SPORTENZIA

USER GUIDE

VERTICAL RESISTANCE BELT WITH 4 TUBES

A belt, two ankle straps and four latex tubes that resist every leg extension: squats, jumps, lateral moves. Fitting, adjustment, safety and care.

REF. CEINTELASTBLCK4T · 4 LATEX TUBES, METAL FITTINGS · ADJUSTABLE BELT AND STRAPS



01 · GETTING STARTED

CONTENTS, FITTING, FIRST SESSIONS

In the box

- The adjustable padded belt, with attachment rings on each side.
- Two adjustable ankle straps, each with its own ring.
- Four latex tubes sleeved at the ends, with a metal fitting at each end, in two lengths: two short, two long. Fit the same length on each side.

Who it is for

Conditioning and fitness, men or women, for anyone already comfortable with squats and jumps. The resistance works between the waist and the ankles, with no load in the hands: the arms stay free for the sporting movement.

Fitting

1. **Inspect the tubes** and the fittings before every session: a cut, a crack or marked wear and the tube is finished.
2. **Adjust the belt** on the hips, padding against the body, tight enough that it does not ride up in a squat. The rings point downwards.
3. **Fit the ankle straps** above the ankle bone, pulled tight, the ring turned towards the ring on the belt.
4. **Hook on the tubes** one fitting on the belt ring, the other on the ankle ring, the same setup right and left. Check that every snap hook is properly closed.
5. **Test in a squat** at the bottom, the tubes are nearly slack; as you stand up, tension builds. Do a few slow squats to feel the resistance before any dynamic movement.
6. **Build up gradually** range first, then speed, session after session. Jumps and sprints come last.

Specifications

Materials	**Latex, metal, polyester**	Resistance	**4 elastic tubes**
Support	**Belt + 2 straps**	Adjustment	**Belt and ankles**
Use	**Strength, squat, jump, agility**	Areas	**Legs, thighs, hips, core**
Colour	**Black**		

SAFETY

- A damaged tube can snap under tension: check before every session, replace at the slightest doubt.
- Do not stretch a tube beyond what the movement calls for, and never pull it with your hands or towards your face.
- Hooks closed, straps tight: a fitting that opens mid-jump throws you off balance.
- The tubes are latex: take care if you have an allergy.
- For adults and supervised athletes only; this is not a toy.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

EXERCISE	WHAT THE RESISTANCE ADDS
Squats and variations	A progressive load on the way up, without a bar
Lateral moves	Work for the hips and the stabilisers
High knees	Resistance on every extension of the standing leg
Jumps	The tubes brake the extension at take-off: the push gets trained
Changes of direction	Firmer footing, a more braced core
Hip strengthening	Targeted work on the stability muscles

Controlled movements first, dynamic ones later: tension increases with range.

Care

- Wipe the tubes after the session with a dry cloth; the belt and straps are hand-washed in lukewarm water.
- Store away from sunlight and heat: latex ages quickly in the light. No oil, no solvents.
- Unhook the tubes for storage, without leaving them folded or stretched.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Belt rides up in a squat	Too loose or worn too high	Move it down to the hips, tighten
Different resistance right and left	Tubes of different lengths	Fit the same tubes on each side
A tube comes off	Snap hook not closed	Check every hook before you start
Ankle strap twists	Not tight enough	Tighten, ring facing the belt



Padded belt, ankle straps and four tubes with metal fittings.

GOOD TO KNOW

- The resistance is not adjustable: range and speed of movement are what make it vary. The two tube lengths give two different feels, to be tried calmly.
- Standing with straight legs, the tubes are at full tension: it is the rise out of the squat and the leg extension that get the work.
- On a hard floor, wear sports shoes: jumping against resistance loads the ankles.

Need help?

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Our team answers your questions about fitting and use.

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