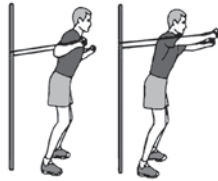


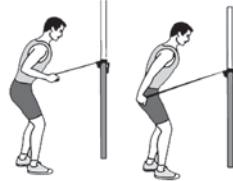
**WORKOUT EXAMPLES WITH THE BANDS:**



Bicep Curls



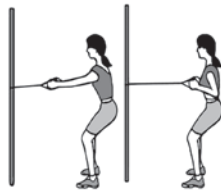
Chest Press



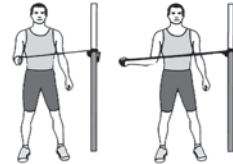
Tricep Extension



Shoulder Press



Standing Row

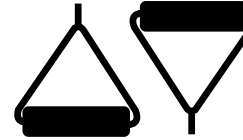


One-arm Chest Fly

**SPECIFICATIONS:**

Package Includes:	5x resistance bands, 2x handles, 2x ankle straps, door anchor, carrying bag
Band Length:	45 inch
Total Weight:	0.44 kg
Materials:	Latex, nylon, foam rubber, metal
Maximum Clip Tension:	90 lbs
Manufacturing Origin:	China

CE The device complies with the European Directives 2014/30/EU.



Foam Handles x 2



Ankle Straps x 2



Door Latch x 1



Resistant Bands x 5

**Instruction Manual**

## IMPORTANT SAFETY INFORMATION

To prevent personal injury or damage to your KoreTense, read the following guidelines carefully to ensure proper usage:

1. Only use resistance bands as intended and demonstrated in this guide for exercise purposes.
2. Before each use, ensure resistance bands are securely attached to wrist or ankle straps.
3. Avoid using resistance bands on concrete or other abrasive surfaces.
4. Do not use resistance bands if you find any holes, tears, or scratches in the latex tubing.
5. Do not stretch resistance bands to more than 3x their original length.
6. Never release the resistance bands while under tension.

**Warning: KoreTense is not a toy. Keep away from children.**

## TIPS FOR USE:

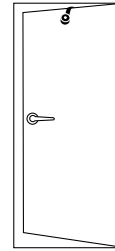
- Begin all exercises slowly and use smooth, controlled movements when pulling and releasing the resistance bands.
- Start with the 10lb band and slowly add more resistance until you reach a comfortable level of tension.
- If you can perform 3 sets of 15 reps without exerting yourself, you're ready to add more resistance.
- Experiment with different exercises to find what works best for your body. Begin with 8 to 10 exercises that target major muscle groups.

## SET UP:

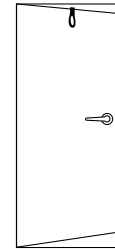
1. Select the resistance band(s) you want to use and attach the clips at either end to the D-rings on the handles or ankle straps.
2. Stack multiple bands together to create more resistance, up to 100lbs.
3. Anchor the resistance band(s) with a door or under your feet to begin your workout.

## TO USE KORETENSE WITH A DOOR:

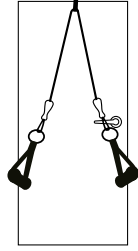
1. Pull the resistance band(s) through the loop of the door anchor.
2. Stick the door anchor over the top or through the hinge side of a door. Close the door firmly, making sure the latch is secure.
3. Grip the resistance bands using the handles or ankle straps.
4. Exercises should pull the resistance bands in a lateral direction, away from the door anchor.



Rear of door



Front of door



Front of door with band

## TO USE KORETENSE WITH YOUR FEET:

1. Stand on the middle of the resistance band(s) with your feet hip-distance apart.
2. Gently pull on the handles to make sure the band is the same length on both sides. Adjust if necessary.
3. Exercises should pull the resistance bands in an upward direction, away from your feet.

