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› SURFOU Fitness Bands Set LLS1110 User Manual

SURFOU LLS1110

SURFOU Fitness Bands Set LLS1110 User Manual

Comprehensive instructions for setup, operation, and maintenance of your SURFOU Resistance Bands Set.

INTRODUCTION

Thank you for choosing the SURFOU Fitness Bands Set. This manual provides essential information for the safe and effective use of your resistance band set. Please read it thoroughly before first use and retain it for future reference. This 5-piece adjustable training band set offers a resistance range of 10-50 kg (22-110 lbs) and is suitable for users from beginners to advanced. Made of high-quality natural latex, the bands are durable and safe. The foot cuffs are double-stitched, and handles are non-slip and comfortable. The set includes a storage bag for compact and portable use at home, in the office, or while traveling. The flexibly adjustable resistance is ideal for stretching, strength training, core training, and balance exercises, providing a versatile and cost-effective full-body training kit.

PACKAGE CONTENTS

Verify that all components listed below are included in your package:

- 5 x Training Bands with varying resistance levels:
 - Yellow: 4.5 kg / 10 lbs
 - Blue: 6.8 kg / 15 lbs
 - Red: 9 kg / 20 lbs
 - Green: 11 kg / 25 lbs
 - Black: 18 kg / 40 lbs
- 2 x Handles
- 2 x Ankle Straps (Foot Cuffs)
- 1 x Door Anchor
- 1 x Storage Bag
- 1 x Instruction Manual (this document)

Wählen Sie Die SURFOU Trainingsrohre Und Starten Sie Ihr Training Noch Heute!



Figure 1: All components included in the SURFOU Fitness Bands Set.

SAFETY INFORMATION

Please observe the following safety precautions to prevent injury and ensure product longevity:

- Inspect bands for any signs of wear, tears, or damage before each use. Do not use damaged bands.
- Ensure all attachments (handles, ankle straps, door anchor) are securely fastened before starting an exercise.
- Do not stretch bands beyond their intended elastic limit.
- Avoid releasing bands suddenly, as they can snap back and cause injury. Maintain control at all times.
- Consult a healthcare professional or fitness expert before starting any new exercise program.
- Keep bands away from sharp objects, abrasive surfaces, and direct sunlight or extreme temperatures, which can degrade the latex.
- Keep out of reach of children and pets.

SETUP AND ASSEMBLY

Attaching Handles and Ankle Straps

To attach a handle or ankle strap to a resistance band:

1. Locate the carabiner clip on the handle or ankle strap.
2. Clip the carabiner through the metal ring at the end of the desired resistance band.
3. Ensure the carabiner is fully closed and secure before use.

You can combine multiple bands by clipping them all to the same handle/ankle strap to increase resistance.

Using the Door Anchor

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

1. **Step 1: Position the Anchor.** Open a sturdy door. Place the foam stopper side of the door anchor on the side of the door that closes towards you, at your desired height (top, middle, or bottom).
2. **Step 2: Close and Secure.** Close the door firmly, ensuring the foam stopper is on the opposite side of the door from where you will be exercising. The loop of the anchor should be visible on your side.
3. **Step 3: Attach Resistance Band.** Clip the resistance band(s) through the fabric loop of the door anchor.
4. **Step 4: Verify Security.** Gently pull on the band to ensure the door anchor is securely wedged and the door will not open during your exercise.



Figure 2: Instructions for securing the door anchor.

OPERATING INSTRUCTIONS

The SURFOU Fitness Bands Set offers a wide range of exercises for various muscle groups. Always maintain proper form and control during exercises.

Selecting Resistance Levels

The set includes five bands with distinct resistance levels, indicated by color:

- Yellow: 4.5 kg / 10 lbs (Light)
- Blue: 6.8 kg / 15 lbs (Medium-Light)
- Red: 9 kg / 20 lbs (Medium)
- Green: 11 kg / 25 lbs (Medium-Heavy)
- Black: 18 kg / 40 lbs (Heavy)

You can combine multiple bands to achieve a total resistance of up to 68 kg / 150 lbs. Start with a lower resistance and gradually increase as your strength improves.

5-Stufiges Widerstandsrohr-Set

10 LBS / 4.6 KG	
20 LBS / 9 KG	
30 LBS / 13.6 KG	
40 LBS / 18.2 KG	
50 LBS / 22.8 KG	



Der Widerstandsbereich ist von 10 bis 150 Lbs (Ca. 5–68 Kg) einstellbar und erfüllt unterschiedliche Trainingsintensitäten.

Figure 3: Resistance levels of the five training bands.

General Exercise Guidelines

- **Warm-up:** Always perform a light warm-up before starting your resistance training.
- **Controlled Movements:** Perform exercises with slow, controlled movements. Avoid jerky motions.
- **Breathing:** Breathe naturally throughout your exercises. Exhale during the exertion phase and inhale during the recovery phase.
- **Listen to Your Body:** Stop immediately if you experience any pain or discomfort.
- **Cool-down:** Finish your workout with a cool-down and stretching.

Example Exercises

The versatility of the SURFOU Fitness Bands allows for targeting various muscle groups. Here are some examples:

- **Chest Press:** Using the door anchor at mid-height, face away from the door, hold handles, and press forward.
- **Rows:** Using the door anchor at mid-height, face the door, hold handles, and pull towards your body.
- **Bicep Curls:** Stand on the band, hold handles, and curl upwards.
- **Tricep Extensions:** Anchor the band overhead (using door anchor or stepping on it), hold handles, and extend arms downwards.
- **Squats:** Stand on the band, hold handles at shoulder height, and perform squats.
- **Leg Extensions/Curls:** Use ankle straps for targeted leg exercises.

Trainieren Sie Jederzeit, Überall



Figure 4: The SURFOU Fitness Bands can be used for training anytime, anywhere, including home, gym, rehabilitation, and outdoors.

Professionelle Widerstandsbänder Für Den Ganzen Körper



Figure 5: Examples of full-body exercises targeting different muscle groups with resistance bands.

CARE AND MAINTENANCE

- **Cleaning:** Wipe bands with a damp cloth after use. Do not use harsh chemicals or abrasive cleaners. Allow to air dry completely before storing.
- **Storage:** Store the bands in the provided storage bag in a cool, dry place away from direct sunlight, extreme temperatures, and sharp objects.
- **Inspection:** Regularly inspect all components for signs of wear, cracks, or damage. Replace any damaged parts immediately.
- **Material:** The bands are made of natural latex. Prolonged exposure to sunlight or heat can degrade the material.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Band snaps or breaks during use.	Band is damaged, overstretched, or has been exposed to sharp objects/harsh conditions.	Immediately stop use. Inspect bands before each workout. Replace damaged bands. Avoid overstretching. Store properly.
Door anchor slips.	Door not fully closed, or anchor not properly wedged.	Ensure the door is completely closed and locked if possible. Verify the foam stopper is securely wedged on the opposite side of the door. Use on a sturdy door frame.
Handles/straps detach.	Carabiner not fully closed or improperly clipped.	Always ensure carabiner clips are fully closed and securely attached to the band's metal ring before starting an exercise.
Insufficient or excessive resistance.	Incorrect band selection or combination.	Refer to the "Selecting Resistance Levels" section. Combine bands for higher resistance or use a single band for lower resistance.

SPECIFICATIONS

- **Brand:** SURFOU
- **Model Name:** LLS1110
- **Material:** Natural Latex (bands), Durable Nylon and Metal (accessories)
- **Resistance Range:** 10-50 kg / 22-110 lbs (individual bands), up to 68 kg / 150 lbs (combined)
- **Included Components:** 5 Resistance Bands, 2 Handles, 2 Ankle Straps, 1 Door Anchor, 1 Storage Bag
- **Manufacturer:** Dongguanshi Chunxu Trade Co., Ltd.
- **UPC/GTIN:** 792684482844

Natürliches Latexmaterial

Hohe Elastizität & Langlebig & Reißfest



Figure 6: High-quality natural latex material of the resistance bands.

WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the retailer's return policy or contact the manufacturer directly. Keep your purchase receipt as proof of purchase.

Retailer Return Policy: [Amazon.sg Product Page](#) (Refer to the "Returns Policy" section on the product page).