

# 3DActive POWER RESISTANCE BANDS



## USER GUIDE

# THANK YOU FOR CHOOSING 3DACTIVE POWER RESISTANCE BANDS

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This guide is available for download at: [www.3dactive.com/guides](http://www.3dactive.com/guides)

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## SAFETY WARNING

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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 ab roller and do not use if damaged.
- Always perform a general warm-up activity before using an ab roller.
- Avoid straining or holding your breath during the exercises.
- Perform each exercise in a slow and controlled manner.

## RESISTANCE LEVELS

3DActive Power Resistance Bands are available in 5 different resistance levels. Choose the appropriate resistance level for you in accordance to your strength and fitness level. Individual needs will vary.

 ① <b>RED</b>	 ② <b>BLACK</b>	 ③ <b>PURPLE</b>	 ④ <b>GREEN</b>	 ⑤ <b>BLUE</b>
<b>X-LIGHT</b> 10-35 lbs 5-16kg	<b>LIGHT</b> 30-60lbs 14-27kg	<b>MEDIUM</b> 40-80lbs 18-36kg	<b>HEAVY</b> 50-125lbs 23-57kg	<b>X-HEAVY</b> 65-175lbs 29-79kg

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## CARE INSTRUCTIONS

- Ab Roller supports up to 330lbs/150kg body weight.
- Wipe clean with a wet cloth.

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## NEED HELP?

### HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.

 **SUPPORT CENTER**  
[www.3dactive.com/support](http://www.3dactive.com/support)

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# 3DActive

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