

PURE POWER

RESISTANCE BANDS

ELITE TRAINING

5 BANDS 10-170 LBS. | 4 LB. ADJUSTABLE BAR | 2 ANKLE CUFFS

USER MANUAL



PURE POWER RESISTANCE BANDS | ELITE TRAINING

Thank you for purchasing the Pure Power Resistance Bands – Elite Training package. This comprehensive package is designed with high-quality materials to provide you with the ultimate durability and versatility in your workouts. Whether you are a beginner or an experienced athlete, our resistance bands and various accessories will offer flexibility, strength and convenience, helping you reach new heights in your fitness routine.

PACKAGE CONTENTS

- (5) Latex Resistance Bands
 - Extra Light: 10-30 lbs. (Yellow)
 - Light: 20-70 lbs. (Red)
 - Medium: 30-110 lbs. (Green)
 - Heavy: 40-140 lbs. (Blue)
 - Extra Heavy: 50-170 lbs. (Black)
- (1) Three-Piece, Adjustable Bar
 - Two-Piece Setup: 3 lbs.
 - Three-Piece Setup: 4 lbs.
- (2) Ankle Cuffs with D-Rings
- (2) Ergonomic Handles with Soft Rubber Grips
- (5) Steel Oblong Carabiners – Size 10
- (2) Door Jamb Anchors with Foam Donuts
- (2) Multi-Point, Wrap-Around Door Straps
One or both may also be used for the Wall Mount System setup.
- (2) Wall Mount Systems
 - (4) Steel U-Hook Anchors
 - (8) Lag Bolts
- (1) Drawstring Bag

IMPORTANT WARNINGS

Please read this entire manual before using the Pure Power Resistance Bands – Elite Training package. Failure to follow these instructions may lead to significant injury and/or property damage.

GENERAL WARNINGS

- Before starting any new exercise program, we recommend consulting with your health care provider, especially if you have any pre-existing conditions or injuries.
- Always inspect the Resistance Bands and accessories, including carabiners, for any signs of wear or damage before each use.
- Do not use Resistance Bands if you have a latex allergy.
- **KEEP OUT OF REACH OF CHILDREN, pets or any individual who may require supervision.**

- Do not use Resistance Bands with tears or holes, or if areas of the band feel weak.
- Replace any damaged items immediately with Pure Power replacement parts by contacting Mercola Market Customer Care at 1-877-985-2695.
- Follow all instructions and safety guidelines listed below when using the Resistance Bands and accessories to avoid injury.
- Only use the Resistance Bands as intended, and ensure they are securely attached with fully closed carabiners before starting your workout.
- Never use the Door or Wall Mount Systems if they feel loose or unstable.
- Ensure you are in a clear, unobstructed space before safely exercising.
- When exercising on concrete or other abrasive surfaces, use a mat underneath to protect the Resistance Bands and other equipment from damage.
- Never pull the Resistance Bands or Ergonomic Handles toward your face or head. Always use extreme caution to protect your eyes, face, head and other body parts when using Pure Power Resistance Bands.
- Do not stretch the Resistance Bands to more than 3x their original length.
- Never release the Resistance Bands while under tension.
- Stop exercise immediately if you experience discomfort, pain, dizziness, lightheadedness or shortness of breath.

WALL MOUNT INSTALLATION WARNINGS

- When setting up the Wall Mount System, ensure the Lag Bolts are securely installed into a wooden wall stud.
- Do not install the Lag Bolts into metal studs, as these are made for wooden studs only.
- Do not install the Lag Bolts into drywall alone, even with a drywall anchor. Drywall is unable to properly hold weight when the Resistance Bands are pulled. If done, the U-Hook Anchor will disengage from the wall, which can cause serious injury.
- Verify that the Wall Mount System and coordinating U-Hook Anchors can withstand the intended resistance before use.
- Regularly check all installed Lag Bolts, and retighten if needed.

INSTALLATION

DOOR MOUNT SYSTEM – DOOR JAMB ANCHORS WITH FOAM DONUTS

1. Choose a sturdy, solid door that closes securely. Ensure the door can handle the resistance without opening or shifting. Do not install on doors with glass panes.
2. Holding the strap of a Door Jamb Anchor, place the Door Jamb Anchors with Foam Donuts over the top, bottom or side of the door, depending on your desired movement.
3. Close the door and lock it to secure the Door Jamb Anchors in place. The strap of the Door Jamb Anchors should be facing you, while the Foam Donuts should be on the opposite side of the door.

If possible, we recommend installing the Door Jamb Anchors with strap facing away from the door's opening to minimize the pressure from the Resistance Bands when in use.

4. Test the placement by pulling the Door Jamb Anchors to ensure they are firmly secure before attaching any Resistance Bands.





DOOR MOUNT SYSTEM – MULTI-POINT, WRAP-AROUND DOOR STRAP

1. Choose a sturdy, solid door that closes securely. Ensure the door can handle the resistance without opening or shifting. Do not install on doors with glass panes.
2. Loop the Wrap-Around Door Strap over both the top and bottom of the door, ensuring it is evenly distributed with the small D-Rings facing outward toward you.
3. From the opposite side of the door, secure the Door Strap by feeding the end through the back of the buckle toward you, then pull tight in an upward motion.



We recommend placing the buckle at the bottom of the door for easy tightening.

4. Ensure the Door Strap is tight and secure before attaching any Resistance Bands. To check, pull up on the top part of the buckled strap that's against the door. If it slides out easily, make sure that you are feeding the strap through the correct side of the buckle.

The strap should remain secure when pulled from the D-Rings. If it loosens, you may need to reattach the strap by feeding it through the buckle from the opposite direction.

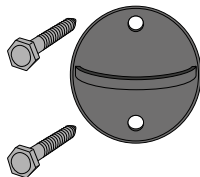
5. Close the door to secure the Door Strap, and lock it if possible.



WALL MOUNT SYSTEM

To install the Wall Mount System, you will also need:

- Stud Finder
- Drill Bit
- Drill
- Ratchet and Coordinating Socket
- Tape Measure
- Level

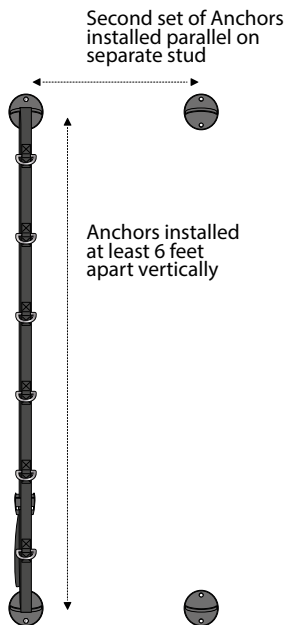


1. Use a stud finder to locate a wooden stud in the wall where you wish to install your Wall Mount System. Mark the location of the wall stud, ensuring the Anchors are spaced at least 6 feet apart vertically.

If a second Wall Mount is desired for single-arm movement, repeat this step on a separate stud that's parallel with your initial install.

- Using a drill, create pilot holes for the Lag Bolts at the marked stud locations.
- Position the U-Hook Anchors so that the screw hole openings are aligned vertically over the pilot holes, and insert the Lag Bolts.
- Securely tighten the Lag Bolts into the stud, being careful not to over tighten, as this could strip the wooden stud.
- Test the U-Hook Anchors by pulling on them to ensure they are securely fastened and can support the weight of the Resistance Bands.
- Insert the Wrap-Around Door Strap through the U-Hook Anchors with the D-Rings facing outward.
- Repeat the final steps of Door Mount with the Wrap-Around Door Strap Installation

Please Note: Never use the Wall Mount System if it feels loose or unstable.



ANKLE CUFFS WITH D-RINGS

1. Position the Ankle Cuff around your ankle, ensuring the padded side is against your skin for comfort.
2. Secure the Ankle Cuff by looping the Velcro strap through both D-Rings and fastening so that the cuff is snug but not too tight. The D-Rings should be positioned on the outside of your ankle.
3. Attach the Resistance Band of your choice by clipping the carabiner from the Resistance Band to both D-Rings on Ankle Cuff.

If using two Ankle Cuffs at once, repeat the process for the other ankle.



ERGONOMIC HANDLES WITH SOFT RUBBER GRIPS

1. Attach the Resistance Band of your choice by clipping the carabiner from the Resistance Band to the D-Ring of the Handle.

THREE-PIECE, ADJUSTABLE BAR

1. Assemble the Adjustable Bar by aligning the separate pieces, and securely screw them together. You may attach the two end pieces together for a lighter, shorter bar, or attach all three with the middle connector for the full 4 lbs. weight.
2. Select your desired Resistance Band, and loop each end securely around the hooks of the Adjustable Bar.
3. To use the bar with a Resistance Band, step on the middle of the band, positioning it under the arch of your foot. This creates a stable anchor point. Alternatively, you can fasten the other end of the band to a mounted U-Hook, D-Ring of the Door Strap or Door Jamb Anchor.



MAINTENANCE + CARE

Clean Regularly: Wipe down the Resistance Bands and accessories with a damp cloth to remove any sweat or debris. Do not use soap or other cleaning products, as it may damage or weaken the bands.

Store Properly: After each use, store the Resistance Bands in the provided Drawstring Bag in a cool, dry place away from moisture or heat to protect them from damage.

Avoid Sunlight: Do not leave the Resistance Bands in direct sunlight for extended periods of time, as this can degrade the material.

HELP + SUPPORT

For any questions or concerns about your Pure Power Resistance Bands, please contact Mercola Market Customer Care at 1-877-985-2695, or write a message at mercolamarket.com/pages/help

WARRANTY INFORMATION

The Natural Health Partners' One-Year Limited Warranty applies only if the Resistance Bands are installed, used and maintained according to the instructions in this manual. It covers manufacturing defects, including defects in materials or workmanship. Natural Health Partners has sole discretion to determine manufacturing defects. Natural Health Partners, LLC will at its option, repair or replace a defective part on the Pure Power Resistance Bands Elite Training kit that is covered by this warranty. As a matter of warranty policy, Natural Health Partners, LLC will not refund the customer's purchase price. To obtain warranty service you must return the defective part along with proof of purchase to Natural Health Partners, LLC. All delivery charges on parts or units submitted under this warranty shall be borne by purchaser. Any repaired or replaced part of the kit is warranted exclusively to the original purchaser. This One-Year Limited Warranty does not cover normal wear and tear, failure during use, loss and/or theft. It will be voided if the user failed to follow proper installation, use, care or safety instructions and warnings.

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

Made in China 50100-v100

