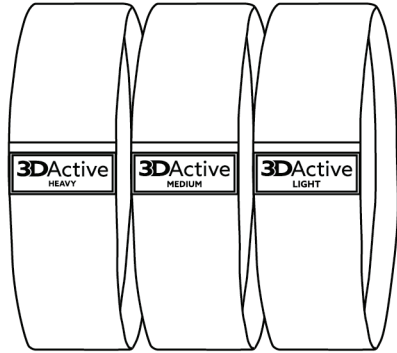


3DActive FABRIC RESISTANCE BANDS



USER GUIDE

THANK YOU FOR CHOOSING 3DACTIVE FABRIC RESISTANCE BANDS

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

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SAFETY WARNING

- Before every use check for any damage on the resistance bands.
- Do not use the Resistance Bands if they show any signs of damage.
- Always perform a general warm-up activity before using a Resistance Band.
- Avoid straining or holding your breath during your exercises, and perform them in a slow and controlled manner.
- While each Resistance Band can be stretched safely up to a point, be mindful of their respective Tension Levels (page 2).
- Applying too much tension on the Resistance Bands can snap or break them, which can lead to injury and damage the product.

TENSION LEVELS

Your 3DActive Fabric Resistance Bands come in a set of 3 Resistance Levels with different Tension Strengths:

HEAVY HEAVY HEAVY HEAVY HEAVY	40-60LBS 18-27KG
MEDIUM MEDIUM MEDIUM MEDIUM MEDIUM	30-50LBS 14-23KG
LIGHT LIGHT LIGHT LIGHT LIGHT	15-30LBS 7-14KG

Choose the appropriate resistance level for you in accordance to your strength and fitness level. Individual needs will vary.

2

CARE INSTRUCTIONS

Please wash the Resistance Bands and make sure they're completely dry before storing them for long periods of time. Do not tumble dry the Resistance Bands or apply bleach.



Hand wash



30°C/80°F



Do not bleach



Do not tumble dry

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NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

www.3dactive.com/support



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3DActive

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