

Fokky PB959-MC

Fokky Resistance Bands Set PB959-MC User Manual

Model: PB959-MC

1. PRODUCT OVERVIEW AND WHAT'S INCLUDED

The Fokky Resistance Bands Set is designed for comprehensive strength and flexibility training, suitable for various fitness levels and exercise types including yoga, Pilates, and muscle development. This set provides a versatile solution for home, gym, or travel workouts.

Package Contents:

- 5 Resistance Bands with varying resistance levels:
 - Yellow: 4.6 kg (10 lbs)
 - Green: 9 kg (20 lbs)
 - Red: 13.6 kg (30 lbs)
 - Blue: 18.2 kg (40 lbs)
 - Black: 22.8 kg (50 lbs)
- 2 Handles
- 2 Ankle Straps
- 1 Door Anchor
- 1 Travel Carry Bag
- 1 Instruction Manual (this document)

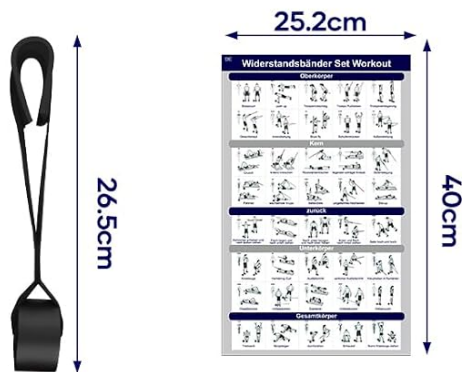
FULL PACKAGE INCLUDE



Handles x2



Exercise Bands(Set of 5)

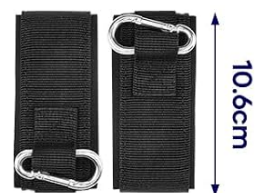


Door Anchor x1

Instruction x1



Travel Carry Bag x1



Ankle Strap x2

Figure 1: All components included in the Fokky Resistance Bands Set.

2. SETUP AND ASSEMBLY

The Fokky Resistance Bands Set is designed for easy assembly and use. Follow these steps to prepare your equipment for training.

2.1 Attaching Handles and Ankle Straps

Each resistance band features metal carabiners at both ends. The handles and ankle straps also have metal rings for attachment.

1. Select the desired resistance band(s).
2. Open the carabiner clip on the end of the resistance band.
3. Attach the carabiner to the metal ring on the handle or ankle strap.
4. Ensure the carabiner is securely closed before use.
5. You can attach multiple bands to a single handle or ankle strap to increase resistance.



Figure 2: Example of attaching handles and ankle straps for various exercises.

2.2 Using the Door Anchor

The door anchor allows for a wider range of exercises by providing a stable attachment point.

1. Open a sturdy door.
2. Place the foam end of the door anchor over the top, bottom, or side of the door frame.
3. Close the door firmly, ensuring the foam end is on the opposite side of the door from where you will be exercising. The nylon strap should be visible on your side.
4. Pull on the strap to ensure it is securely wedged in the door frame.
5. Attach the carabiner of your resistance band(s) to the metal ring on the door anchor strap.
6. **Caution:** Always ensure the door is closed and locked (if possible) to prevent accidental opening during exercise. Pay attention to the direction of the door swing to avoid injury.



Figure 3: Proper installation and use of the door anchor.

3. OPERATING AND USAGE GUIDELINES

The Fokky Resistance Bands offer a wide range of exercise possibilities. Always prioritize proper form and safety.

3.1 Understanding Resistance Levels

The set includes five bands, each with a distinct color indicating its resistance level. These can be used individually or combined for increased challenge.

Color	Resistance (lbs)	Resistance (kg)
Yellow	10 lbs	4.6 kg
Green	20 lbs	9 kg
Red	30 lbs	13.6 kg
Blue	40 lbs	18.2 kg
Black	50 lbs	22.8 kg

By combining multiple bands, you can achieve a maximum resistance of up to 150 lbs (68 kg).

5 LEVELS RESISTANCE BANDS

50 LBS

40 LBS

30 LBS

20 LBS

10 LBS



STACKABLE FROM 10LB UP TO 150LBS

Figure 4: Resistance levels of each band and how they can be stacked.

3.2 Exercise Examples

The included instruction sheet provides various exercise examples. Here are some common applications:

- **Strength Training:** Perform exercises like bicep curls, tricep extensions, chest presses (with door anchor), rows, and squats.
- **Flexibility & Stretching:** Use bands for assisted stretching to improve range of motion.
- **Yoga & Pilates:** Integrate bands to add resistance to traditional poses and movements.
- **Physical Therapy:** Consult with a professional for specific rehabilitation exercises.



Figure 5: Full-body workout possibilities targeting various muscle groups.



Figure 6: Resistance band applications for different training needs.

4. MAINTENANCE

Proper care and maintenance will extend the lifespan of your Fokky Resistance Bands.

- **Cleaning:** Wipe down bands, handles, and straps with a damp cloth after each use. For deeper cleaning, use mild soap and water, then rinse thoroughly and air dry completely before storage. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the bands in a cool, dry place away from direct sunlight and extreme temperatures. The included travel bag is ideal for storage and transport.
- **Inspection:** Regularly inspect bands for any signs of wear, tears, nicks, or damage before each use. Discontinue use immediately if any damage is found to prevent injury.
- **Avoid Sharp Objects:** Keep bands away from sharp edges or abrasive surfaces that could cause damage.

5. TROUBLESHOOTING

If you encounter any issues with your Fokky Resistance Bands, consider the following:

- **Band Snapping/Breaking:** This is often due to excessive stretching, nicks, or prolonged exposure to harsh conditions. Always inspect bands before use. If a band breaks, discontinue use of that specific band.
- **Insufficient Resistance:** Ensure you are using the correct resistance level for your exercise. Combine multiple bands to increase the challenge.
- **Door Anchor Slipping:** Ensure the door is fully closed and the foam end of the anchor is securely wedged on the opposite side of the door. The door should be sturdy and not easily opened.

For further assistance, please contact customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	Fokky
Model Number	PB959-MC
Material	Thermoplastic Elastomer (TPE)
Number of Resistance Levels	5
Individual Resistance Range	10 lbs (4.6 kg) to 50 lbs (22.8 kg)
Maximum Stackable Resistance	150 lbs (68 kg)
Special Features	Environmentally friendly, durable, non-toxic
Recommended Uses	Strength and flexibility training, yoga, Pilates, pull-ups, door anchor exercises
Package Dimensions	32.79 x 22.5 x 5.8 cm
Package Weight	750 g

7. WARRANTY AND SUPPORT

Fokky is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 2-year exchange and lifetime service warranty.
- **Customer Support:** Our customer support team aims for a rapid response within 24 hours to address any inquiries or issues you may have.
- **Contact:** For support, please refer to the contact information provided with your purchase or visit the official Fokky website.



Figure 7: Fokky's commitment to warranty and customer support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question