



RESISTANCE BANDS

GB

IE

NI

RESISTANCE BANDS
Operation and safety notes

DK

FITNESSBÅND
Brug- og sikkerhedsanvisninger

FR

BE

ÉLASTIQUES DE MUSCULATION
Instructions d'utilisation et consignes de sécurité

NL

BE

FITNESS BANDEN
Bedienings- en veiligheidsinstructies

DE

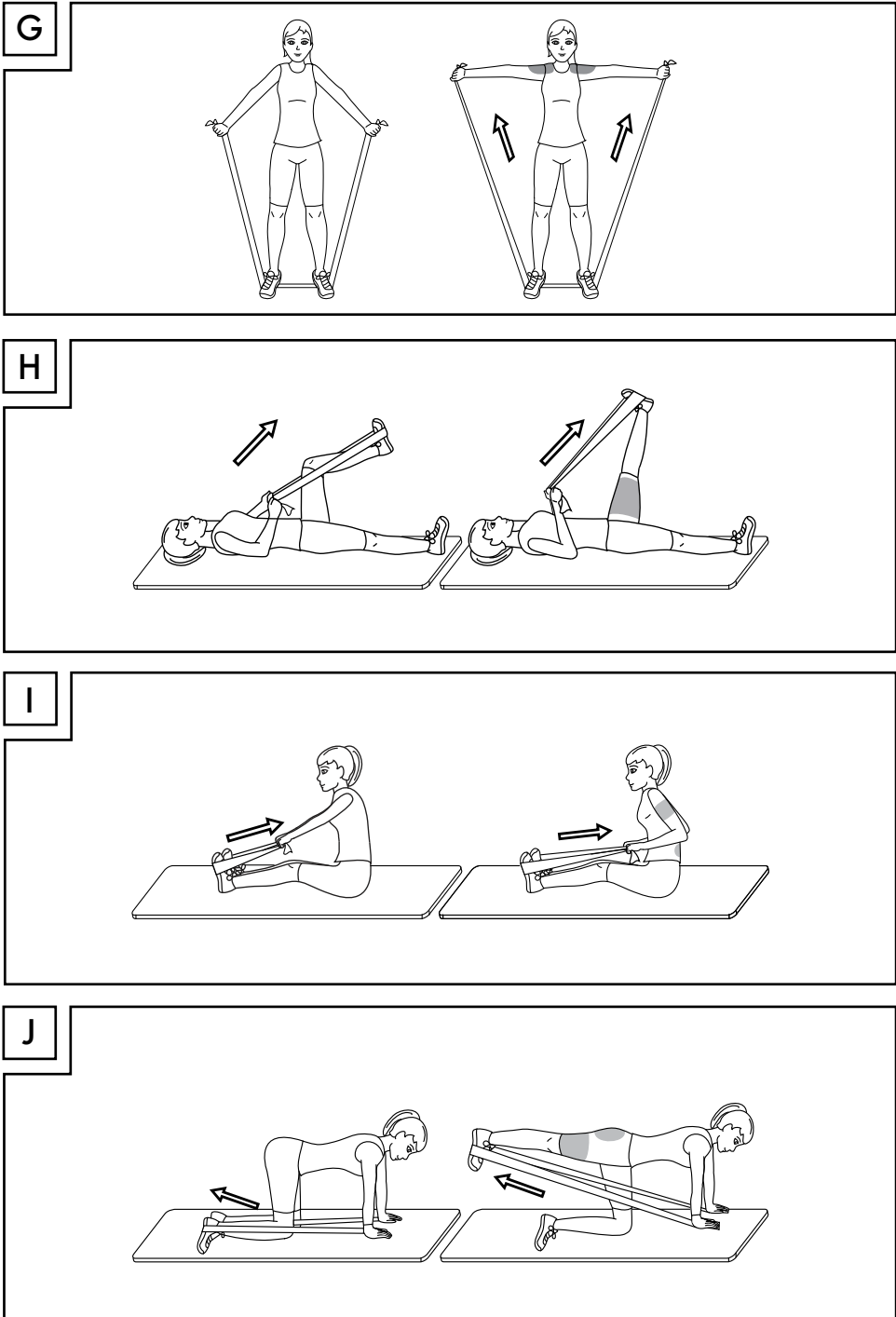
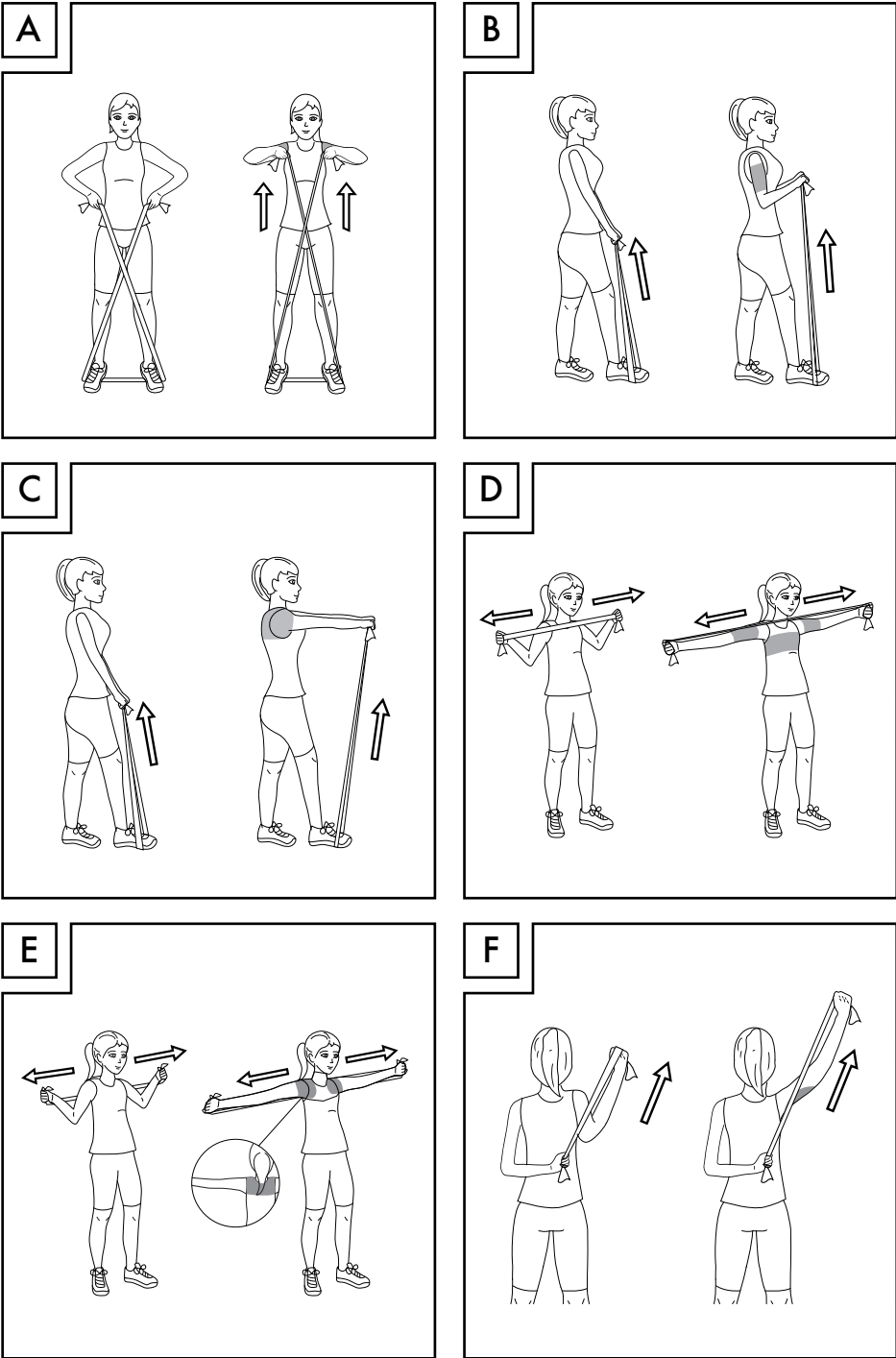
AT

CH

FITNESSBÄNDER
Bedienungs- und Sicherheitshinweise

IAN 466877_2404

- GB
- BE
- NL
- IE
- NI
- DK



RESISTANCE BANDS

- **Introduction**



We congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarise yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.
- **Proper use**

This product is designed as a piece of sports equipment and is not intended for commercial use. The product is not suitable for therapeutic or medical use.

- **Scope of delivery**

4 x Resistance bands
1 x Operating Instruction

- **Technical data**

HG10641A
Light grey fitness band (light resistance):
Cyan fitness band (medium resistance):

Light grey fitness band ring (light resistance):
Cyan fitness band ring (medium resistance):

Width: 128 mm, Length: 250 cm, Thickness: 0.15 mm
Width: 128 mm, Length: 250 cm, Thickness: 0.2 mm

Width: 17 mm, Length: 500 mm, (100 cm in circumference), Thickness: 1.2 mm
Width: 25 mm, Length: 275 mm, (55 cm in circumference), Thickness: 1.35 mm

HG10641A	Max Force (Newton)	Max Length (cm)
Strap Red	19	500
Strap Cyan	23	500
Ring Light Grey	33	100
Ring Cyan	45	55

Tolerance of the above values: +/- 20 %

HG10641B	Max Force (Newton)	Max Length (cm)
Red fitness band (strong resistance):	Width: 128 mm, Length: 250 cm, Thickness: 0.25 mm	
Black fitness band (extra strong resistance):	Width: 128 mm, Length: 250 cm, Thickness: 0.4 mm	
Red fitness band ring (Strong resistance):	Width: 25 mm, Length: 275 mm, (55 cm in circumference), Thickness: 1.38 mm	
Black fitness band ring (extra strong resistance):	Width: 25 mm, Length: 275 mm, (55 cm in circumference), Thickness: 1.44 mm	

Tolerance of the above values: +/- 20 %

HG10641B	Max Force (Newton)	Max Length (cm)
Strap Red	26	500
Strap black	40	500
Ring Red	50	55
Ring black	54	55

Tolerance of the above values: +/- 20 %

Material: Latex
Standard: DIN 32935-A

Safety Information

PLEASE READ THE INSTRUCTIONS BEFORE USE! PLEASE KEEP THE INSTRUCTIONS IN A SAFE PLACE!

- 

CAUTION! RISK OF INJURY! The product is not a toy and should only be used under the supervision of adults.
- 

Consult your doctor before you use the product, if you have health problems, allergic reactions or an injury. Stop the exercises immediately, if you feel sick or unwell during the exercises or if any other complaints arise.
- 

Check the fitness bands for damage and wear before each use. The product is intended to be used only if it is free of defects and wear.
- 

When stretching the bands keep your hands fully extended as part of your lower arm and do not overstretch your wrist!
- 

Keep the bands tensioned all the time and take care not to slip over!
- 

Always allow the bands to return slowly and under tension to their starting position.
- 

The bands must never be attached to objects, such as for example a table, door or staircase landing.
- 

Do not stretch the fitness bands beyond their maximum length of 500 cm!
- 

HG10641A: Do not stretch the fitness band rings beyond their maximum length of 55 cm (cyan) or 100 cm (light grey)!
- 

HG10641B: Do not stretch the fitness band rings beyond their maximum length of 55 cm (red and black)!
- 

The bands must never be pulled in the direction of the face or wound around the head, neck or chest.

- 

CAUTION! RISK OF DAMAGE TO PROPERTY! Only use the product in spaces, in which you can keep sufficient distance from persons/ objects, so that injuries and damage to property are avoided.
- 

Keep the product away from sharp, pointed, hot and/or dangerous objects.
- 

Avoid direct sunlight and heating sources.

Exercise instructions

- The following instructions gives only a selection of the possible exercises. Information on further exercises can be found in other literature on the subject.
- 

Wear comfortable sports or leisure clothing.
- 

Always warm up before you start the exercises.
- 

Perform the exercises at a regular tempo with quiet breathing. Keep to the prescribed movement sequences and do not overestimate your capabilities. Breathe out while tensing the muscles, breathe in while relaxing them.
- 

Repeat each exercise 10-20 times.

Exercises with the fitness band

- Shoulders (see Fig. A)**



Place the fitness band flat under the soles of your feet.



Adopt a slight straddle position with slightly bent legs and a straight back.



Cross over the ends of the fitness band and grip them at hip height.



Pull both arms evenly upwards as far as shoulder height without lifting your shoulders.

- Biceps & shoulder exercise (see Fig. B)**



Keeping your torso straight, stand upright in a walking position, one foot shifted forward.



Extend the right foot through the handle and secure the safety strap to your ankle.



Hold the other handle in front of the body with your two hands, palm facing down.



Stabilize the right elbow at your side.



Now slowly bend the right arm and pull the hand up toward the right shoulder.



Switch sides.

- Arm, shoulder & back exercise (see Fig. C)**



Keeping your torso straight, stand upright in a walking position, one foot shifted forward.



Insert the right or left foot through the handle and secure the safety strap to your ankle.



Hold the other handle in front of your body with both hands, palms facing down.



Now slowly raise the arms, elbow slightly bent.

- Arm, shoulder & back exercise (see Fig. D)**



Stand upright as pictured (or in a walking position as described above), torso straight, feet about shoulder width apart.



Now hold the band with both hands in front of the body at about shoulder level (one side each). Palms facing inward.



Breathe slowly and steadily, and extend your arms together toward the outside and back, at about shoulder level.



The elbows should still be slightly bent in the final position.

- Arm, shoulder, chest & back exercise (see Fig. E)**



Stand upright, torso straight, feet about shoulder width apart (or in a walking position as described above).



Hold the band in both hands behind the upper body, at about shoulder level (one side each). Palms facing outward.



Breathe slowly and steadily, extend both arms toward the outside and return back to the original position, at about shoulder level. The elbows should still be slightly bent in the final position.

- Triceps (see Fig. F)**



Stand as shown with knees slightly bent in a walking position.



Place the band behind the body and hold the lower end with one hand (the shorter you grab the band, the higher the resistance) behind your back.



Take the other end in the other hand with bent elbow at head height as illustrated.



Now straighten the upper arm.



Hold this position and then return to the starting position.



Switch sides!

- Shoulders (see Fig. G)**



Stand with feet positioned over the center of the band, shoulder-width apart.



Hold the band with both hands, and raise your arms straight out to the side to shoulder-level.



Slowly lower back down.

- Legs (see Fig. H)**



Sit on the floor with the legs extended.



Place your arms on your back, place the fitness band flat over the sole of your foot (one side each).



Place your arms bent alongside your body and wind the fitness band 1 x around each hand.



Bend one leg at a 90° angle. Stretch the bent leg against the resistance of the fitness band.



Afterwards repeat this exercise with the other leg.

- Arm, shoulder & back exercise (see Fig. I)**



Hold the band in both hands, palms facing down, and place it around the bottom of the feet at about the middle of the band.



Breathe out slowly and steadily, bend your arms to about waist position, whilst pulling them back in a controlled manner.



If necessary, lean your body forward, back straight, and slightly back after tightening the arms.

- Triceps (see Fig. J)**



Stand upright, bend one arm behind your back, bend the other arm above your head.



Place the fitness band ring around your hands. The wrists should be straight, 90° angle.



Turn your lower arms outwards, without releasing your upper arms and elbows from your body.

- Leg & Core Muscles (see Fig. J)**



Position yourself on all fours as shown and fix the front end of the training band with both hands.



Place the other end around the foot of the other side.



Now straighten your leg with the band around the foot back and up.



Hold this position and then return to the starting position.



Switch sides!

Exercise with the fitness band ring

- Shoulders (see Fig. K)**



Stand upright and place the fitness band ring around your hands. The fingers should be extended.



Hold your upper arms against your body. The elbows should be bent at a 90° angle.



Turn your lower arms outwards, without releasing your upper arms and elbows from your body.

- Triceps (see Fig. L)**



Stand upright. Bend one arm behind your back, bend the other arm above your head.



Place the fitness band ring around your hands. The wrists should be straight, 90° angle.



Pull the fitness band ring upwards with the upper hand. The lower hand should be a stabiliser.



Afterwards repeat this exercise with the other arm.

- Rear of the leg and bottom (see Fig. M)**



Adopt a kneeling position and support yourself on your elbows. Your head should form an extension of your back.



Bend one leg and raise it slightly. Place the fitness band ring flat over the sole of the foot of your bent leg, and attach it under the tip of the foot of your other leg.



Move the upper leg further upwards and back. The pelvis should remain stable.



Afterwards repeat this exercise with the other leg.

- Sides of the thigh (see Fig. N)**



Adopt the recovery position on your side and support yourself on your elbows. The upper leg is at hip height.



Attach the fitness band ring at ankle height.



Slowly raise and lower the upper leg.



Afterwards repeat this exercise with the other leg.

Cleaning and storage

- 

Never use abrasive or corrosive cleaning agents. Otherwise the product will be damaged.
- 

Only clean the product with lukewarm water and afterwards dry it well with a cloth.
- 

The product should always be stored dry and clean in a temperature controlled room.
- 

The product can be prevented from sticking together by carefully rubbing it with talcum powder.

Disposal

- 

The packaging is made entirely of recyclable materials, which you may dispose of at local recycling facilities.
- 

Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.

Warranty

- 

The product has been manufactured to strict quality guidelines and meticulously examined before delivery. In the event of material or manufacturing defects you have legal rights against the retailer of this product. Your legal rights are not limited in any way by our warranty detailed below.
- 

The warranty for this product is 3 years from the date of purchase. The warranty period begins on the date of purchase. Keep the original sales receipt in a safe location as this document is required as proof of purchase.
- 

Any damage or defects already present at the time of purchase must be reported without delay after unpacking the product.
- 

Should the product show any fault in materials or manufacture within 3 years from the date of purchase, we will repair or replace it – at our choice – free of charge to you. The warranty period is not extended as a result of a claim being granted. This also applies to replaced and repaired parts.

This warranty becomes void if the product has been damaged, or used or maintained improperly. The warranty covers material or manufacturing defects. This warranty does not cover product parts subject to normal wear and tear, thus considered consumables (e.g. batteries, rechargeable batteries, tubes, cartridges), nor damage to fragile parts, e.g. switches or glass parts.

Warranty claim procedure

To ensure quick processing of your case, please observe the following instructions. Please have the till receipt and the item number (IAN 466877_2404) available as proof of purchase. You will find the item number on the rating plate, an engraving, on the front page of the instructions for use (bottom left), or as a sticker on the rear or bottom of the product. If functional or other defects occur, please contact the service department listed either by telephone or by email. You can return a defective product to us free of charge to the service address that will be provided to you. Ensure that you enclose the proof of purchase (till receipt) and information about what the defect is and when it occurred.

Service

- GB

Service Great Britain
Tel.: 08000569216
E-Mail: owim@idl.co.uk

IE

Service Ireland
Tel.: 1800 200736
E-Mail: owim@idl.ie

NI

Service Northern Ireland
Tel.: 0800 0927852
E-Mail: owim@idl.ie

FITNESSBÅND

Indledning



Hjerteligt tillykke med købet af deres nye produkt. Du har besluttet dig for et produkt af høj kvalitet. Ger Dem fortolig med apparatet inden første brugtogning. Læs derfor den efterfølgende brugsvejledning og sikkerhedsanvisningerne omhyggeligt. Brug kun produktet som beskrevet og kun til de angivne anvendelsesområder. Opbevar denne vejledning på et sikkert sted. Hvis De giver produktet videre til andre, skal alle dokumenter følge med.

Korrekt brug

Dette produkt er beregnet som sportudrust, og det er ikke beregnet til erhvervsomstigg brug. Produktet er ikke egnet til terapeutisk eller medicinsk brug.

Leveringsomfang

4 x Træningselastikker
1 x Brugsvejledning

Tekniske data

HG10641A
lysegrå træningselastik (let modstand):

Cyan træningselastik (medium modstand):

lysegrå træningselastikring (let modstand):

Cyan træningselastikring (medium modstand):

Bredde: 128 mm, Længde: 250 cm, Tykkelse: 0,15 mm
Bredde: 128 mm, Længde: 250 cm, Tykkelse: 0,2 mm
Bredde: 17 mm, Længde: 500 mm, (100 cm i omkreds), Tykkelse: 1,2 mm
Bredde: 25 mm, Længde: 275 mm, (55 cm i omkreds), Tykkelse: 1,35 mm

HG10641A	Maks. kraft (Newton)	Maks. længde (cm)
Strap lysegrå	19	500
Strap cyan	23	500
Ring lysegrå	33	100
Ring cyan	45	55

Tolerance på ovenstående værdier: +/- 20 %

HG10641B
Rød træningselastik (stærk modstand):

Sort træningselastik (meget stærk modstand):

Rød træningselastikring (stærk modstand):

Sort træningselastikring (meget stærk modstand):

Bredde: 128 mm, Længde: 250 cm, Tykkelse: 0,25 mm
Bredde: 128 mm, Længde: 250 cm, Tykkelse: 0,4 mm
Bredde: 25 mm, Længde: 275 mm, (55 cm i omkreds), Tykkelse: 1,38 mm
Bredde: 25 mm, Længde: 275 mm, (55 cm i omkreds), Tykkelse: 1,44 mm

HG10641B	Maks. kraft (Newton)	Maks. længde (cm)
Strap rød	26	500
Strap sort	40	500
Ring rød	50	55
Ring sort	54	55

Tolerance på ovenstående værdier: +/- 20 %

Materialer: Latex
Standard: DIN 32935-A

Sikkerhedsoplysninger

LÆS BRUGSVEJLEDNINGERNE FØR BRUG! BEHOLD DISSE VEJLEDNINGER PÅ ET SIKKERT STED!



FORSIGTIG! RISIKO FOR PERSONSKADER! Dette produkt er ikke et legetøj. Det må kun bruges under opsyn af en voksen.



Hvis du har helbredsproblemer, allergiske reaktioner eller en skade, skal du snakke med din læge, før produktet tages i brug. Hvis du føler dig syg eller utilp, når du træner, eller hvis opstår andre problemer, skal du straks holde op med at træne.



Se træningselastikkerne efter for skader og slid før og efter hvert brug. Produktet må kun bruges, hvis det er fri for defekter og slitage.



Når elastikkerne strækkes ud, skal du holde dine hænder helt udstrekte som en del af din underarm. Undgå, at overstrække dine håndled!



Hold elastikkerne spændt hele tiden, og pas på at du ikke glider eller falder!



Før altid elastikkerne langsomt tilbage til deres udgangsposition, samtidig at du holder dem under spænding.



Elastikkerne må aldrig bindes fast til genstande, som for eksempel et bord, en dør eller en trappe.



Træningselastikkerne må højst strækkes 500 cm ud!



HG10641A: Træningselastikkerne må højst strækkes 55 cm ud (cyan) eller 100 cm ud (lysegrå)!



HG10641B: Træningselastikkerne må højst strækkes 55 cm ud (rød og sort)!



Elastikkerne må aldrig trækkes mod ansigtet eller vikles rundt om hovedet, halsen eller brystet.



FORSIGTIG! RISIKO FOR SKADER PÅ EJENDOM! Produktet må kun bruges i rum, hvor du kan holde nok afstand til andre personer/genstande, så personskader og materielle skader undgås.



Produktet skal holdes væk fra skarpe, spidse, varme og/eller farlige genstande.



Undgå direkte sollys og varmekilder.

Træningsvejledninger

