



RESISTANCE BANDS

RESISTANCE BANDS
Opérations and safety notes
(HU)

EDŐSZÁLAG

Használati és biztonsági utasítások

FITNES TRAKOVI

Návodok és figyelmeztetések a használatra

CZ

SADA POSILOVACÍCH PÁSŮ

Pokyny pro obsluhu a bezpečnostní pokyny

SK

FITNES PÁSY

Pokyny pre obsluhu a bezpečnostné pokyny

TRAKE ZA FITNES

Upute za polazivanje i za Vašu sigurnost

IAN 518500_2504

RESISTANCE BANDS

● Introduction

You congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarize 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 as 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

The product is designed to be 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 Operating Instructions
1 x Bestselling Instruction

● Technical data

HG13455A			
Light grey resistance band (light resistance)	Width: 128 mm, Length: 250 cm, Width: 128 mm, Length: 250 cm, Thickness: 0.2 mm		
Orange resistance band (medium resistance)	Width: 128 mm, Length: 250 cm, Thickness: 0.2 mm		
Light grey resistance band (light resistance)	Width: 17 mm, Length: 500 cm, [100 cm in circumference], Thickness: 1.2 mm		
Orange resistance band (medium resistance)	Width: 17 mm, Length: 275 mm, [155 cm in circumference], Thickness: 1.2 mm		

HG13455A	Max. force (Newtons)	Max. length (m)
Strap light Grey	19	500
Strap Orange	23	500
Ring light Grey	33	100
Ring Orange	44	55

Tolerance of the above values: +/- 20 %

HG13455S			
Dark grey resistance band (strong resistance)	Width: 128 mm, Length: 250 cm, Width: 128 mm, Length: 250 cm, Thickness: 0.2 mm		
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● **Servis**
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E-Mail: szerviz@criv.hu

HU

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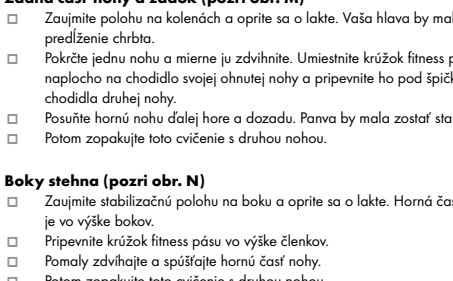
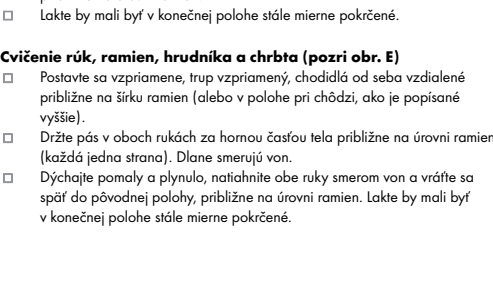
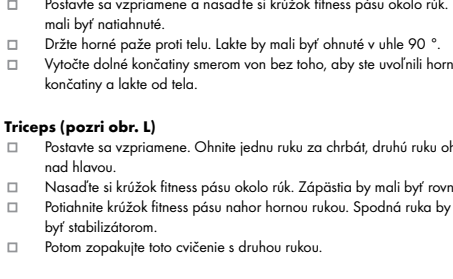
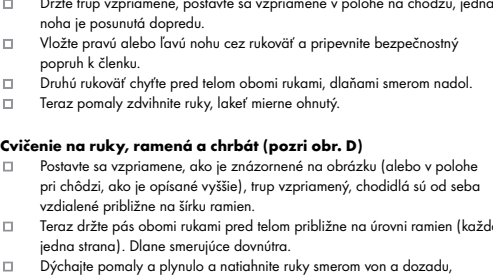
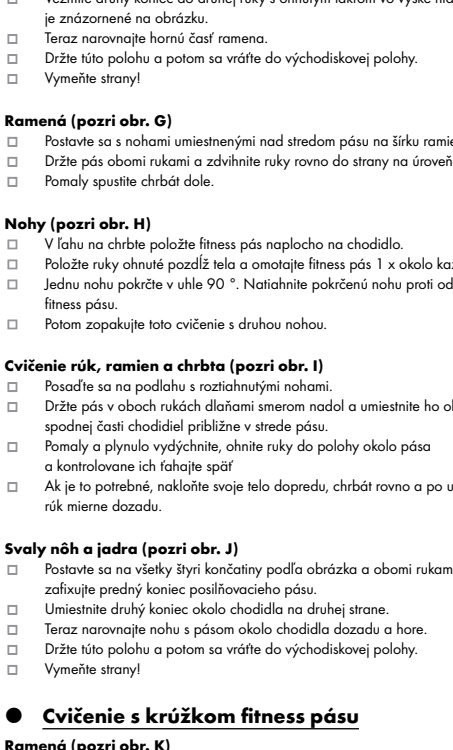
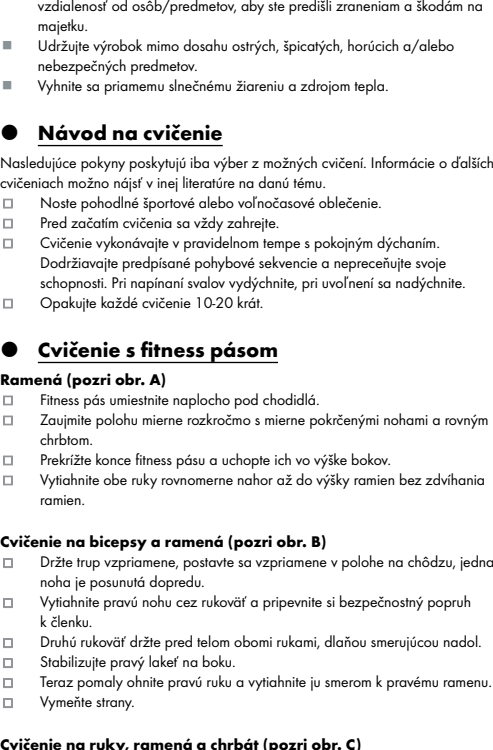
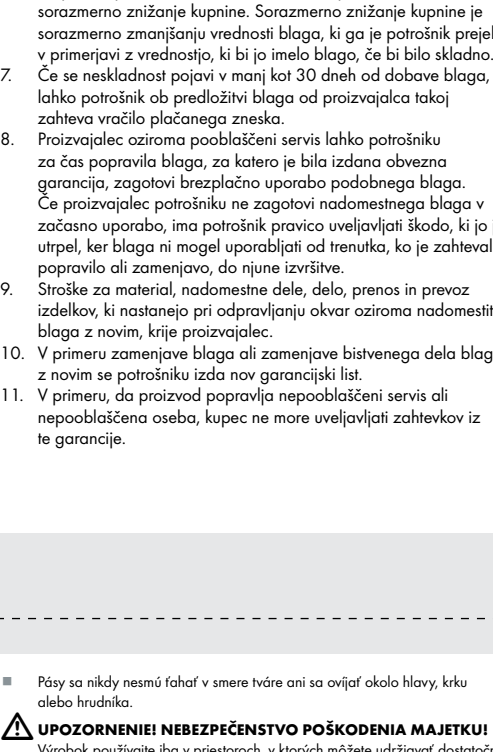
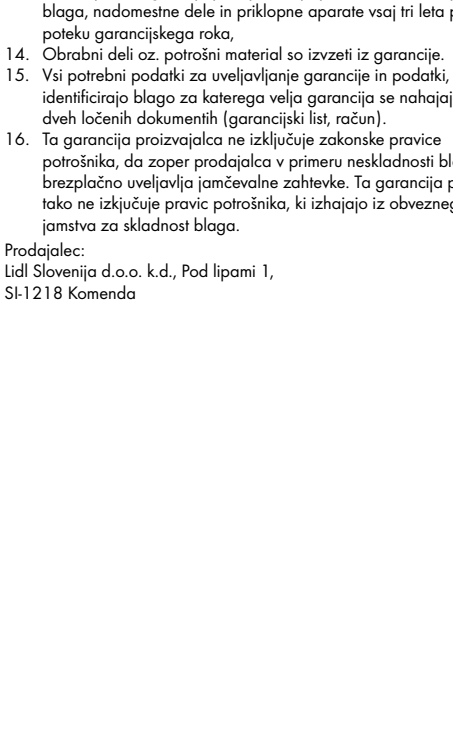
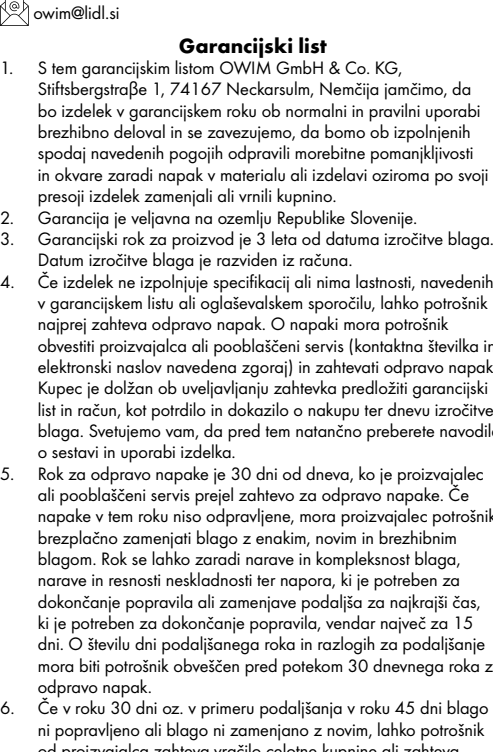
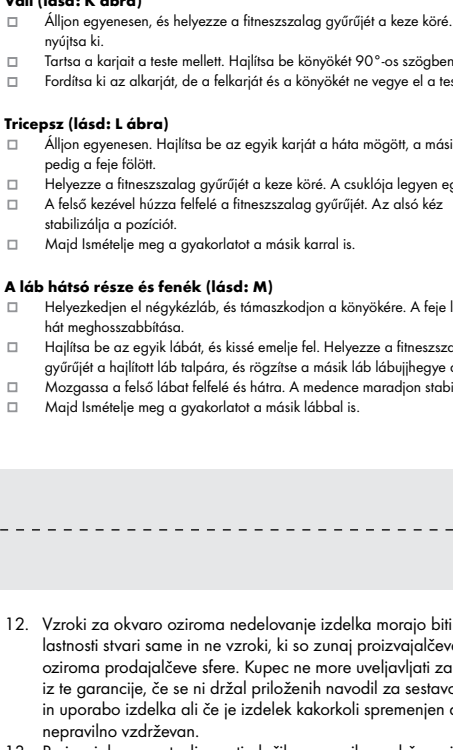
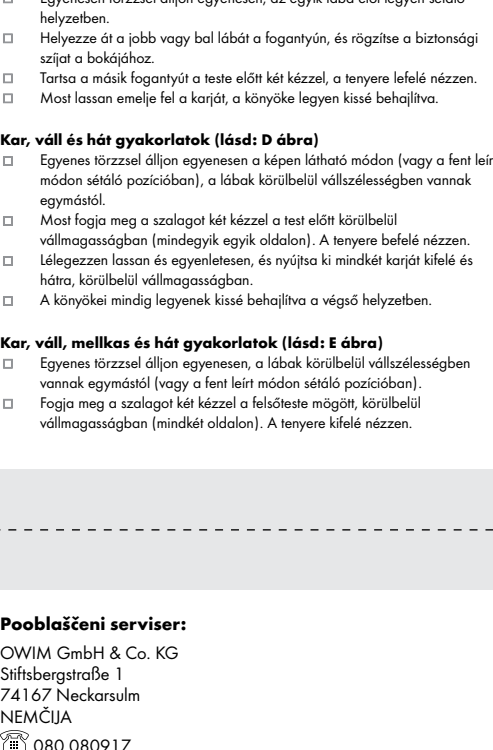
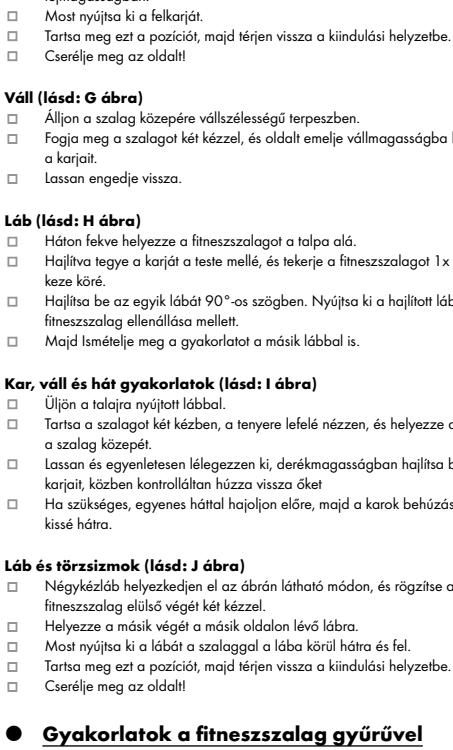
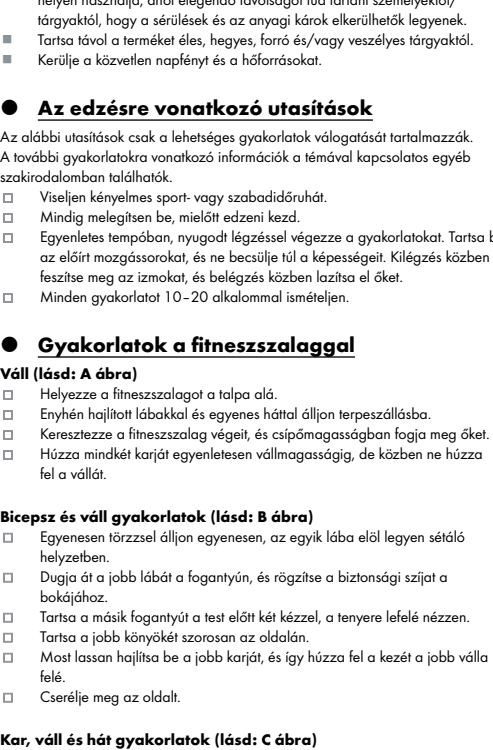
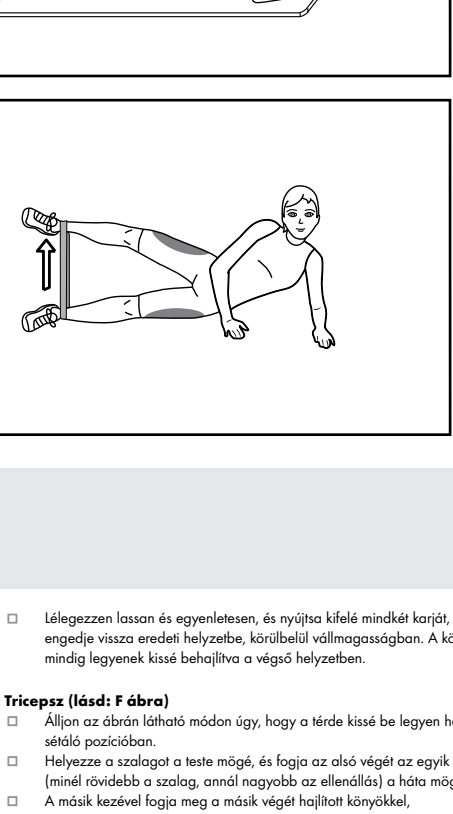
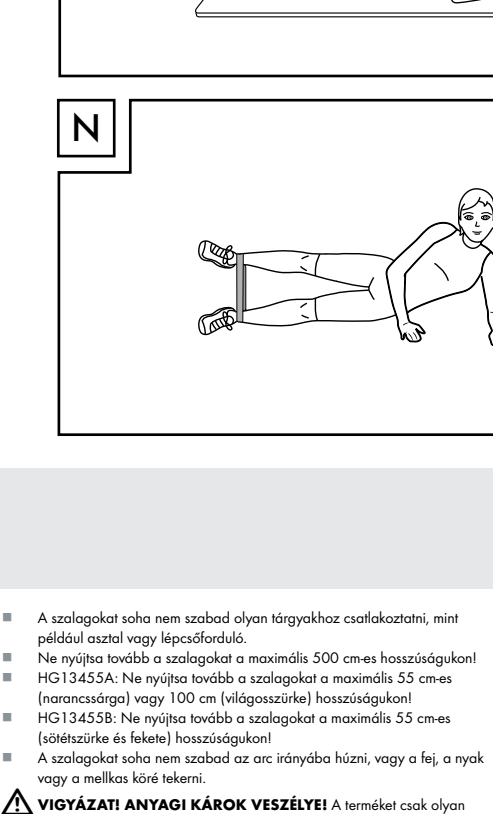
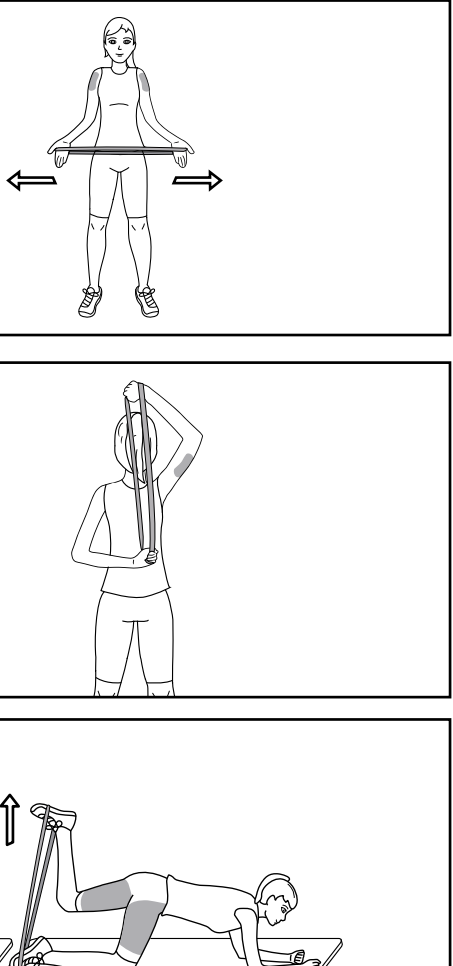
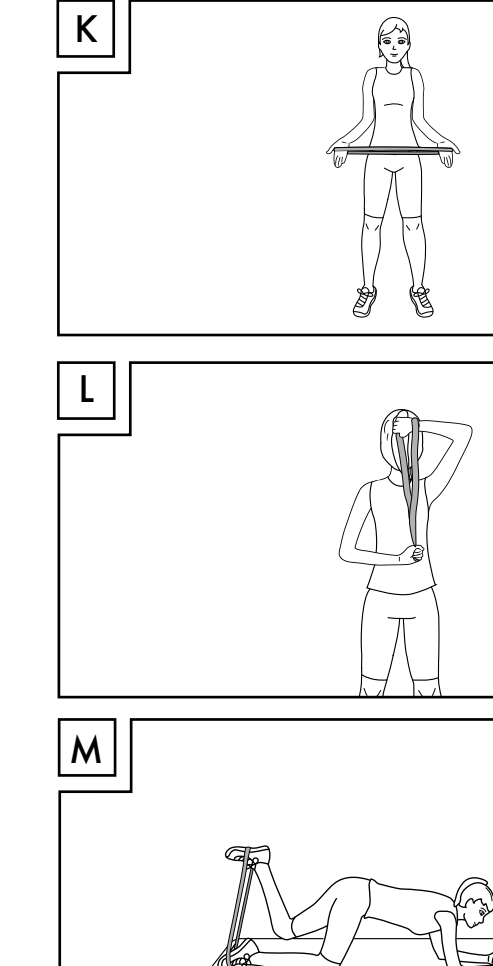
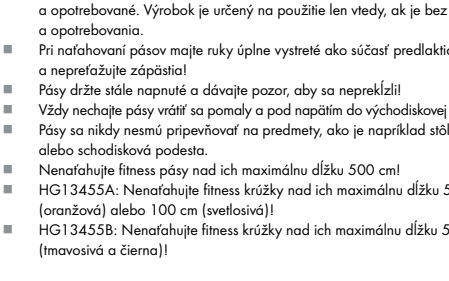
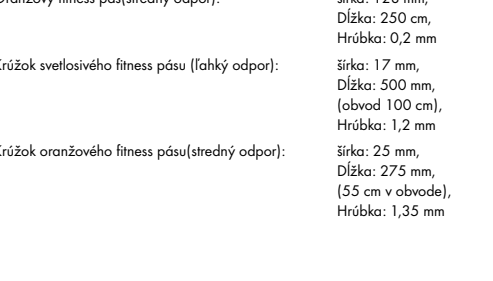
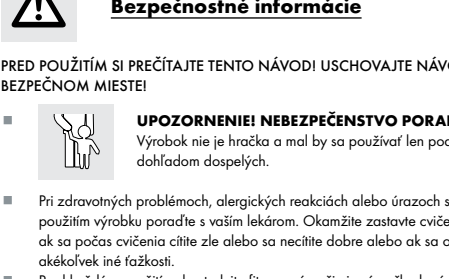
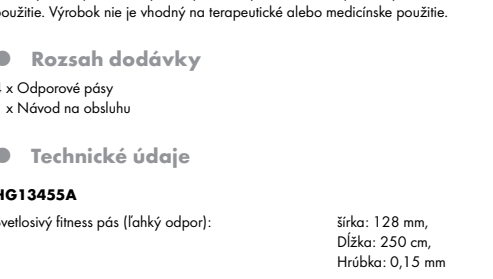
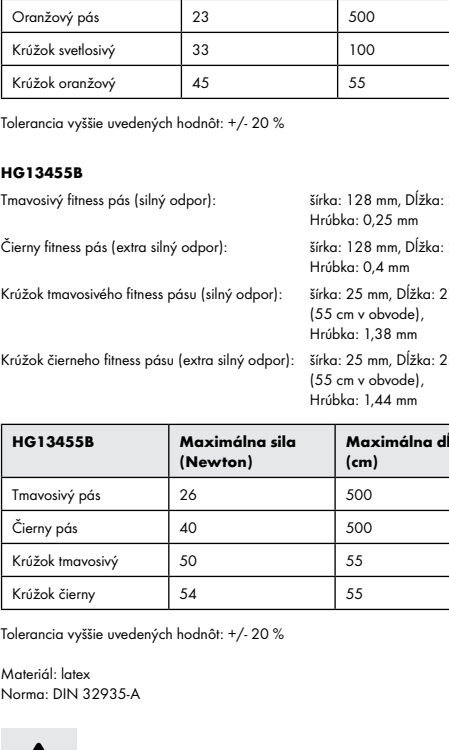
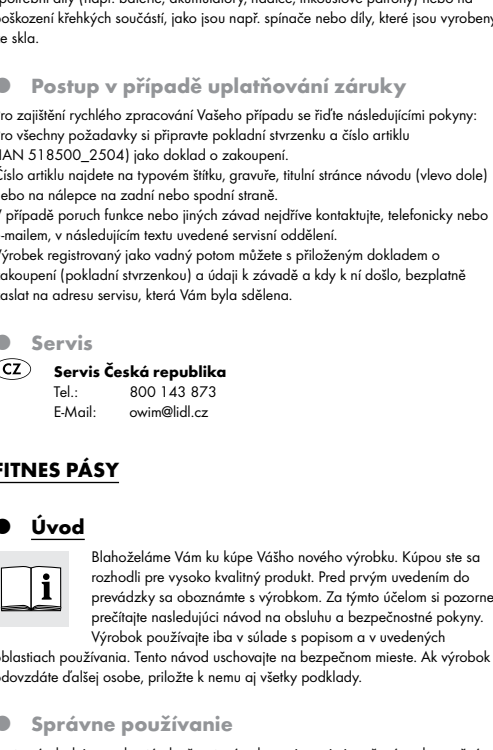
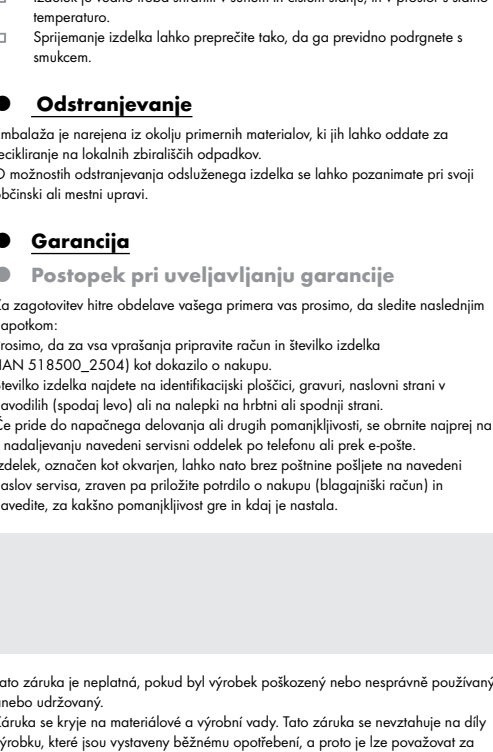
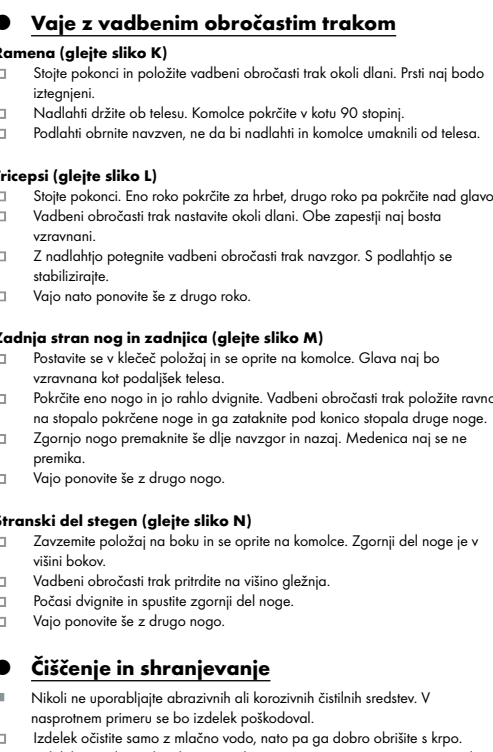
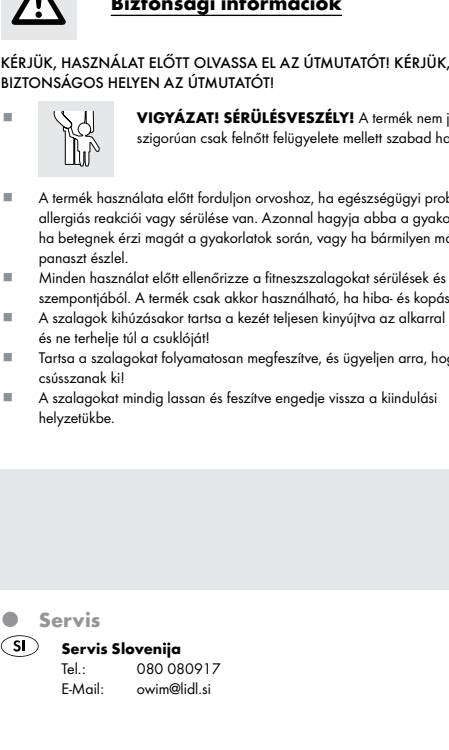
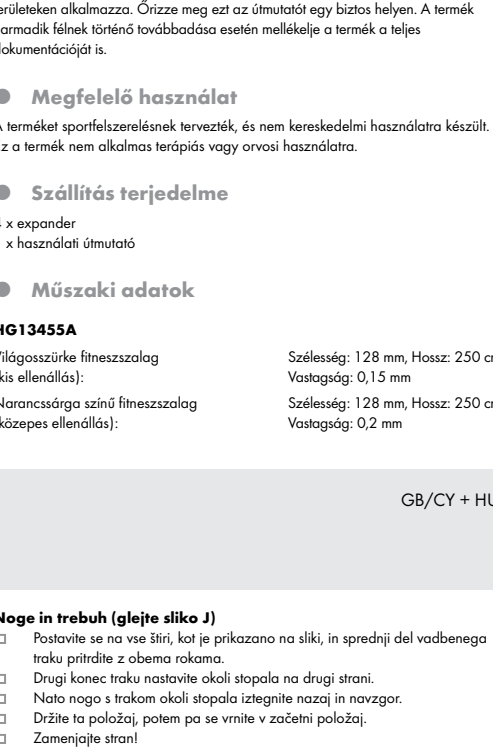
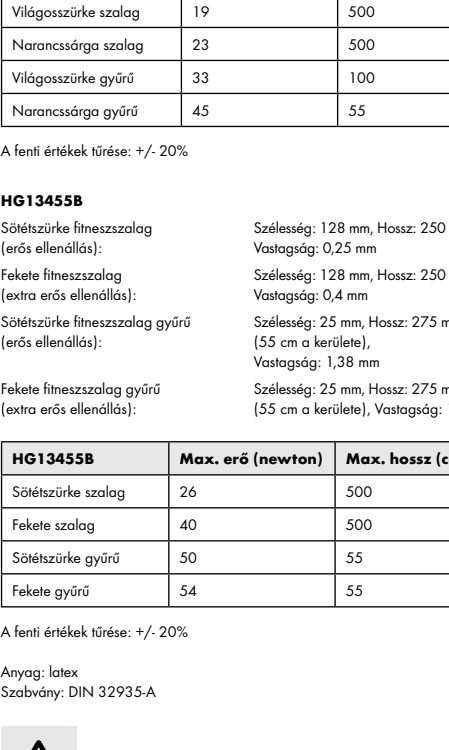
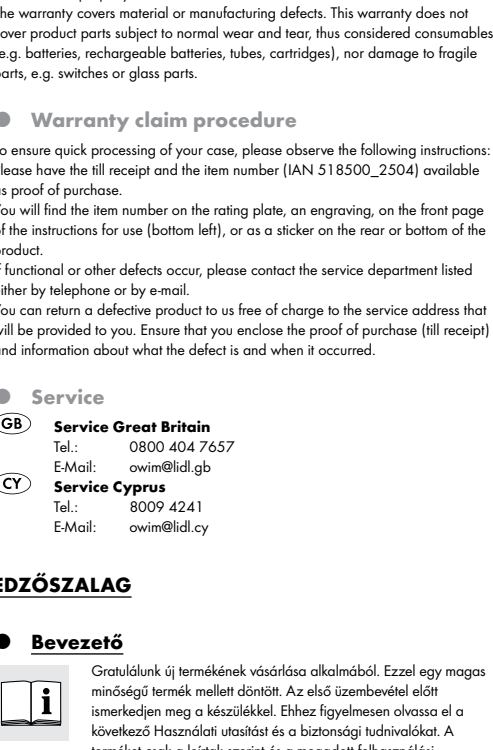
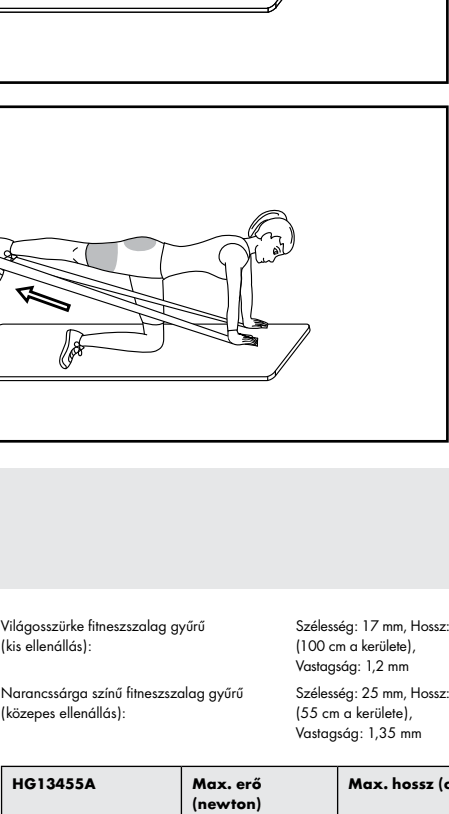
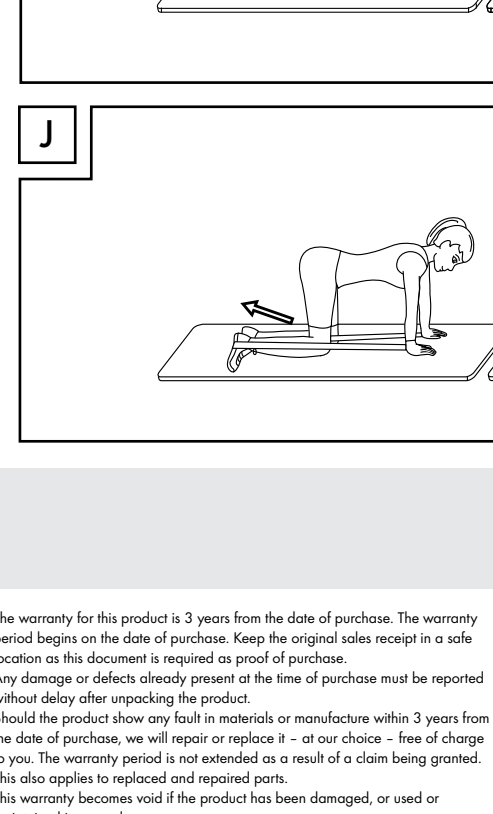
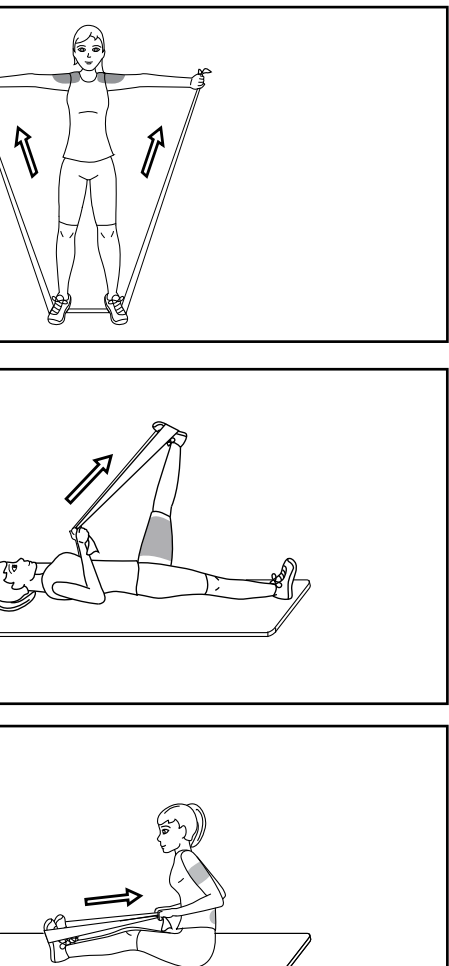
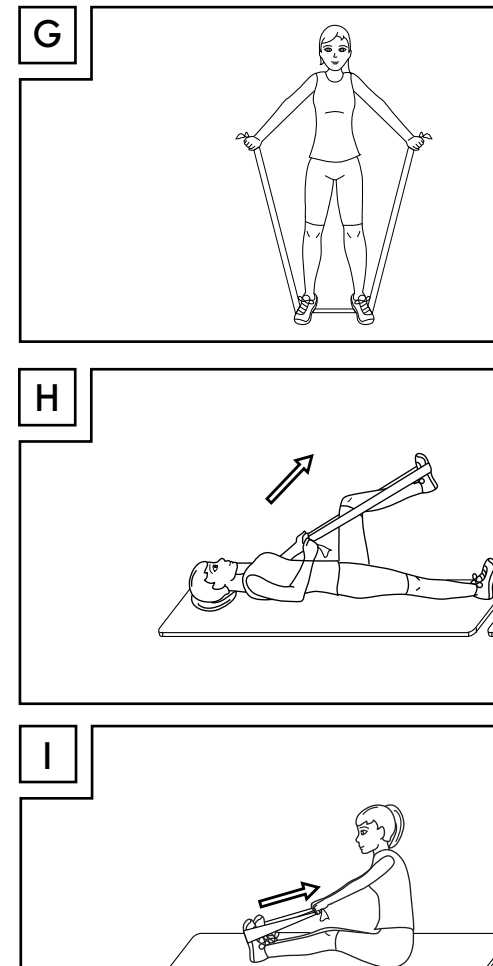
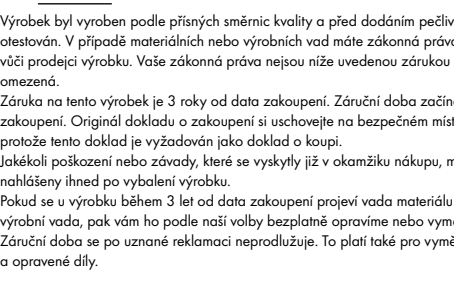
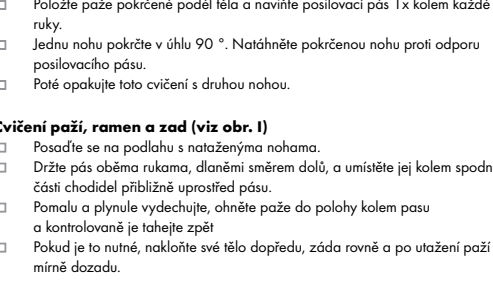
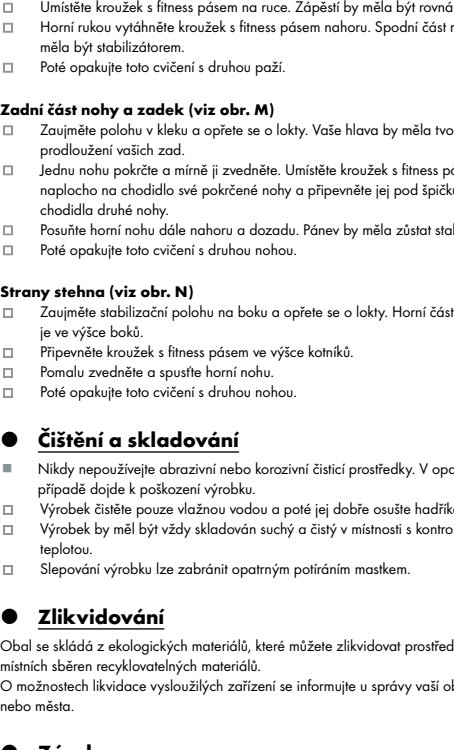
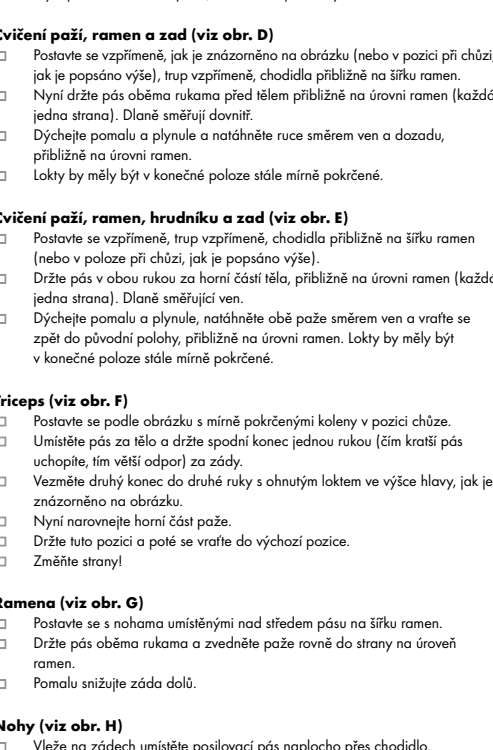
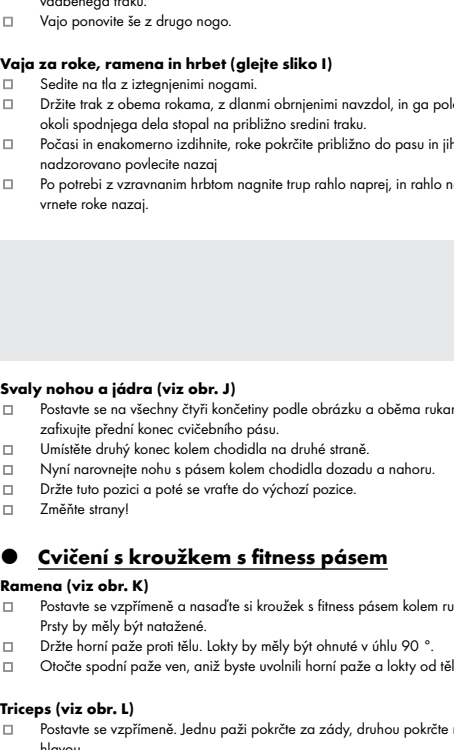
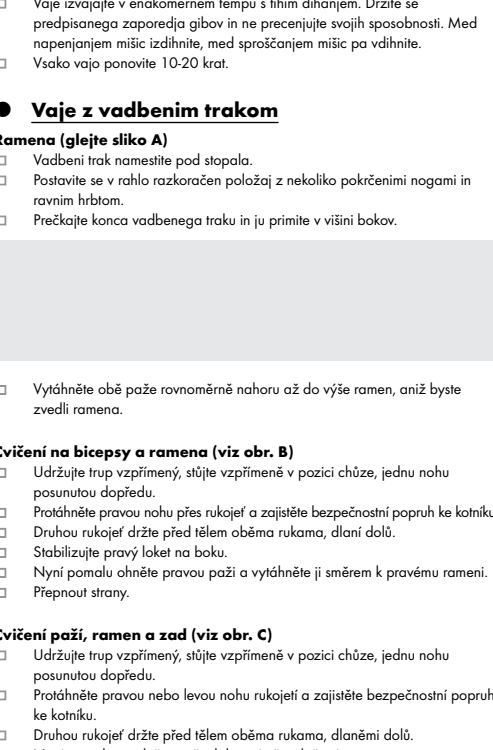
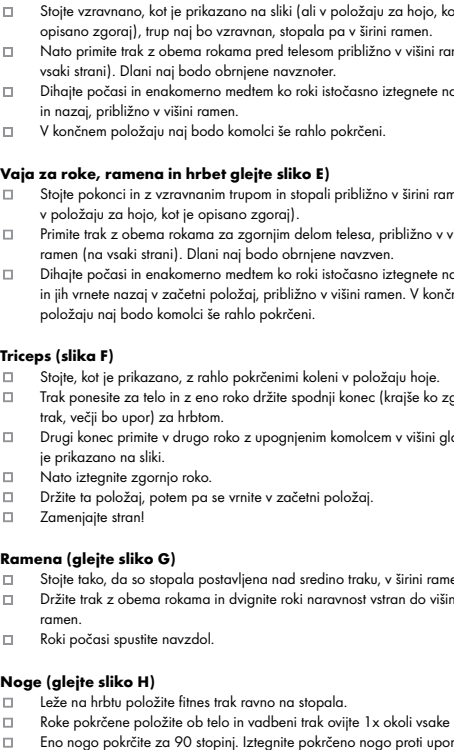
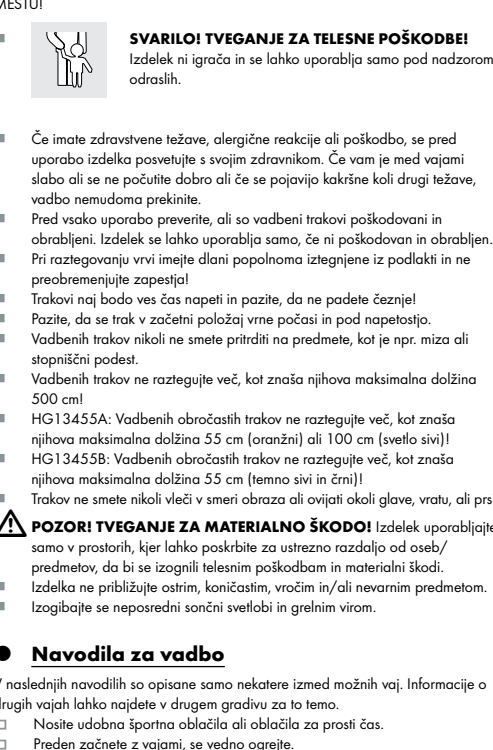
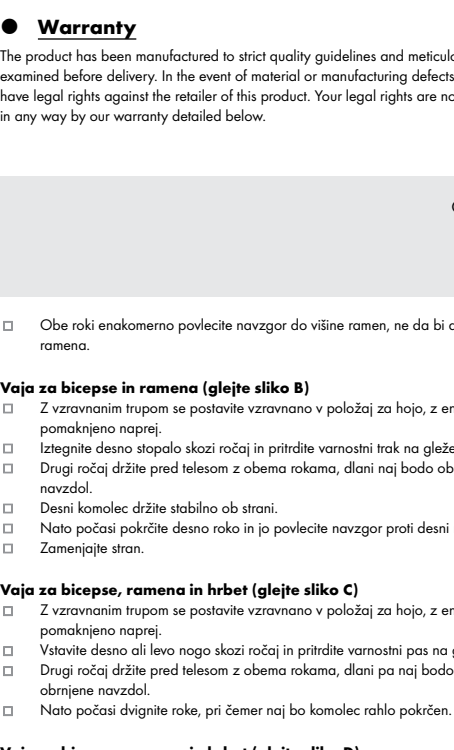
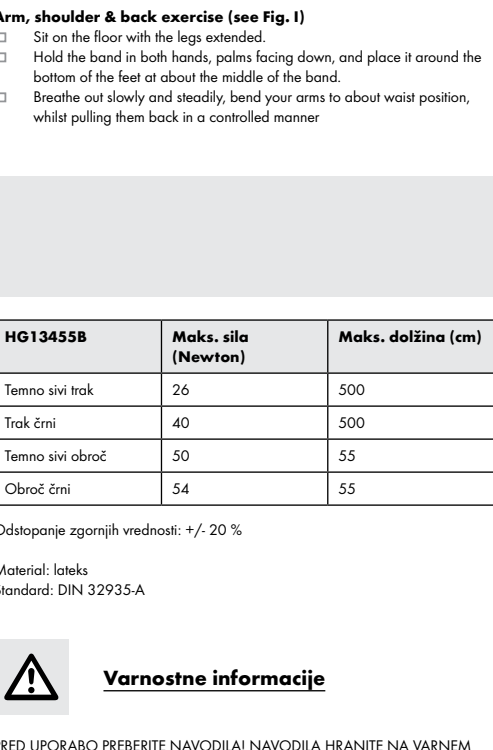
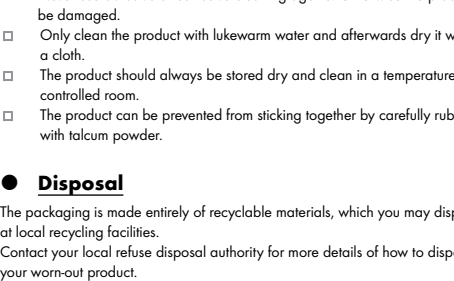
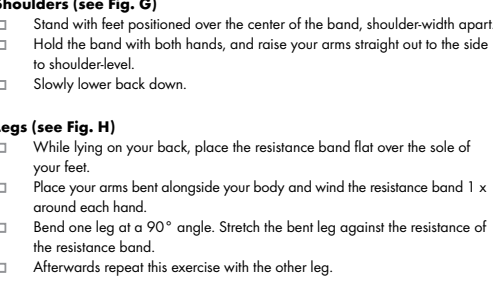
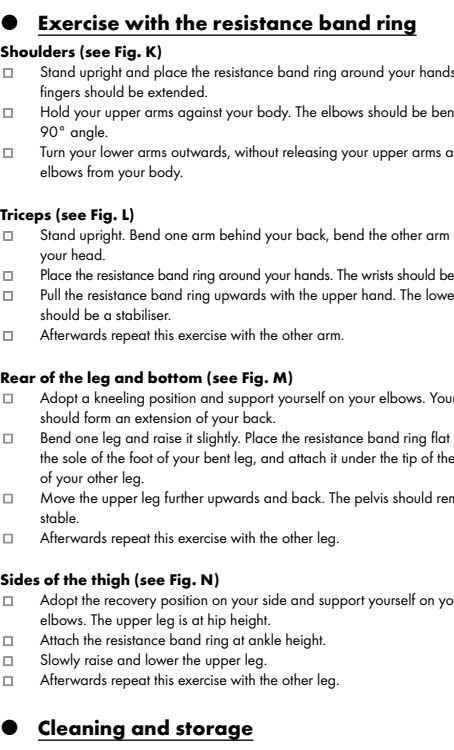
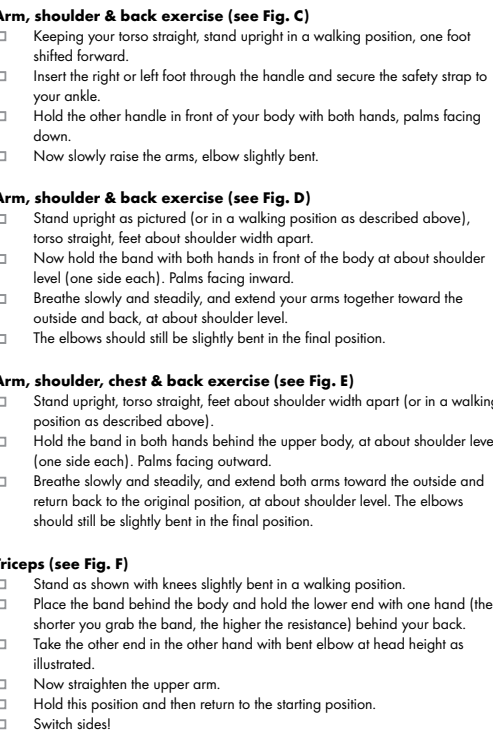
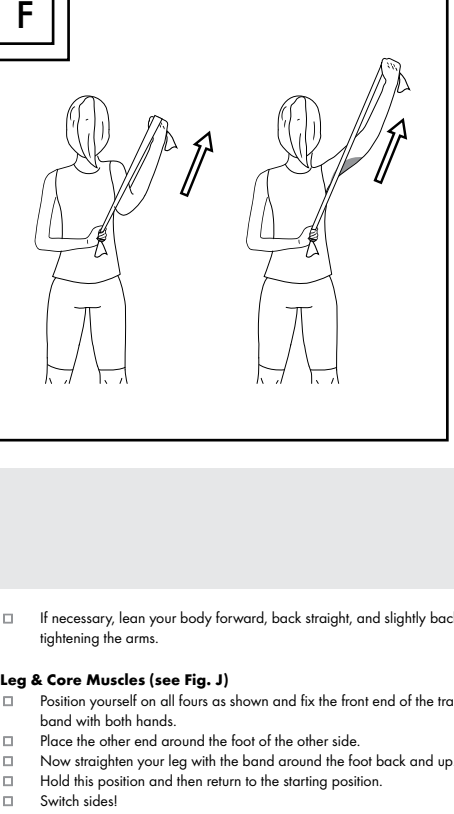
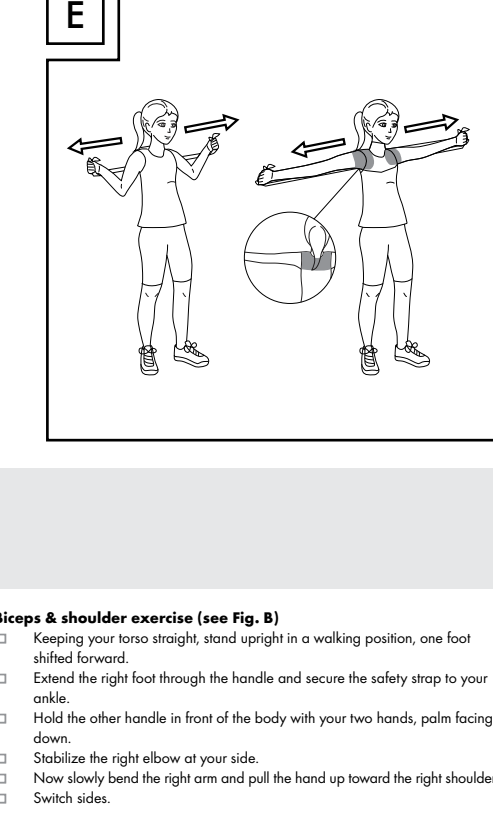
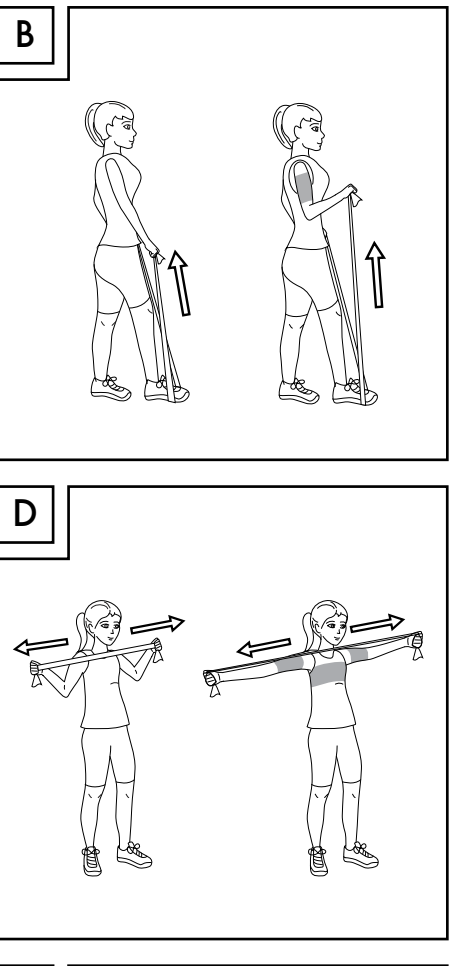
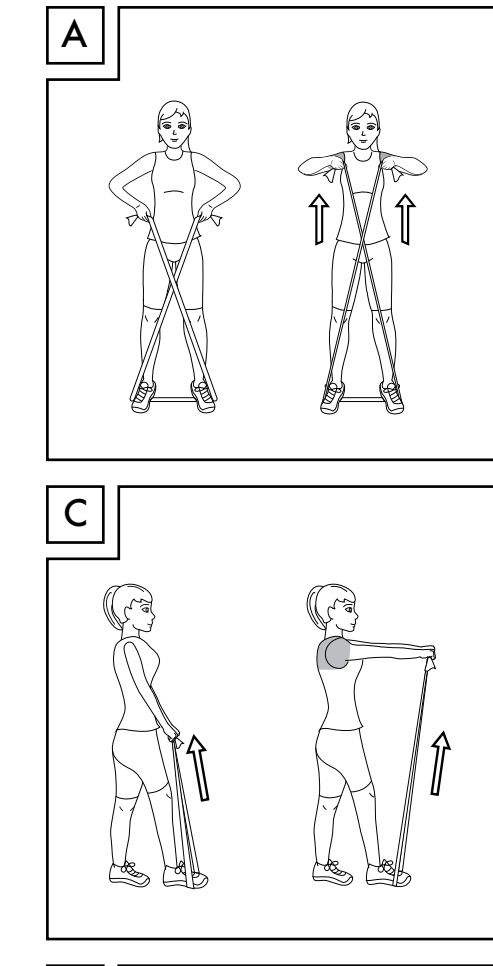
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Biceps & shoulder exercise (see Fig. B)

● Keeping your torso straight, stand with a working position, one foot slightly forward.
● Extend the right foot through the handle and secure the safety stop to your ankle.
● Extend the other handle in front of your two hands, palm facing down.
● Stabilize the right elbow on the 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 slightly forward.
● Insert the right or left foot through the handle and secure the safety stop to your ankle.
● Hold the other handle in front of your body with both hands, palm facing down.
● Now slowly raise the arms, elbow slightly bent.

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

● Stand upright or pivoted (in a walking position as described above), torso straight, but about shoulder with apart.
● Now hold the band behind the back and hold the lower end of the band at about shoulder level (one side only). Palm facing inward.
● Breathe slowly and steadily, and extend your arms together toward the outside and back, or at about shoulder level.
● The elbows should all be slightly bent in the first position.

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

● Stand upright or pivoted (in a walking position as described above), torso straight, but about shoulder with apart.
● Place the band behind the back and hold the lower end of the band at about shoulder level (one side only). Palm facing inward.
● Breathe slowly and steadily, and extend both arms toward the outside and toward the right or left shoulder.
● The elbows should all be slightly bent in the first position.

Arm, shoulder, chest & back exercise (see Fig. F)

● Stand as shown with knees slightly bent in a walking position.
● Place the band behind the back and hold the lower end with one hand (the shorter leg or right hand), the higher the resistance behind your right leg or the other hand with bent elbow at a head height as illustrated.
● Breathe slowly and steadily, and extend both arms toward the outside and toward the right or left shoulder.
● The elbows should all be slightly bent in the first position.

Triceps (see Fig. G)

● Stand as shown with knees slightly bent in a walking position.
● Place the band behind the back and hold the lower end with one hand (the shorter leg or right hand), the higher the resistance behind your right leg or the other hand with bent elbow at a head height as illustrated.
● Breathe slowly and steadily, and extend both arms toward the outside and toward the right or left shoulder.
● The elbows should all be slightly bent in the first position.

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 up to the side to shoulder-level.
● Slowly lower back down.

Legs (see Fig. H)

● While lying on your back, place the resistance band just over the sole of your feet.
● Pull one arm, bent alongside your body and wind the resistance band 1 around each heel.
● Bend one leg at 90° while the other leg is straight.
● Pull the band over the foot of the bent leg and the other leg.

