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› Himaly Resistance Bands Set Instruction Manual - Model GJF000483

himaly GJF000483

Himaly Resistance Bands Set Instruction Manual

Model: GJF000483

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Himaly Resistance Bands Set. This set is designed to facilitate full-body strength training and fitness workouts, suitable for various fitness levels and environments, including home, outdoor, and gym settings. Please read all instructions carefully before use.

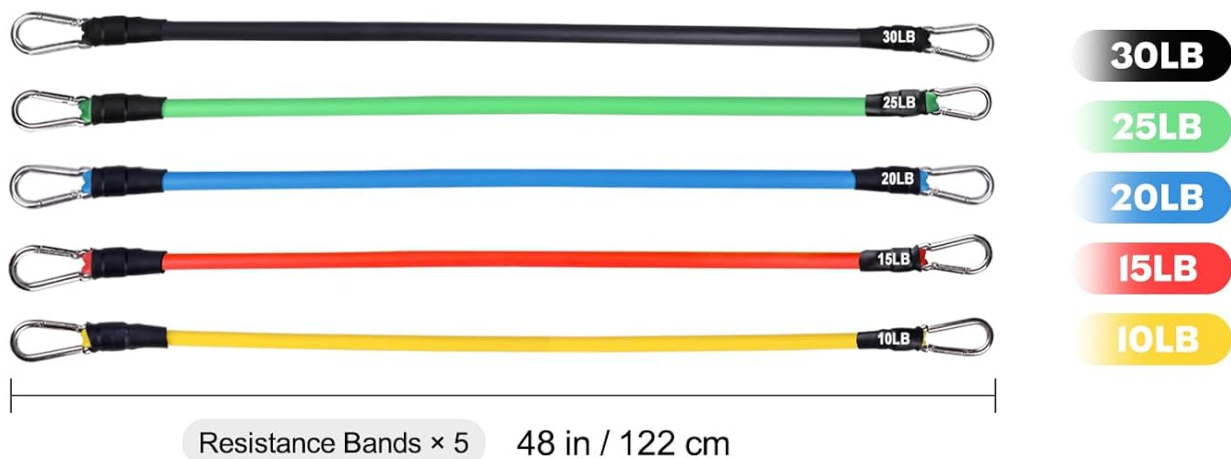


Image: The complete Himaly Resistance Bands Set, showcasing the various components.

WHAT'S INCLUDED

Your Himaly Resistance Bands Set includes the following components:

- **5 Resistance Bands:** Each band offers a different resistance level, color-coded for easy identification: Yellow (10lbs), Red (15lbs), Blue (20lbs), Green (25lbs), Black (30lbs). These bands can be stacked to achieve up to 100lbs of resistance.
- **2 Anti-slip Handles:** Soft cushioned foam handles for comfortable grip during exercises.
- **1 Premium Door Anchor:** For securing bands to a door frame, enabling a wider range of exercises.
- **2 Ankle Straps:** For leg and hip workouts.
- **1 Workout Guide:** Provides exercise suggestions.
- **1 Carry Bag:** For convenient storage and portability.



Package Included



Carrying Bag × 1



Image: Overview of all included accessories and resistance bands.

Image: Detailed view of the five resistance bands, showing their color-coded resistance levels.

Unlock More Training Options

Durable Ankle Strap Soft and Non-Slip Handles Sturdy Door Anchor



SETUP INSTRUCTIONS

Attaching Handles and Ankle Straps

To attach the handles or ankle straps, simply open the carabiner clip on the end of the resistance band and hook it onto the metal ring of the handle or ankle strap. Ensure the clip is securely closed before beginning your workout.

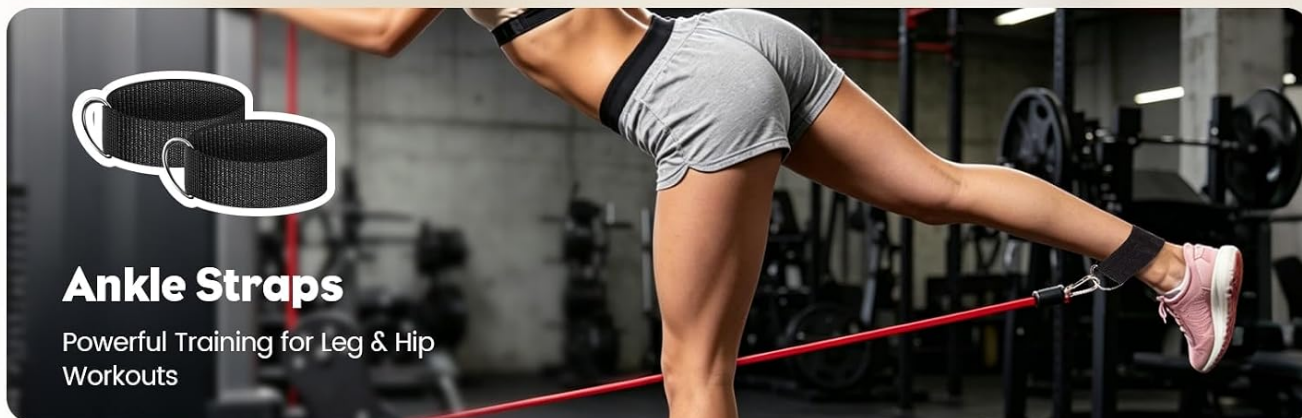
Using the Door Anchor

1. Open the door you intend to use.
2. Place the foam end of the door anchor over the top, side, or bottom of the door frame.
3. Close the door firmly, ensuring the anchor is securely trapped. The loop end of the anchor should be on the side of the door where you will be exercising.
4. Attach the resistance band(s) to the loop of the door anchor using the carabiner clip.



Ankle Straps

Powerful Training for Leg & Hip Workouts



Full Body Workout

Soft Non-Slip Handles for Better Joint Protection



Door Anchor

Train Anytime & Anywhere



Image: Visual guide for attaching the door anchor and ankle straps.

Your browser does not support the video tag.

Video: Demonstration on how to use the exercise bands, including setup and basic movements.

OPERATING INSTRUCTIONS

Resistance Levels

The set includes five bands with distinct resistance levels, allowing you to customize your workout intensity. You can use a single band or combine multiple bands by clipping them together to increase the total resistance. The resistance levels are:

- Yellow: 10 lbs
- Red: 15 lbs
- Blue: 20 lbs

- Green: 25 lbs
- Black: 30 lbs

The total resistance can be combined up to 100 lbs.

Basic Exercises

The Himaly Resistance Bands Set can be used for a wide range of exercises targeting various muscle groups. Refer to the included workout guide for detailed exercise routines. Examples include:

- **Upper Body:** Bicep curls, tricep extensions, chest presses (with door anchor), shoulder raises.
- **Lower Body:** Squats, lunges, glute kickbacks (with ankle straps), leg extensions.
- **Core:** Rotational exercises, crunches (with door anchor).

Always maintain proper form and control during exercises. Start with lighter resistance and gradually increase as your strength improves.



5 Resistance Levels

Stackable from 10 lb Up to 100lb

Image: Various exercises demonstrating how to target different muscle groups.



Image: Resistance bands being used in home, outdoor, and gym environments.

MAINTENANCE

Proper care and maintenance will extend the life of your resistance bands:

- **Cleaning:** Wipe bands with a damp cloth after each use. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the bands in a cool, dry place away from direct sunlight and extreme temperatures. Prolonged exposure to sun or heat can degrade the TPE material.
- **Inspection:** Regularly inspect bands for any signs of wear, tears, nicks, or damage before each use. Discontinue use immediately if any damage is observed.
- **Avoid Sharp Objects:** Keep bands away from sharp edges or abrasive surfaces that could cause damage.

TROUBLESHOOTING

If you encounter any issues with your resistance bands, consider the following:

- **Band Breakage:** Resistance bands can wear out over time, especially with frequent use or improper storage. If a band breaks, it is recommended to replace it. Ensure you are not overstretching the bands beyond their intended capacity.
- **Carabiner Not Closing Securely:** Check for any debris or misalignment in the spring mechanism. If it remains insecure, discontinue use and contact support.
- **Door Anchor Slipping:** Ensure the door is fully closed and latched, and the anchor is positioned correctly within the door frame. Do not use on loose or unstable doors.

For issues not covered here, please refer to the warranty and support section.

SPECIFICATIONS

Feature	Detail
Brand	himaly
Model Name	US-X1294
Model Number	GJF000483
Material	Thermoplastic Elastomer (TPE)
Color	Colorful (Standard Bands)
Item Weight	1.2 pounds
Number of Resistance Levels	5
Tension Supported	10-30 lbs per band (up to 100 lbs combined)
Item Dimensions L x W	47.2"L x 0.3"W (bands)
Additional Features	Non-Slip handles

WARRANTY AND SUPPORT

The Himaly Resistance Bands Set comes with a **1 Year Warranty** from the manufacturer. For warranty claims, product support, or any questions regarding your set, please contact Himaly customer service through the retailer where the product was purchased or refer to the contact information provided in your product packaging. Always retain your proof of purchase for warranty purposes.

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