

User's Manual - Strength Training Kit

Assembly Instructions, Pro Tips, Warranty

Read these materials prior to using this product.



WARNING & USE

1. Store in a dry location.
2. **USE UNDER THE SUPERVISION OF A RESPONSIBLE ADULT.**
3. This product can be dangerous if used incorrectly. Do not jump while using this product.
4. Do not use this product for purposes other than described by the instructions.
5. Read all instructions before use.
6. Do not use Resistance Bands as a rope or stretch to its maximum.
7. Do not remove sleeve from the Resistance Bands for any reason.
8. Avoid repetitively stretching Resistance Bands to the point of "jolting".
9. For maximum results, the manufacturer's recommended replacement period is 2 years, or as soon as the band loses elasticity or shows signs of wear.
10. Manufacturer makes and issues no warranties with regards to this product, expressed or implied, and expressly disclaims all implied warranties, including but not limited to, the implied warranties of the MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Workout Bar with model FIT-S-21922-00



This Product is Distributed Exclusively by

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For references, see previous page.

- 2 - Resistance Bands with Sleeves (BUN-A-21916-00) - Reference A
- 2 - Handles with Grips (HAN-A-21917-00) - Reference B
- 2 - Foot Straps (STR-A-21918-00) - Reference C
- 1 - Workout Bar (HAN-A-201920-00 and HAN-A-201921-00 - FIT-S-21922-00 only) - References D and E
- 2 - Insert Handles For Workout Bar (HAN-A-201924-00 - FIT-S-21922-00 only) - Reference F
- 1 - Carry bag (BAG-P-21919-00) - Reference G

ASSEMBLY INSTRUCTIONS

Attach the loop end of the Resistance Bands around the preferred legs of a JumpSport Fitness Trampoline.

Complete the Workout Bar Assembly (FIT-S-21922-00 only) :

Slide the Pin of Workout Bar 1 of 2 into the Groove of Workout Bar 2 of 2 and lock the Pin in place with a slight twist.

Unscrew an end cap, insert one Insert Handle for Workout Bar, and screw the cap back on.

Repeat for the second end of the Workout Bar.

Be sure to fully lock the bar before use.

Use clips at the end of the Resistance Bands to attach your preferred handle attachment to the metal rings (Handle with Grips, Foot Straps, or Workout Bar Assembly).

PRO TIPS

The JumpSport Fitness Strength Training Kit is a versatile all-in-one resistance band training system. The kit comes with attachments to work your whole body. For use in gyms, personal training, or home workouts. The optional Workout Bar is small enough to be used anywhere.

1. Always train with a safety zone.
2. Anchor only to sturdy objects.

PRODUCT WARRANTY

RESISTANCE BAND: 1 Year Limited warranty for personal use and 6 Month Limited Warranty for personal trainers and commercial uses.

ADDITIONAL ATTACHMENTS: 6 Month Limited Warranty.

To request warranty service, please contact orders@stroops.com.