

# FYNCE



**FYNCE resistance elastics / 5 bands  
with strength levels / including carrying  
bag**

02-001A  
FYNCE

**FYNCE** would first like to thank you very much for your purchase.  
To reward you for your purchase you get free access to 2 of our FYNCE ebooks:

- *'Thuis sporten - meer dan 50 oefeningen'*
- *'Sporten - Warming up & Cooling down'*

Get your free ebooks via the link below!

<https://www.fynce.nl/handleidingen>

**FYNCE** recommends that you always read the manual carefully before use and that you also perform the actions according to the manual.

**FYNCE** is available for questions, complaints or other comments. Reach our customer service:

- *Mail: [contact@fynce.nl](mailto:contact@fynce.nl)*

## ENGLISH USER MANUAL

### - The resistance elastic explained Components

1. Resistance elastics
2. Single brackets with hook attachment
3. Handles with hook attachment
4. Door anchor with hook attachment
5. Carry and storage bag



The resistance elastics (1) are elastic bands that you have to stretch with force. By pulling with force you train your muscles.

The resistance elastics are at different levels;  
yellow resistance band; about 5 kg, Blue resistance band; about 7 kg,  
Red resistance band; about 10 kg, Green, resistance band; about 12 kg,  
Black resistance band; about 14kg.

The ankle braces (2) are braces that you can attach to your feet or ankles, you can get a resistance elastic through the ring, this way the resistance elastic can be pulled from more angles and thus train other muscles.

You can attach the handles (3) to the hooks or in the middle of the elastic to get a good grip on the band.

You can place the door anchor (4) on the top of the door, with the ball on the other side of where you are standing, then close the door, attach the elastic with the hook or in the middle of the elastic to the door anchor and thus stretch the elastic apart. With the door anchor you train other muscles because you pull from a different angle.

With the carrying and storage bag (5) you can easily and neatly store or take all parts with you.

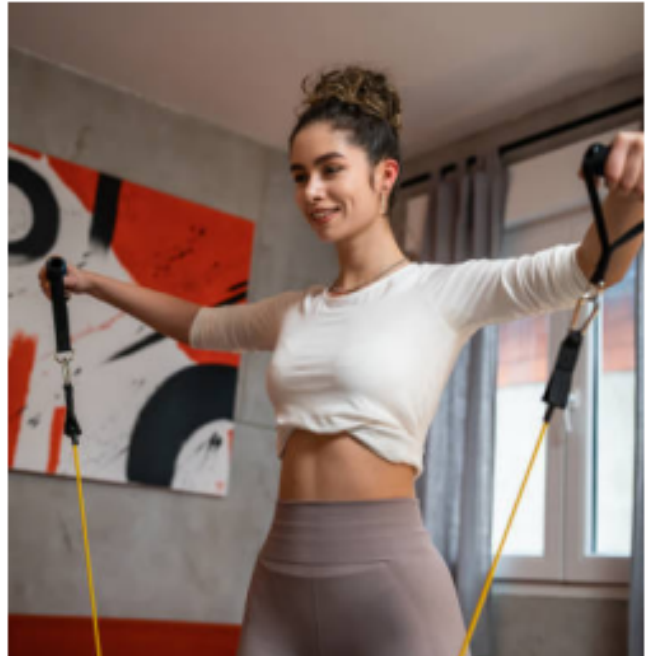
## Attachting

Your workout with the resistance bands is easier to perform with the accessories..

Attach the hook of the elastic to the accessory you need for the exercise in question. Always make sure that your elastic and accessory are properly attached to each other before you start your exercise.

## To use

As soon as the elastic and the accessory are properly attached to each other, your workout can begin. Should you notice that stretching the tires feels too light for you? Then replace the elastic for a heavier elastic, or use several elastics.



For sports exercises with the resistance elastics, you can take a look at the free FYNCE ebook, 'Work out at home - more than 50 exercises'. This FYNCE ebook describes several complete workouts with the resistance elastics!



## ENGLISH MANUAL

### IMPORTANT PRECAUTIONS

Basic safety precautions should be followed when using this product, including:

#### > READ ALL INSTRUCTIONS BEFORE USE

- Before use, inspect all parts for scratches, holes, tears, worn areas, discoloration or loose stitching, and other unusual issues. If something is wrong with a part, do not use the product and contact our customer service as soon as possible.
- Do not use the parts on, for example, concrete or other rough surfaces. When used on rough surfaces, the elements can be damaged. So make sure that the surface is flat during use and that all sharp parts are away. So also be careful with rings and long nails.
- This product is not a toy, so it is not intended to be played with. So also keep the elements away from children, pets or any other individuals who need supervision.
- Close supervision is necessary when used by or near children.
- Before using this product, make sure that the elastic bands are properly attached to any accessory; Handles, Ankle brackets, Door anchor. Always be careful with this.
- Never leave the elastics or accessory; Handles, ankle braces, door anchor loose when tires are under pressure. Letting go suddenly can lead to injuries and accidents.
- Before use, check that all parts are correctly positioned and attached.
- Use all parts responsibly.
- Always use a strong anchor point to attach the elastics. Think of a closed door.
- Start the exercises slowly and use smooth, controlled movements to get the parts under control.
- Use all parts only and always responsibly.  
lubiX/ FYNCE cannot be held accountable and/or responsible for the possible consequences of using this product.
- The use of this product is not recommended for pregnant women, people with a hernia, or other abdominal and or back problems.
- Use this product in an open space, where there are no objects or people within 2 meters of you.
- Avoid using near glass, windows and other fragile objects.
- Keeps the parts from being too hot (> 35 degrees Celsius) or too cold (< -15 degrees Celsius) for a long time.

- Only use the elements if they are correctly adjusted, so the product should not be too big or too small for you.
- Use the parts only in the way for which they are intended.
- Only use this product in responsible and thoughtful ways. Misuse of can lead to injuries and accidents.
- Clean all elements regularly.
- Do not disassemble and/or attempt to modify this product.
- This product is not a medical device.
- This product is not intended for use in the freezer or microwave.
- Avoid cleaning with chemical tools. Regular cleaning with just a damp cloth is sufficient.

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

## > PACKING CONTENTS

### **2x Handles with hook attachment**

> Supplied in black



### **2x Ankle brackets with hook attachment**

> Supplied in black



### **1x Door anchor with hook attachment**

> Supplied in black



### **1x Carrying and storage bag**

> Supplied in black



### **5x Rubber resistance elastics**

- > Elastic Yellow; about 5kg
- > Elastic Yellow; about 7kg
- > Elastic Red; about 10kg
- > Elastic Green; about 12kg
- > Elastic Black; about 14kg



## **> TIPS FOR USE**

- Maintaining the correct posture is essential during exercise. Ensure the most natural posture during exercise (with the resistance elastics).
- Use the resistance bands as directed in the directions for use and manual.
- Prepare well before your workout, warm up before your workout and cool down after your workout.
- Perform the exercises in a calm and controlled position, this way you can best control the attributes.
- Use realistic power levels. This will prevent your joints from becoming overloaded.
- Read the included ebooks for more useful tips, sports exercises and tips for your warming up and cooling down!

## **> CLEAN AND STORE YOUR ELEMENTS**

To clean the elements, we recommend wiping with a damp cloth. Do not use soap or other cleaning agents on the elastics, as they may damage and/or weaken the latex

We recommend storing the elastics and other elements in a cool, dry place away from moisture, heat and direct sunlight.



SAVE THESE INSTRUCTIONS

[WWW.FYNCE.NL](http://WWW.FYNCE.NL)

[CONTACT@FYNCE.NL](mailto:CONTACT@FYNCE.NL)