

Multifunctional Manual Pedal Resistance Trainer Manual

1. Product Name

Multifunctional Manual Pedal Resistance Trainer (hereinafter referred to as "Resistance Trainer")

1. Function Introduction

This resistance trainer is a portable, manual fitness equipment for home use, requiring no power supply, and consists of a high-strength elastic resistance band, ergonomic foot pedal board, and non-slip handle

Composition.By manually stretching and exerting force, you can specifically target muscle groups in the arms, shoulders, back, waist, abdomen, and legs, enhancing muscle strength and flexibility

Improves posture and body lines, alleviates muscle stiffness caused by prolonged sitting.The product has moderate elasticity and stable load-bearing capacity, and the handle and foot pedal feature anti-slip design

Designed for a secure grip and footwork, it is suitable for various scenarios such as home use and office breaks, meeting the basic fitness and stretching needs of different groups of people.

Key advantages: The resistance bands are elastic and can be adjusted gradually to suit the training intensity, suitable for both beginners and advanced users; compact in size and easy to store, does not take up much space

Uses minimal space, allows for training anytime and anywhere, without the need for professional venue assistance.

Three-in-one Instructions for Use

(1) Operating Steps

1.Preparation Stage: First, check the overall condition of the resistance trainer, ensuring that the resistance bands are not damaged, cracked, or aged, and that the handle is securely connected to the foot pedal

No risk of loosening or falling off; choose a flat, dry, and debris-free area, avoiding slippery or confined spaces.

2.Posture Adjustment: Choose the corresponding posture according to the training movements, either sitting or standing (newbies are advised to start with a sitting posture for greater stability)

Ensure proper body posture and relaxed muscles to facilitate force application and avoid compensatory movements.

3.Training operations:

1. Arm/Shoulder Training: Sit down, bend your knees, secure your feet on the pedal board, hold the handles with your hands, and keep your arms naturally extended in front of your body

Slowly stretch the resistance band to the sides or backwards, feel the contraction of the shoulder and back muscles, hold for 1-2 seconds, then slowly return to the starting position, and repeat the action

2. Waist and abdomen/leg training: Stand with your feet together and step on the foot pedal, hold the handles with both hands and raise them to your head, then slowly bend over to one side and stretch

Feel the engagement of the abdominal and side waist muscles, alternating on both sides; or sit down with your legs straightened, place the foot pedal at the front of your feet, and hold the handles with both hands

Pulling in the direction of the body, exercises leg and abdominal strength

Each set of exercises should be done 15-20 times, divided into 3-4 sets, with a 30-60 second rest between sets, and the intensity should be adjusted according to your own tolerance.

4. End of Exercise: After finishing the workout, slowly release the resistance bands to avoid sudden release causing rebound impact; wipe the handles and feet with a clean, soft cloth

The pedal board and resistance bands should be cleaned of sweat and dust, then folded and placed in a storage bag, and stored in a dry and ventilated place.

4.1 Usage Restrictions

● Target audience restrictions: Only for use by healthy individuals over 16 years of age; minors must operate under the full supervision of a professional trainer and guardian

Use is strictly prohibited without authorization; pregnant women, breastfeeding mothers, and individuals weighing more than the product's rated load capacity (typically 120kg, as indicated on the product label) are prohibited from using it

Individuals with disabilities are prohibited from using it.

- Physical conditions restrictions: those with heart disease, high blood pressure, osteoporosis, lumbar disc herniation, shoulder and neck problems, joint inflammation, and other chronic conditions
Individuals with medical conditions; those with muscle strain or unhealed joint injuries; those in the post-operative recovery period or those with physical weakness are prohibited from using this product to avoid aggravating their condition
This may cause secondary injury.
- Usage restrictions: Do not overstretch the resistance band (beyond its elastic limit) to avoid the resistance band from breaking and causing injury; do not use it suddenly
Apply force, stretch or release quickly to prevent muscle strain or rebound impact; do not operate with one hand or use with one foot to avoid imbalance and falls
Warning: Do not wrap resistance bands around your body, neck, or other parts of your body to avoid the risk of entanglement and suffocation.
- Scene restrictions: It is prohibited to use on slippery surfaces, uneven areas, or in tight spaces with obstacles; it is prohibited to use in high temperatures, humidity, or direct sunlight
Avoid placing or using it in a hot environment for a long period of time to prevent the resistance band from accelerating aging.

May 1st Warning (Safety Notice)



Warning: Before using this product, be sure to carefully read and strictly adhere to all instructions, usage restrictions, and precautions

Item. Before use, ensure that the resistance band is not damaged and the connection points are secure. Do a 5-10 minute warm-up before training, and stretch your shoulders, neck, and waist

Abdominal and limb muscles, reducing the risk of injury. If you experience muscle tingling, dizziness, palpitations, joint discomfort, etc., during training

If symptoms persist, stop using it immediately, relax your body and rest and observe the situation. If the symptoms do not improve, seek medical attention promptly. This product is a fitness equipment

This is not a medical device and cannot replace professional medical treatment or rehabilitation training. It is strictly prohibited to use the product for purposes other than those specified in the instruction manual

Warning: Children should not touch or play with it to avoid being hurt by the pull-back force or entanglement. The product has issues such as the tension strap cracking and the connections being loose

In case of malfunction, stop using it immediately and do not force the operation.

6. Precautions

- During training, the intensity should be gradually adjusted from light to heavy. Beginners should start with small stretches and gradually increase the stretch range after becoming familiar with the way to apply force, to avoid overdoing it from the start
Excessive force at the beginning can cause muscle strain or joint discomfort.
- Maintain the correct posture throughout the entire process, focusing on the target muscle groups when exerting force, and avoid compensatory movements in the waist and neck. If you are unable to maintain the correct posture, you should...
Reduce the intensity or pause the training.
- Regularly check the condition of the product and confirm the elasticity and firmness of the connection points of the resistance band before each use. If the resistance band shows signs of wear, cracks, or elasticity loss...
If there is a decrease in performance or other issues, it should be replaced promptly to avoid the risk of breakage.
- Avoid folding the tension band too tightly or squeezing it during storage, keep it away from sharp objects to prevent scratches; store in a dry, cool place, avoiding high temperatures and humidity
Avoid moisture and direct sunlight to extend the product's lifespan.
- After training, promptly perform relaxation massage on the stretched areas to relieve muscle tension and prevent muscle soreness from accumulating; fitness should be done gradually and in combination with...
Take reasonable breaks and maintain a healthy diet, avoiding overtraining.
- Do not cut, modify, or alter the structure of the resistance bands or the product on your own to avoid damaging the load-bearing capacity and causing safety issues.

7. Frequently Asked Questions (FAQ)

1. Question: There is an abnormal noise when the resistance band is stretched, is this normal?

Answer: Slight friction noise is normal. If it is accompanied by a stuck or sharp noise, check whether the connection parts are loose or have any debris and clean them

Then reconfirm the firmness; if the abnormal noise persists, it may be due to the tension band being worn out or the internal structure being damaged, and it should be discontinued and replaced.

2. Question: After training, the target muscle groups are noticeably sore. How to relieve the pain?

Answer: Slight soreness is a normal reaction after training and can be relieved with heat therapy and stretching; if the soreness is severe or persists for more than 3 days, you can..

It may be due to excessive force or improper posture; you need to pause training, adjust your force application method, and seek medical examination in severe cases.

3. Question: The resistance band's elasticity is gradually decreasing, what should I do?

Answer: Resistance bands are consumable items, and it is normal for their elasticity to decrease with long-term use. Avoiding over-stretching can delay the aging process; if the elasticity decreases..

To ensure the effectiveness of the training, the resistance bands of the same model need to be replaced promptly; do not continue using them.

4. Problem: The handle tends to slip when used, what should be done?

Answer: Ensure your hands are dry and you can wear non-slip fitness gloves; if the anti-slip texture on the handle is severely worn, you need to replace the handle or the entire product

Avoid injuries due to slipping and loss of balance during use.

5. Problem: The footrest board is not securely fixed and easily shifts. What should I do?

Answer: Check whether the foot pedals are worn or deformed and replace them promptly; during training, apply even pressure with both feet, choose a level ground, and avoid..

Uneven force application on the foot causes displacement.