



Resistance Band Fitness Platform

User's Guide

Resistance Band Fitness Platform

Contents:

- 2 ankle straps
- 2 Cushioned foam adjustable handles
- 2 sets of three - resistance bands (light, medium, heavy)
- Fitness Platform - with adjustable extended arm, removable seat and two foot pedals
- Exercise chart



Assembly:

1. **Seat Assembly** - Attach the seat leg assembly to the bottom of the seat, using 4 screws. The end of the seat should extend beyond the fixed pivot point of the leg assembly.
2. **Foot Pedal assembly** - Slide the 2 foot pedals, left and right, onto the metal rod; that is attached at the base of the extended arm assembly, in the front of the metal platform. Use a nut and washer, to securely fasten the foot pedals.
3. **Metal "T" Bar** - The metal "T" bar slides up and down the extended arm and is locked in place with an insert pin, at the appropriate level, to perform upper and lower body exercises. Slide the metal "T" bar onto the extended arm, with the eye hooks facing the metal platform and lock into place with the insert pin.

Setup and using the RBFitness Platform:

The Platform is made of durable metal framework. There is an adjustable extended arm that locks into place with an insert pin, at the base of the platform. The adjustable arm can be adjusted 45 degrees towards the front or back of the platform. The metal "T" bar slides up and down the extended arm and is locked into place with an insert pin, at the appropriate level, to perform various upper and lower body workouts. There are two - red hand grips attached to the metal "T" bar; that can be used as support and/or balance, while performing certain exercises, when standing on the platform. There are two eye hooks attached at the ends of the metal "T" bar and two "O" rings attached to the platform, to **attach up to three resistance bands.**



The RBFitness Platform exercises and band stretches can be performed in multiple positions. **Your body weight is used to stabilize the platform.** There is a seat that attaches to the extended arm, with an insert pin. The seat can be removed and exercises can be done, standing on the metal platform. In addition, exercises can be performed sitting down, facing the front of the platform, with your feet on the foot pedals.

There are over 50+ exercises that can be performed using the RBFitness Platform. **Refer to the exercise chart for the most common exercises that can be performed, using the exercise platform.**



Welcome

Thank you for purchasing the Resistance Band Fitness Platform. This exercise equipment is a good start to getting into shape. It helps to begin a fitness program, by setting goals and creating an exercise routine, using this product. In addition, you can chart your progress to reaching your fitness goals.

Go to www.rbfitnessplatform.com to download and/or print the exercise chart and view a short video on how to use this product. Refer to the exercise chart to develop a program to tone your total body. Do not hesitate to email or contact us, to share your comments or questions about this product. This feedback helps us produce an effective and successful product.

Warranty

The Rbfitness Platform comes with a one year limited warranty. Contact us if you have any questions regarding the warranty. This warranty applies to the original purchase, when product is purchased from an authorized dealer/retailer and is not transferrable. Normal wear and tear is not covered under this warranty. Rbfitness Platform warrants that this product will be free from defects in materials and workmanship for a period of 12 months from date of purchase. Warranty is void if unit has been modified, opened or used improperly. Repair or replacement only. No refunds offered.

Care and Storage

The Rbfitness Platform was designed for minimum equipment maintenance. After your workout is complete, this product folds into a lightweight, compact and mobile platform for easy storage into a closet or under a bed. This product and bands can be cleaned with a clean damp cloth. Prior to use, check this exercise platform for any malfunctioning parts. Do not release the handles and bands into the platform when retracting. The tension of the bands is high. Do not change the levels when the resistance bands are tensioned.

Safety Warning Label

The following Warning label is attached to the RBFitness Platform. Please read and understand the safety warning label and the location on this exercise platform before using this product.

Figure 1



WARNING

Safety Instructions

- Read all of the instructions before using the RBFitness Platform.
- Check the exercise equipment before each use. Check the equipment for damage before using this exercise equipment. Check the resistance bands for damage; check the equipment for any signs of damage or malfunction. Observe the hand and ankle straps for damage. Verify that all eye hooks and "O" rings are connected properly to the platform. All of the accessories have the potential for damage or wear and tear.
- Do not use this exercise equipment if it is damaged.
- Use the exercise equipment as directed in the instructions and exercise chart. This equipment is not intended for bulking up muscles, only strengthening and toning muscles and increasing flexibility.
- Use only the accessories that accompany this exercise equipment packaging. Do not use accessories from other exercise equipment, it may cause bodily harm.

- Do not allow unsupervised children to use this exercise equipment. Used improperly, it can cause physical damage to one's body.
- Before starting to use this exercise equipment, take a few minutes to assess any health risks. If you find that you are at increased risk, then consult a physician, before starting an exercise program. This is important if you have any pre-existing health conditions.
- Stop using this exercise equipment if you are experiencing chest pain, shortness of breath, feeling faint or dizzy.
- To avoid bodily injury, when using this exercise equipment, care should be taken when getting on and off this exercise platform. Your body weight is used to stabilize the exercise platform.
- To avoid injury and equipment damage, maximum user weight should not exceed 300lbs.

Refer to www.rbfitnessplatform.com for additional information about the Resistance Band Fitness Platform

