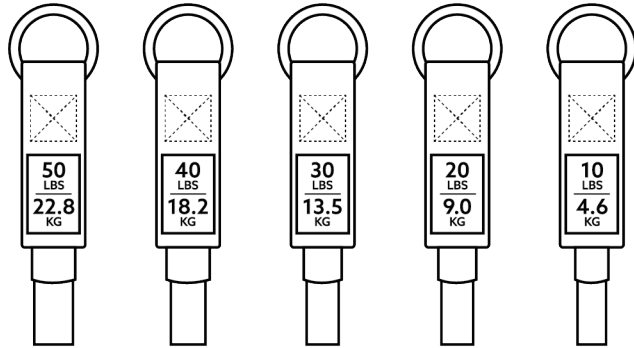


3DActive TUBE RESISTANCE BANDS



USER GUIDE

THANK YOU FOR CHOOSING THE 3DACTIVE TUBE RESISTANCE BANDS

This guide is available for download at: www.3dactive.com/guides

3DACTIVE.COM

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SAFETY WARNING

The exercises described in this guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

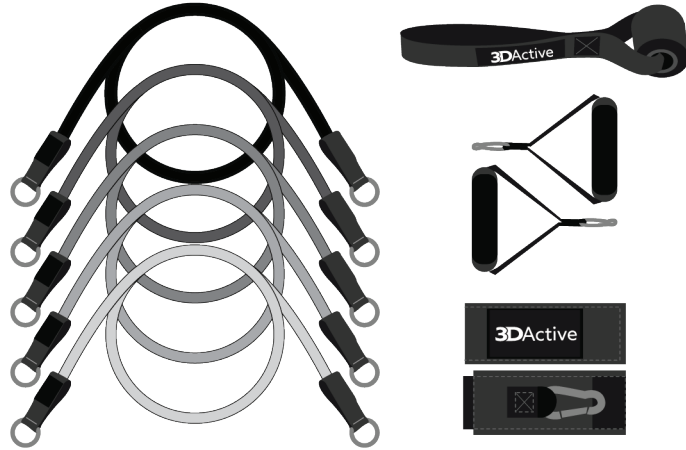
- Before every use check for any damage on the resistance bands and do not use if damaged.
- Perform each exercise in a slow and controlled manner.

Use your 3DActive Tube Resistance Bands with caution and care. When using the Door Anchor, make sure that your door is securely closed to avoid accidents or injuries. When standing on your bands, proper footwear should be worn and your bands should be positioned securely under your feet.

TUBE RESISTANCE BANDS PARTS

Set of 5 tube resistance bands. Choose the appropriate resistance level and combine bands in accordance to your strength and fitness ability. Individual needs will vary.

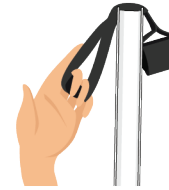
- ① **BLACK**
50 lbs / 22.8 kg
- ② **GREEN**
40 lbs / 18.2 kg
- ③ **RED**
30 lbs / 13.5 kg
- ④ **BLUE**
20 lbs / 9 kg
- ⑤ **YELLOW**
10 lbs / 4.6 kg



2

HOW TO SECURE YOUR DOOR ANCHOR

①



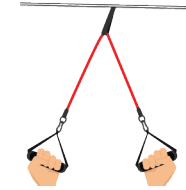
Place Door Anchor on top, side or bottom of open door.

②



Close door securely to secure Door Anchor.

③



Attach or thread bands through Door Anchor strap.

3

HOW TO ATTACH YOUR HANDLES

①



Press open the handle carabiner and insert the tube band ring.

②



Release the handle carabiner to close and secure.

③



To increase resistance, add more tube bands.

4

HOW TO ATTACH YOUR ANKLE STRAPS

①



Open the ankle strap and position around your ankle.

②



Close the ankle strap by pressing the velcro straps together.

③



Attach single or multiple tube bands rings to the ankle strap carabiner.

5

CARE INSTRUCTIONS

- Do not wrap around rugged/sharp surfaces.
- Do not overstretch or strain.
- Do not store in direct sunlight.

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

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