




Fasce PB902 Exercise Band User Manual

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Fasce

Fasce PB902 Exercise Band



Welcome

Thank you for purchasing this product. To ensure optimum performance and safety, please read these instructions carefully before operating the product. It is strongly recommend you keep the manual for future reference.

Overview of the use of resistance bands

This resistance band is lightweight, compact and versatile, it can be used for multi-angle resistance training, complementing the self-weight training short board, especially suitable for shaping the hips, legs and arms. It is a cost-effective fitness equipment.



Functions

- Activate buttocks, increase depth and strength, activate legs, effectively lift buttocks and shape.
- Arm shaping, assisting arm exercise, shaping fine lines.
- Correct leg shape and exercise leg strength.

Package Included

- Resistance Bands *5
- Carry Bag *1
- Instruction Manual*1

Product specification parameters

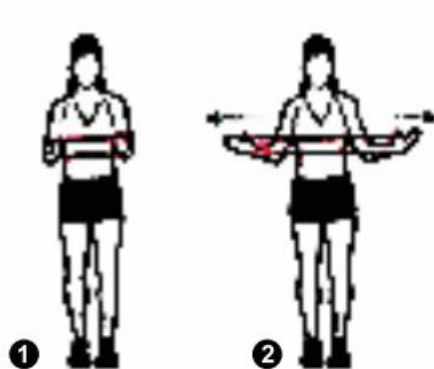
- The product is made of latex.
- the length and width of the product are L 60cm * W 5cm.

Model	Thickness	Resistance
XX-Heavy	1.2mm	25-30lbs/11-13kgs
X-Heavy	1.0mm	20-24lbs/9-11kgs
Heavy	0.8mm	15-20lbs/7-9kgs
Medium	0.6mm	11-15lbs/5-7kgs
Light	0.4mm	4-11lbs/2-5kgs

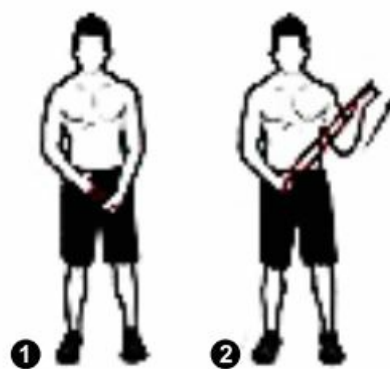
Product attention reminder

1. Before use, check the resistance band for completeness and no damage. If there is any breakage, stop using it and replace it with new ones in time.
2. **Cleaning:** It can be cleaned with cold water directly, dry with a dry cloth, and aired the resistance bands in shade to avoid sticking.
3. **Storage:** It can put into a bundle of pockets, please placed in a cool place to avoid sun exposure if you will not use it for a long time.
4. **About temperature:** Do not approach heat sources (floor heating, stove) for a long time to prevent the tension band from melting and sticking.
5. If you feel the resistance is not enough for you during the use, it is recommended to experience through multiple sets of exercises, a group of actions 10-15 times.
6. Natural latex is often used as food-grade contact material with a special latex fragrance and a little taste, but it's harmless.

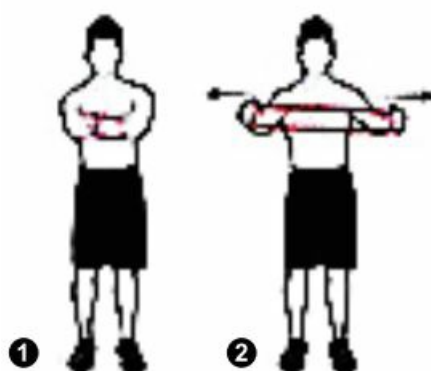
Legend of product usage tutorial



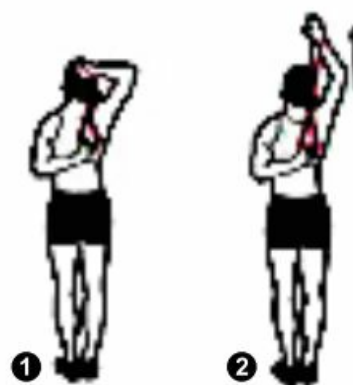
External Rotation



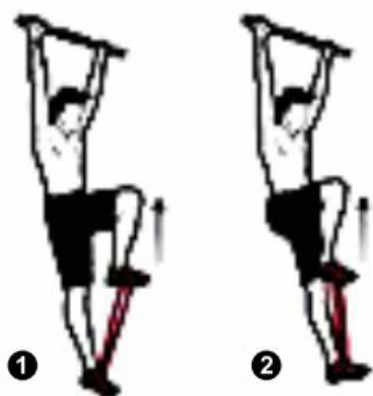
Hammer Curl



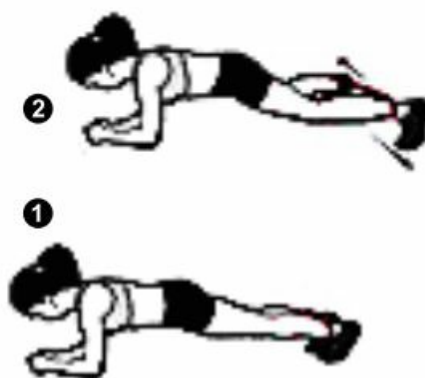
Pull Apart



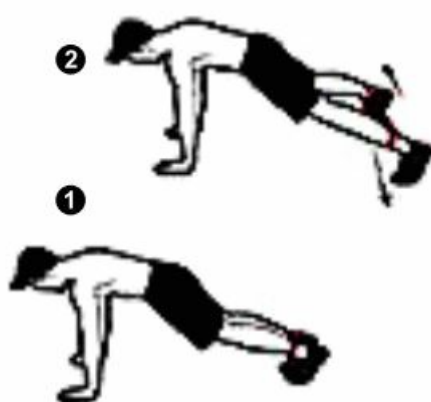
**Tricep Overhead
Extension**



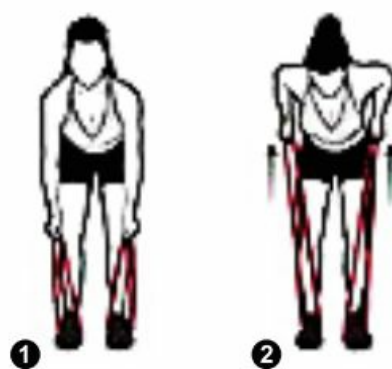
Hanging Mt. Climber



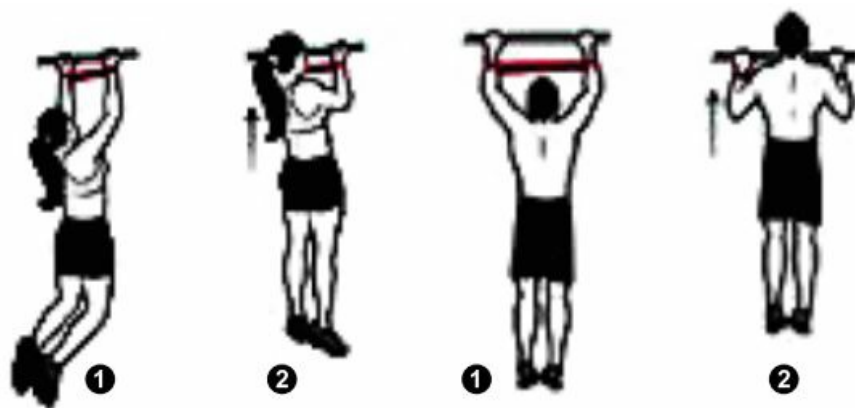
Low Plank Jack



High Plank Jack



Bent Over Row



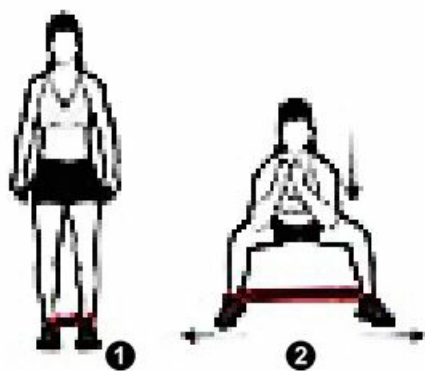
Chin-Up

Pull-Up

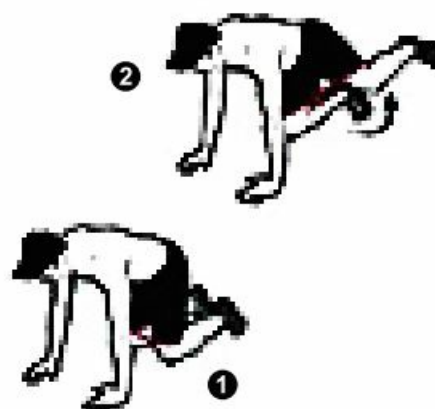


Single Arm Row

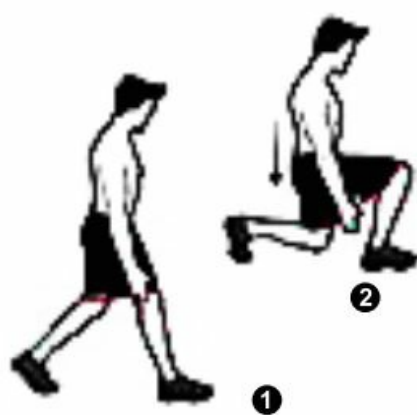
Pulldown



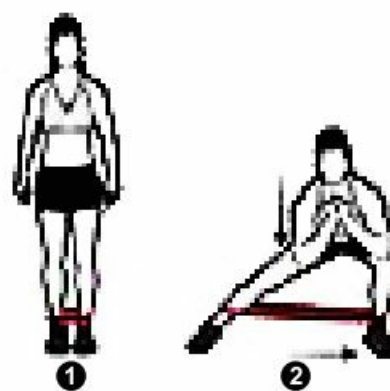
Drop Squat



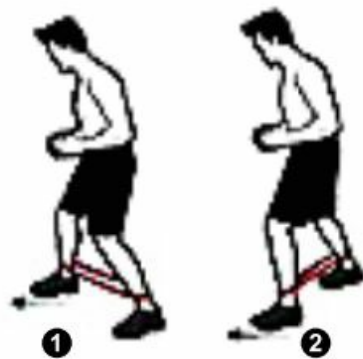
Fire Hydrant



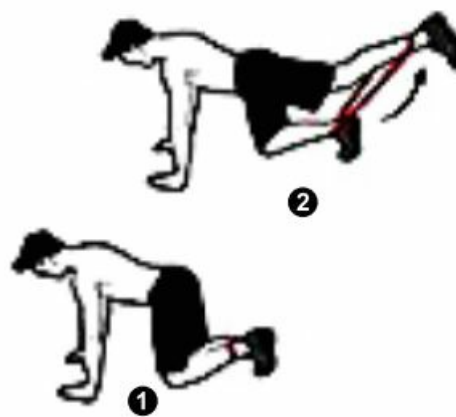
Lunge



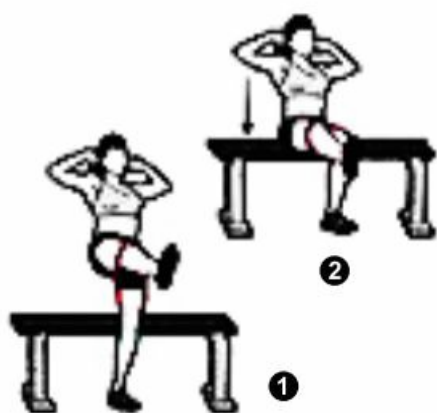
Lateral Lunge



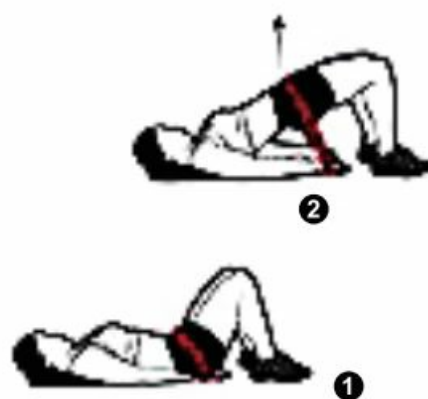
Monster Walk



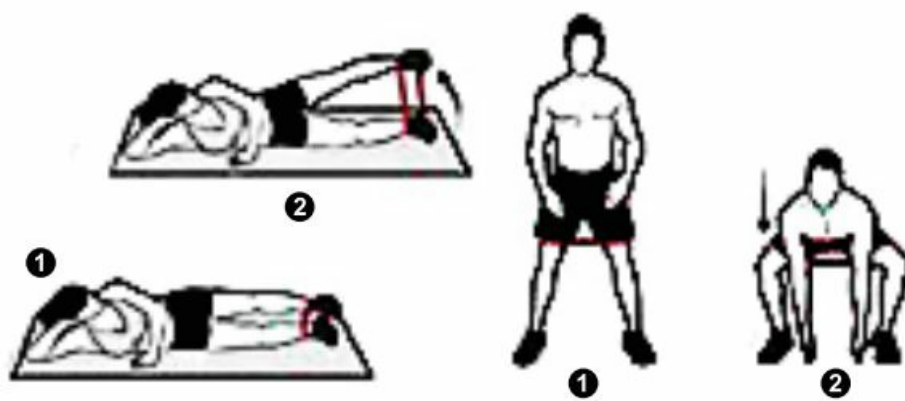
Donkey Kick



Single Leg Box Squat



Glute Bridge



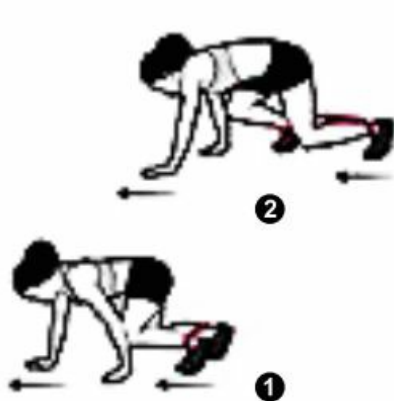
Lying Hip Abduction

Hip Hinge

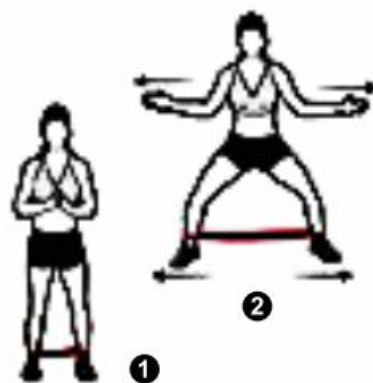


Seated Clam

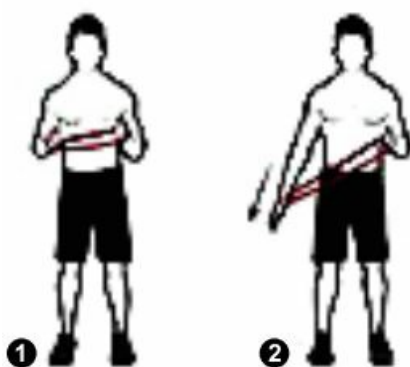
Single Leg Glute Bridge



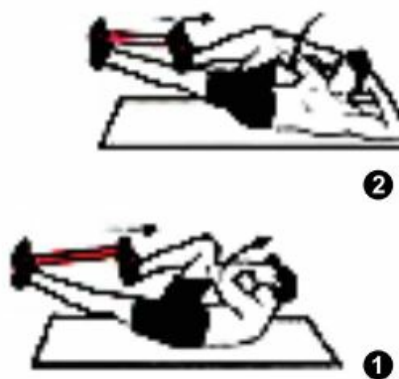
Bear Crawl



Seal Jack



Tricep Extension



Bicycle

Documents / Resources



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PB902 Exercise Band, PB902, Exercise Band, Band

References

- [User Manual](#)