SPORTENZIA

USER GUIDE

4-TUBE RESISTANCE BAND WITH PEDALS

Two strapped pedals, four elastic tubes and a bar with foam grips: sitting or lying down, feet braced, you pull with the arms, the torso or the legs. Setup, exercises, safety, care.

REF. TENDPED4T · 4 TUBES, 2 STRAPPED PEDALS · FOAM GRIPS, 25.9 × 42.9 CM



01 · GETTING STARTED

CONTENTS, SETUP, SAFETY

In the box

- The resistance band: four elastic tubes gathered in a sleeve at each end.
- The double pedal: two pedals of about 10.4 × 10.4 cm, each with its retaining strap.
- The bar with two textured foam grips, and the maker's manual.

Who it is for

Fitness, strengthening, yoga and mobility, from beginner to advanced: resistance is set by range and by the distance between feet and hands. A single light accessory for upper and lower body, at home or on the road.

Setting up

1. **Inspect the tubes** before every session: a cut, a crack or a whitened area and the band is finished.
2. **Sit on the floor** on a mat, legs straight in front of you. The band can also be used lying on your back.
3. **Slide your feet** into the pedals, one per pedal, strap over the instep. Sports shoes or bare feet, never slippery socks.
4. **Take the bar** with both hands on the foam grips, the tubes running between your legs, straight, no twist.
5. **Pull gradually** towards you, then return with the brakes on: tension must never release suddenly. Back straight, shoulders down.

Specifications

Resistance	**4 elastic tubes**	Pedals	**2, with retaining straps**
Grips	**Textured foam**	Dimensions	**About 25.9 × 42.9 cm**
Pedal	**About 10.4 × 10.4 cm**	Level	**Beginner to advanced**
Areas	**Abs, arms, shoulders, back, legs**		

SAFETY

- Never let go of the grips while the tubes are stretched: the bar flies back at you, at face height.
- Feet firmly in the pedals and straps in place before pulling; a pedal that escapes whips the legs.
- Do not stretch the band beyond what the movement calls for; a damaged tube snaps under tension.
- Slow movements, range suited to your level; stop if it hurts.
- Keep out of children's reach; this is not a toy.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

AREA	MOVEMENT	POSITION
Abs, core	Pulling and curling the torso against the resistance	Sitting or lying, feet in the pedals
Arms, biceps	Elbow flexion, bar towards the shoulders	Sitting, legs straight
Shoulders	Arm raises and extensions	Sitting, back straight
Back	Pulling the bar to the stomach, elbows back	Sitting, torso slightly leaning
Legs	Leg extension against the tubes	Lying down, bar held against the chest

The further the hands are from the feet, the stronger the resistance: lean the torso forward or back to set it.

Care

- Wipe the tubes and pedals after the session; lukewarm water and mild soap for the foam grips, air dry.
- Store away from sunlight and heat, tubes relaxed and not folded tight: the elastic ages in the light.
- No oil, solvent or heat source in contact with the tubes.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
A pedal lifts	Strap not over the instep, foot not in far enough	Push the foot fully in, strap in place
Tubes cross and rub	Bar held askew	Set down, untangle, hold the bar level
Resistance too weak	Hands too close to the feet	Lean back or straighten the legs more
Grip turns on the bar	Damp foam	Wipe, let dry



Sitting, feet in the pedals, pulling the bar towards you.

GOOD TO KNOW

- The four tubes work together: resistance is not adjusted tube by tube, position is what varies it.
- A mat under you protects the back and stops the pedals sliding on a smooth floor.
- The band folds into a gym bag; straighten the tubes before putting it away.

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