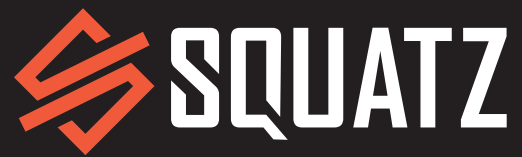


SQBLAT-1 LOCUS Exercise Resistance Bands

with 5 Fitness Workout Bands, Training Tubes with Large Handles, Ankle Straps, Door Anchor Attachment, Carrying Bag

DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!



USER GUIDE

Features

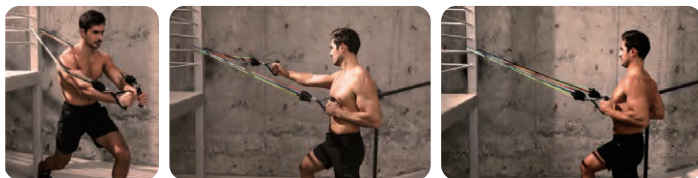
- Adjustable Tension
- Eco-Friendly Foam Handle, Softer Non-Irritant, and Odor Free
- Door Anchor, Sturdier and Larger
- Weight Machines are Stable and Easy to Use
- With Attachable Handles, Ankle Straps, Door Anchor
- Lightweight and Portable
- High-Quality Exercise Bands.
- Sweatproof and Skidproof Handles
- Resistance Bands are Ultra Lightweight and Easy to Carry

Technical Specs:

- Construction Materials: Latex
- Thickness: 10 lbs. - 0.06", 20 lbs. - 0.07", 30 lbs. - 0.07", 40 lbs. - 0.07", 50 lbs. - 0.12" -inches
- Resistance Level: Up to 150 lbs.
- 10lbs. Dimensions: 47.2" x 0.31" x 0.20" -inches
- 20lbs. Dimensions: 47.2" x 0.35" x 0.20" -inches
- 30lbs. Dimensions: 47.2" x 0.39" x 0.24" -inches
- 40lbs. Dimensions: 47.2" x 0.43" x 0.28" -inches
- 50lbs. Dimensions: 47.2" x 0.47" x 0.23" -inches

WORKOUT GUIDE

Please correctly and keep it far away from sharp objects to prevent damaging. If you find aging, fracture, corrosion or any other abnormal conditions, please stop using it.



The tension tube is divided into 5 specifications, **10LB, 20LB, 30LB, 40LB, 50LB**. Suitable for people of different ages and gender. It can be used with other accessories to achieve the purpose of multifunctional fitness.

Storage Bag: Easy to store with the storage bag and never worry about losing.

Foam Handle: Anti-slip, sweat absorption and easy to clean.

Ankle Strap: Multifunctional and adjustable ankle strap makes exercise comfortable and safety.

Door Anchor: Stuck on the door and provide a variety of exercise methods.

California Prop 65 Warning

⚠️ WARNING:

This product contains Lead And Cadmium which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



Questions? Comments?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com

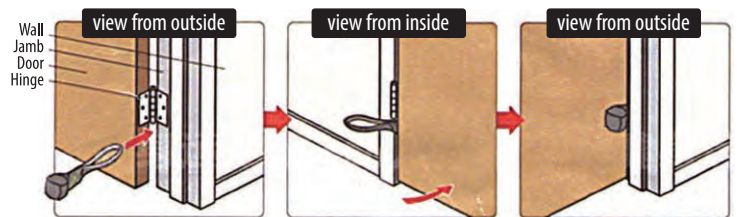
What's in the Box:

- (5) Resistance Band
- (2) Cushioned Handle
- (1) Door Anchor
- (2) Ankle Strap
- (1) Pouch
- (1) User Manual



How to install the door anchor

Pounds: 10LB, 20LB, 30LB, 40LB, 50LB



Close the door and lock the door

1. Put the anchor in the door slot, the anchor bands on the other side of the door.
2. Close and lock the door, the anchor will be fixed solidly in the door slot.

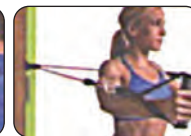
How to use the handle, ankle strap and door anchor



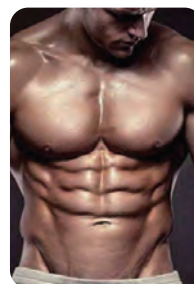
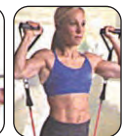
Ankle strap



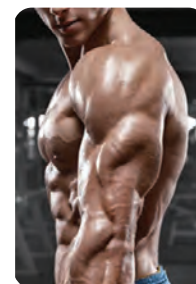
Handles



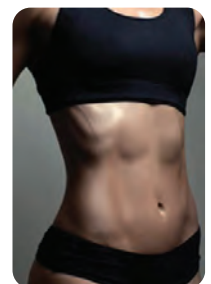
Door anchor



BUILD ABDOMINAL MUSCLES



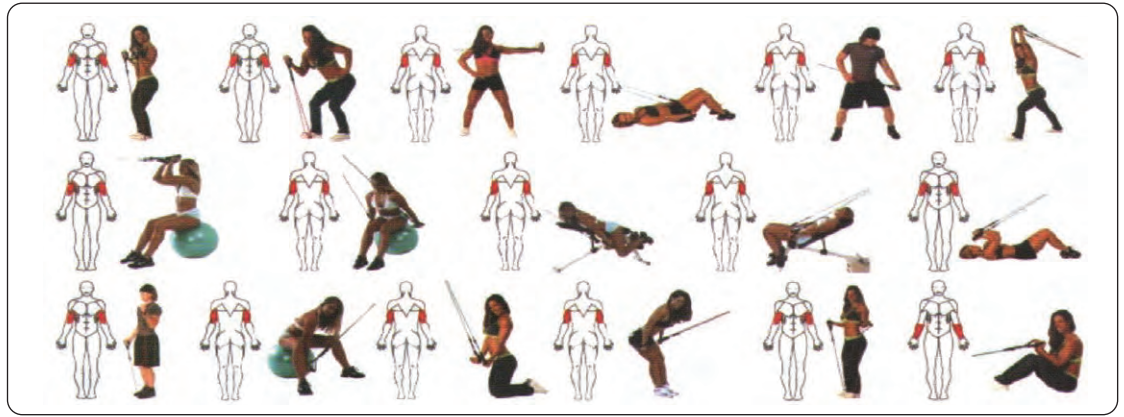
STRENGTH ENHANCEMENT



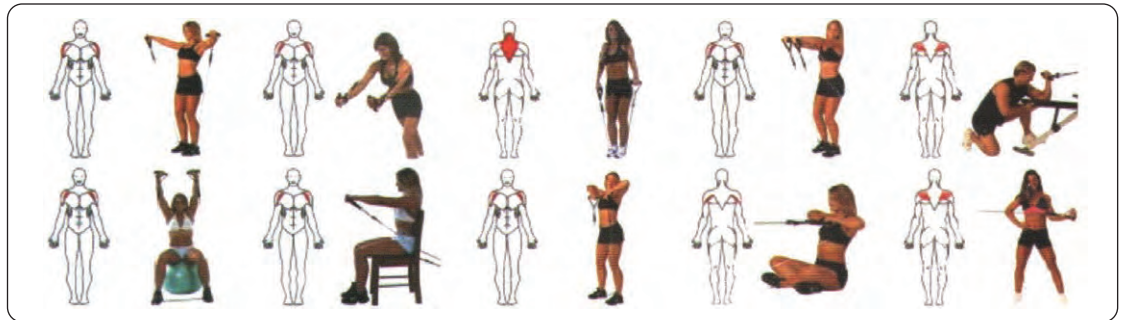
FITNESS SHAPING

PRACTICE METHOD

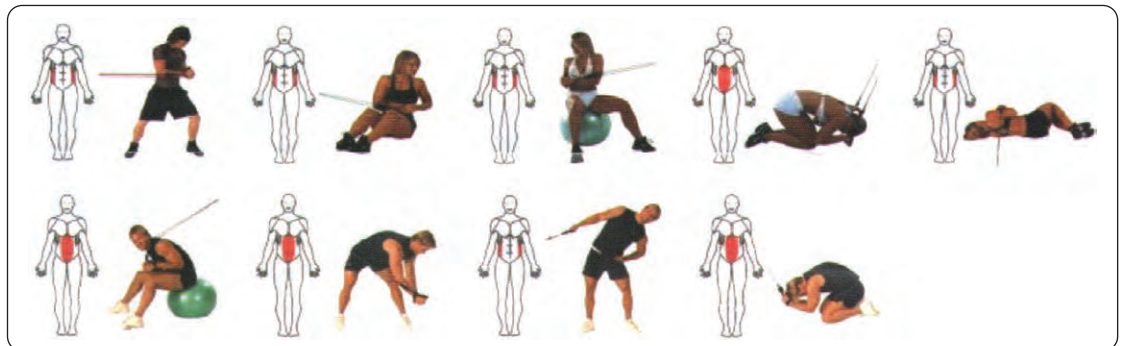
The Arm Muscle



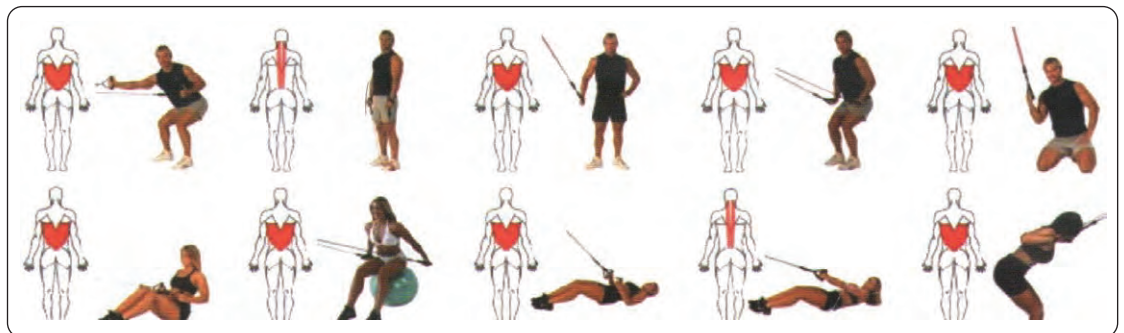
The Shoulder Muscle



The Abdominal Muscle



The Chest Muscle



The Leg Muscle

