

Suspension Training Straps User Manual

Product Description: Suspension training straps are versatile fitness tools that allow for bodyweight exercises targeting all muscle groups, enhancing strength, balance, and flexibility.

Installation Instructions:

1. **Choosing a location:** Ensure the mounting point is stable and can support the load during exercises.
2. **Mounting on a bar or beam:** Wrap the strap around a stable anchor point and secure it with the carabiner.
3. **Mounting on a door:** Place the door anchor on the opposite side of the door, close it, and then attach the straps to the anchor.

Usage Instructions:

1. **Adjusting length:** Set the strap length according to the exercise using the adjustment system.
2. **Performing exercises:** Hold the handles and perform exercises as per your training plan.
3. **Safety:** Always ensure the straps are properly secured and undamaged before starting your workout.

Precautions:

- Consult a physician before first use, especially if you have health issues.
- Regularly inspect the condition of the straps and handles.
- Do not use the straps on slippery or unstable surfaces.
- Store the straps in a dry place, out of reach of children.

Maintenance:

- Clean the straps with a damp cloth after each use.
- Avoid using harsh chemicals.
- Protect the straps from excessive sunlight and moisture.

Warning: The manufacturer is not responsible for any damage resulting from improper use of the straps or failure to follow the above instructions.