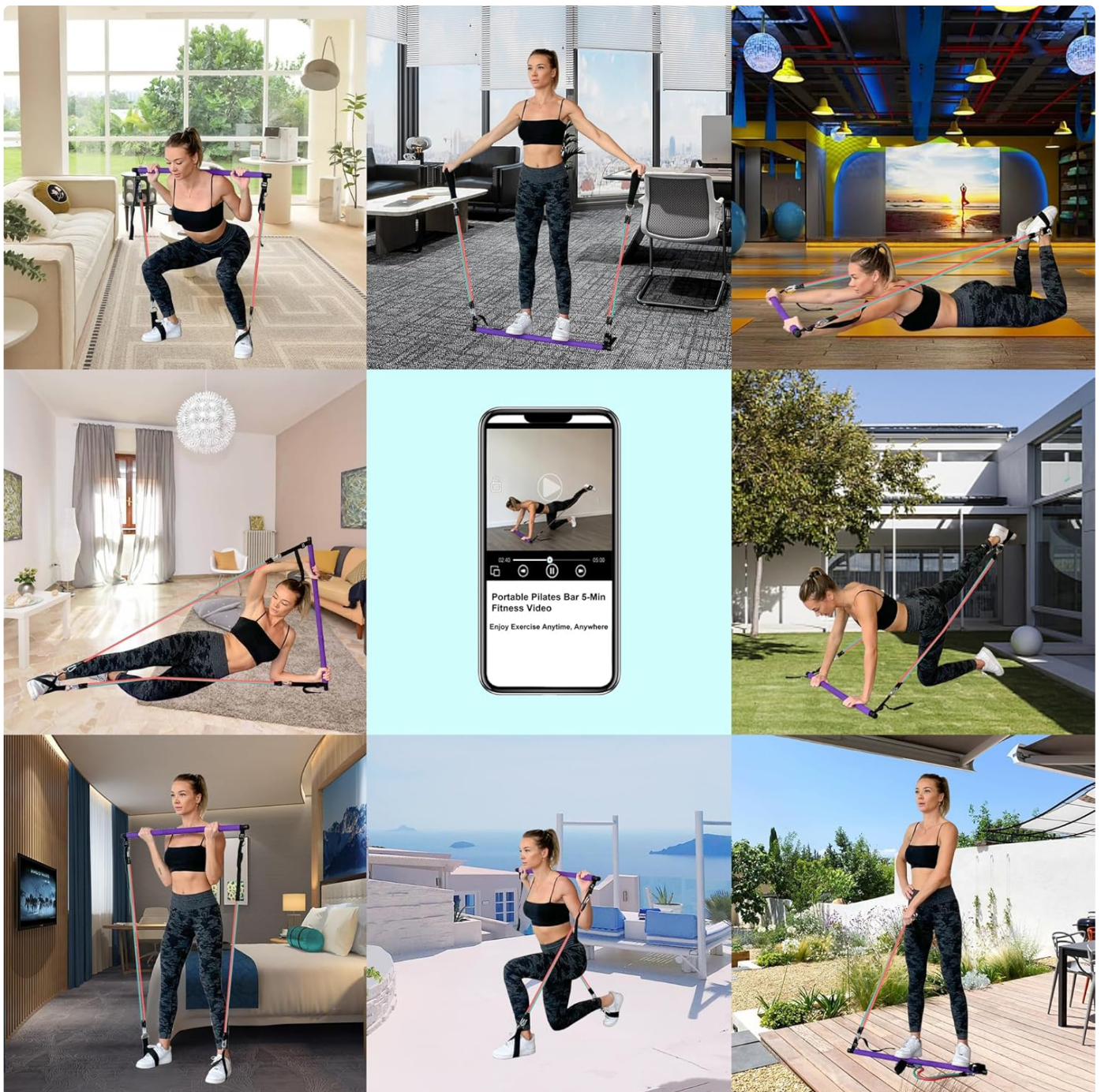


Image: Detailed size measurements of the Pilates bar and resistance bands, indicating lengths and resistance levels.

## Operating Instructions

The Gocrun Pilates Bar Kit supports a variety of exercises for a full-body workout. Always ensure proper form to prevent injury.

- **Exercise Guide:** Refer to the included Fitness Poster for a comprehensive guide to various exercises targeting the upper body, core, back, lower body, and total body. Each exercise typically suggests 2 sets with 10-15 repetitions.
- **Resistance Adjustment:** Utilize the three pairs of resistance bands (15 lbs, 20 lbs, 30 lbs per side) by arbitrarily matching them to achieve your desired resistance level for different exercises. The total resistance can reach up to 130 lbs (65 lbs per side).
- **Foot Loops:** For exercises involving the lower body, securely place your feet into the non-slip foot loops. Ensure they are snug but comfortable.
- **Online Video Guidance:** The product includes access to a fitness video. Scan the QR code provided with your kit or refer to the product packaging for details on accessing this video, which can provide additional guidance and workout routines.

# FITNESS IS SO EASY

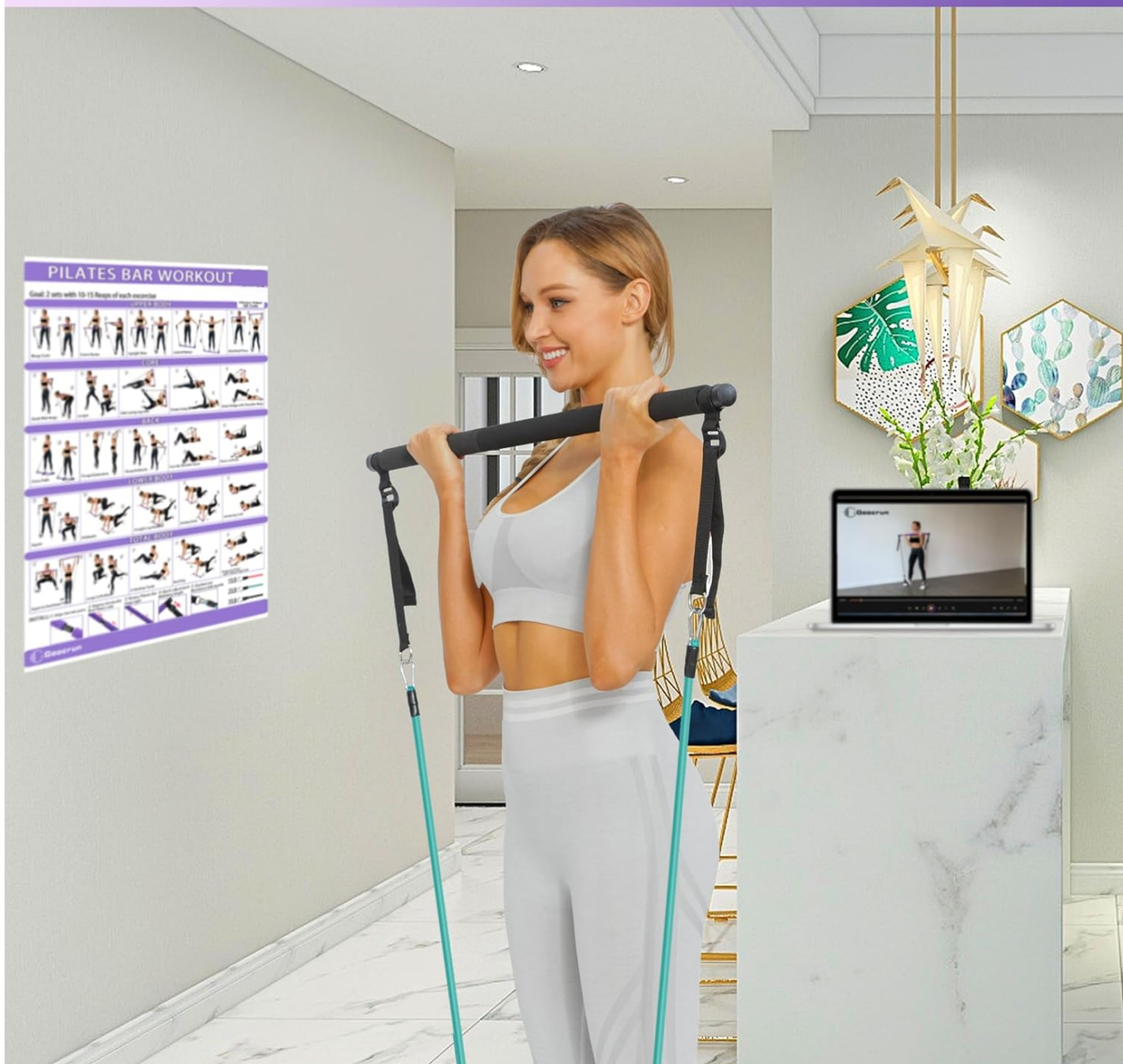


Image: A woman demonstrating a full-body workout using the Pilates bar and resistance bands, highlighting muscle engagement in arms, back, chest, abs, hips, and legs.

# Full Body Work Out Training



Image: A collage of images showing a woman performing various exercises with the Pilates bar and resistance bands in different settings, illustrating the versatility of the kit.

## Maintenance and Care

- **Cleaning:** Wipe down the Pilates bar and resistance bands with a damp cloth after each use to remove sweat and dirt. Avoid using harsh chemicals or abrasive cleaners, as they may damage the materials.
- **Storage:** Disassemble the Pilates bar into its three sections and store all components in the provided compact storage bag. Store the kit in a cool, dry place away from direct sunlight and extreme temperatures to prolong the life of the resistance bands.
- **Inspection:** Regularly inspect the resistance bands for any signs of wear, tears, or damage. If any damage is observed, discontinue use of the affected band immediately to prevent injury.

# Goocrun VS Others

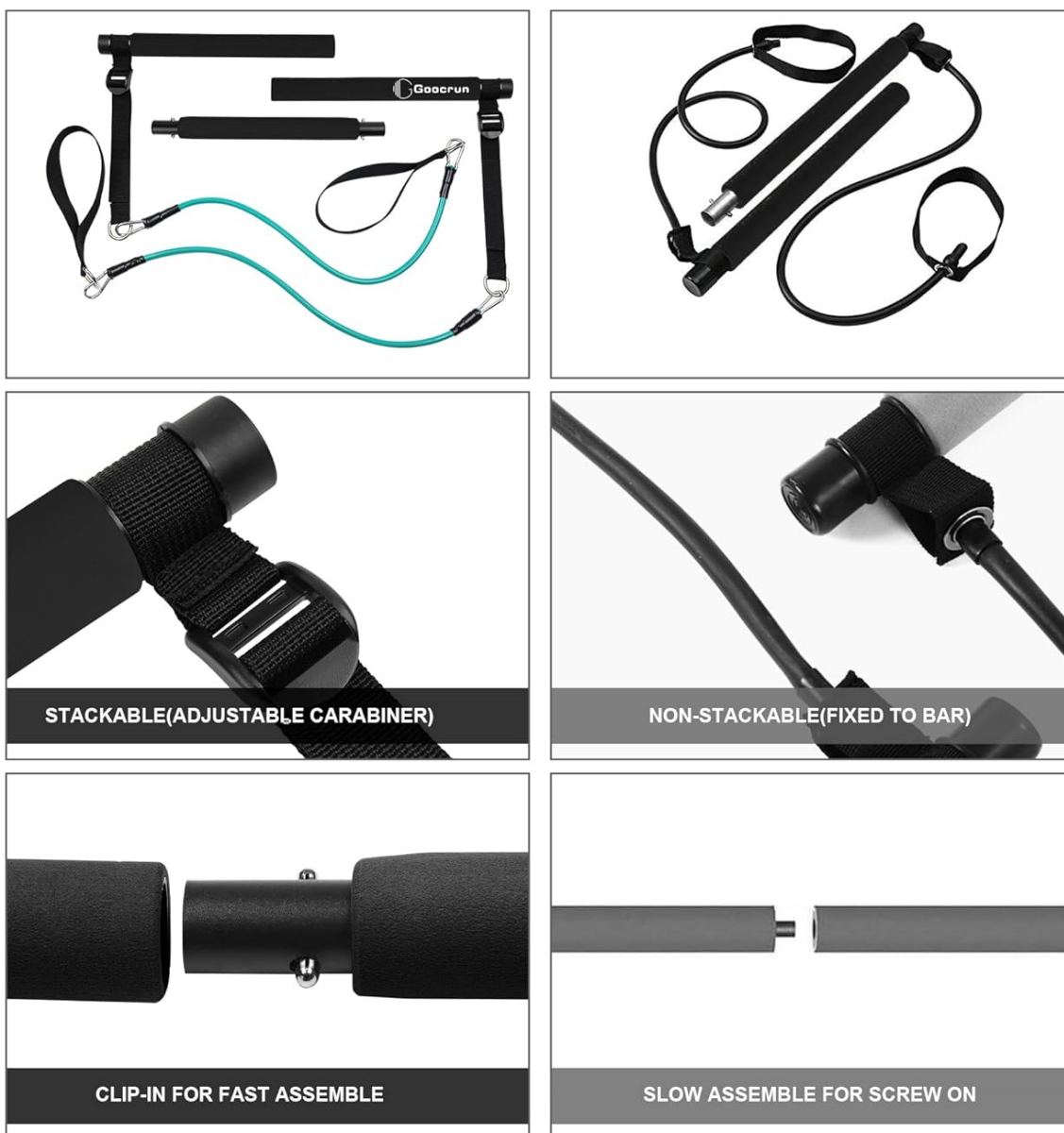


Image: The Goocrun Pilates Bar Kit packed neatly into its compact storage bag, demonstrating its portability and ease of storage.

## Troubleshooting

- **Resistance Bands Losing Tension:** Over time and with frequent use, resistance bands may experience some loss of tension. This is normal wear and tear. If a band feels significantly less resistant or shows signs of stretching beyond its original length, it may be time to replace it. Ensure you are using the correct number of bands for your desired resistance.
- **Difficulty Assembling/Disassembling Bar:** Ensure that the sections are aligned correctly before pushing them together. If they are stiff, apply a small amount of pressure and twist gently. For disassembly, firmly grasp each section and pull apart. Do not force connections.
- **QR Code/Video Access Issues:** If you encounter problems accessing the fitness video via the QR code, ensure your device's camera is clean and has good lighting. If issues persist, try manually navigating to the Goocrun official website or support page, as alternative access methods or updated links may be available.

## Specifications

<b>Brand</b>	Goocrun
<b>Model Number</b>	PLTB-US-Black-01
<b>Material</b>	Steel
<b>Color</b>	Black - Standard
<b>Item Weight</b>	3.1 Pounds
<b>Tension Level</b>	15 - 65 pounds per side (3 sets can be freely matched)
<b>Number of Resistance Levels</b>	3
<b>Included Components</b>	Fitness Poster, Fitness Video, Non-Slip Foot Loops, Premium Steel Pilates Stick, Quality Resistance Bands

## Warranty and Support

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Goocrun is committed to providing a perfect after-sales experience. If you have any questions, concerns, or require assistance with your Portable Pilates Bar Kit, please do not hesitate to contact Goocrun customer service. Refer to your purchase documentation or the seller's information on the platform where you purchased the product for specific contact details.

For general inquiries or support, you may also visit the official Goocrun brand page or contact them through the retailer's customer service portal.