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> Exliu Smart Foot Pedal Puller with Digital Counter User Manual (Model: Pilates Bands)

Exliu Pilates Bands

Exliu Smart Foot Pedal Puller with Digital Counter

Model: Pilates Bands

1. INTRODUCTION

The Exliu Smart Foot Pedal Puller with Digital Counter is designed to enhance your fitness routine from the comfort of your home. This versatile resistance band system provides up to 35 lbs of resistance and features a built-in digital counter to track your progress. It is suitable for various exercises targeting different muscle groups, including yoga, Pilates, and general strength training.



Image: The Exliu Smart Foot Pedal Puller in purple, showcasing its design with a central digital counter and foot pedals.

2. SAFETY INFORMATION

- Always inspect the resistance band for any signs of wear, tears, or damage before each use. Discontinue use if any damage is observed.
- Do not stretch the band more than 3 times its resting length to prevent overstretching and potential breakage.
- Maintain proper posture during exercises to engage your core and prevent injury. Keep your back straight.
- Ensure feet are securely placed on the non-slip footpads and handles are firmly gripped.
- This product is suitable for beginners. However, always consult a physician before starting any new exercise program, especially if you have pre-existing health conditions or are undergoing physical therapy.
- Keep out of reach of children.

3. PRODUCT OVERVIEW AND COMPONENTS

The Exliu Smart Foot Pedal Puller consists of a central unit with a digital counter, ergonomic

comfort handles, 6 natural latex resistance tubes, and non-slip footpads.



HOME GYM ARM AND WAIST TRAINING PEDAL BAND

- ERGONOMICS NON-SLIP COMFORTABLE HANDLE**
Soft, secure grip for comfortable workouts.
- PREMIUM MATERIALS 6 TUBES PEDAL RESISTANCE BANDS**
Thicker elastic tubes for durable, reliable resistance.
- ELECTRONIC COUNTER TRACK EVERY REP WITH EASE**
Built-in display helps record workout time, reps, and calories.

FULL PRODUCT VIEW

Image: A detailed view of the product highlighting its ergonomic non-slip comfortable handle, premium 6-tube pedal resistance bands, and electronic counter.

- **Ergonomic Comfort Handles:** Designed for a secure and comfortable grip during workouts.
- **6 Tubes Pedal Resistance Bands:** Made from 100% Pure Natural Latex for consistent tension and durability, providing up to 35 lbs of resistance.
- **Non-Slip Footpads:** Ensure stability and safety by keeping your feet securely in place.
- **Smart Digital Counter:** Tracks repetitions, workout time, and estimated calories burned with a backlit display.

4. SETUP

The Exliu Smart Foot Pedal Puller requires no assembly. It is ready to use directly out of the box. Simply unpackage the device and ensure all components are intact before your first use.

5. OPERATING INSTRUCTIONS

5.1. Using Your Digital Counter

SMART LCD DISPLAY

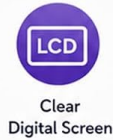


Image: An exploded view of the smart LCD display, detailing its protective front cover, clear display screen, one-touch power button, Type-C rechargeable port, and precision internal counter module.

1. **Power On:** Press the central button on the digital counter to activate the backlit display.
2. **Track Data:** The counter automatically begins to track repetitions with each full extension of the band. It also estimates calories burned in real-time.
3. **Modes:** Press the button repeatedly to cycle through different data displays (Total Reps, Calories, Time).
4. **Reset:** Hold the button for 3 seconds to reset all data to zero before starting a new workout session.

5.2. Basic Operation & Form

- **Foot Placement:** Place your feet securely on the Non-Slip Footpads. Ensure your feet are centered and stable.
- **Grip:** Hold the Ergonomic Comfort Handles firmly with both hands.
- **Posture:** Always keep your back straight to engage your core muscles and prevent strain or injury.

5.3. Sample Exercises

The Smart Foot Pedal Puller supports a wide variety of movements for a full-body workout.

Video: Demonstrates various exercises using the Exliu Smart Foot Pedal Puller, including seated rows, overhead presses, and leg exercises. This video is provided by the seller, Haianguser.

- **For Abs & Waist:** Sit on the floor with your legs extended straight. Place your feet in the footpads and lean back slightly. Pull the handles towards your chest, performing an abdominal crunch.
- **For Arms & Shoulders:** Stand on the footpads. Hold the handles and perform bicep curls by pulling towards your shoulders, or overhead presses by pushing the handles upwards.
- **For Legs & Glutes:** Lie on your back, place your feet in the footpads, and perform leg presses by pushing your legs away from your body against the resistance.

EASY SOLO WORKOUTS

No space limits. Effortless solo workouts with this trainer.



Image: A user demonstrating various exercises with the pedal puller in different home environments, emphasizing its versatility for solo workouts.

6. MAINTENANCE

- **Cleaning:** After each use, wipe the resistance band and handles with a damp cloth. Do not use harsh chemicals or abrasive cleaners, as these can damage the natural latex material.
- **Storage:** Store the pedal puller in a cool, dry place away from direct sunlight. Prolonged exposure to sunlight or extreme temperatures can degrade the latex and reduce its lifespan. The lightweight and compact design allows for easy storage.

7. TROUBLESHOOTING

- **Digital Counter Not Working:** Ensure the device is powered on by pressing the central button. If the display remains off, check if the battery needs charging (if applicable, though product description implies it's ready out of box, some digital devices require initial charge).
- **Loss of Resistance:** If the resistance feels significantly weaker, inspect the 6 latex tubes for any signs of stretching, thinning, or breakage. If damage is found, discontinue use.
- **Handles Sliding Off:** Ensure the handles are securely attached. If they consistently slide during use, check for any obstructions or wear.
- **Unstable Footpads:** Verify that your feet are properly seated within the footpads and that the footpads themselves are not damaged or excessively worn.

8. SPECIFICATIONS

Feature	Specification
Brand	Exliu
Model Number	Pilates Bands
Color	Purple
Material	Natural Rubber (Latex)
Maximum Weight Recommendation	35 Pounds (Resistance)
Controls Type	Push Button (for Digital Counter)
Included Components	Handle

9. WARRANTY & SUPPORT

The product comes with a 1-year warranty. For support or warranty claims, please contact the seller directly through the Amazon platform or visit the [Exliu Store on Amazon](#).