

What's in the box?

Pilates Bar



Carrying Bag



Resistance Bands

Resistance Level: 10lbs



Resistance Level: 15lbs



Resistance Level: 20lbs



Hand Grips



Foot Straps



Door Anchor



User's Manuals 1 & 2



Home Exercise Starter Kit User's Manual

First of all, thank you for choosing our product. And congratulations on your purchase.

With a little bit of persistence and motivation, you will be making positive changes in your life by way of better health. The product is very simple, but highly versatile. You can create your original exercise routines to suit your needs by using your imagination and experimenting.

Before moving on to some examples of exercises, we would like to share some useful tips.

- ★ Our will power gets weaker every time we make a decision, even if it is a minor one. It is difficult to keep doing a task everyday using sheer willpower.
- ★ The trick is to eliminate decision making from the process. One effective strategy is to pair a new habit with an already established habit that you do without much thought. It would be even better if you sandwich the new habit with two established ones.
- ★ Many exercises can be done using just resistance bands. You can even start exercising instantly by grabbing one end of the rubber bands and stepping on the other end.
- ★ Clearly deciding when and where you would do the exercise beforehand has been found to sharply increase the likelihood of someone actually going through with it.
- ★ Never skipping the exercise twice in a row is also a useful strategy when creating a new habit.
- ★ By grouping exercises that use the same equipment setup, you can put in more work over the same period of time.

Warning:

While the equipment is highly robust, we urge you not to use too much force and speed when exercising, since one slip of the resistance band could hurt you.

Please keep the equipment out of reach from children. The resistance bands can snap back and cause injuries to eyes and other parts of the body.

Setting up the equipment

Assembling the bar

- ★ Press the buttons firmly, push in and rotate until you hear a click



Push in while keep pressing buttons



Twist to lock

Disassembling the bar

- ★ Pull apart while keep pressing the buttons



Press buttons firmly



Pull apart while keep pressing

Adjusting resistance level

- ★ Add/remove bands to change resistance level



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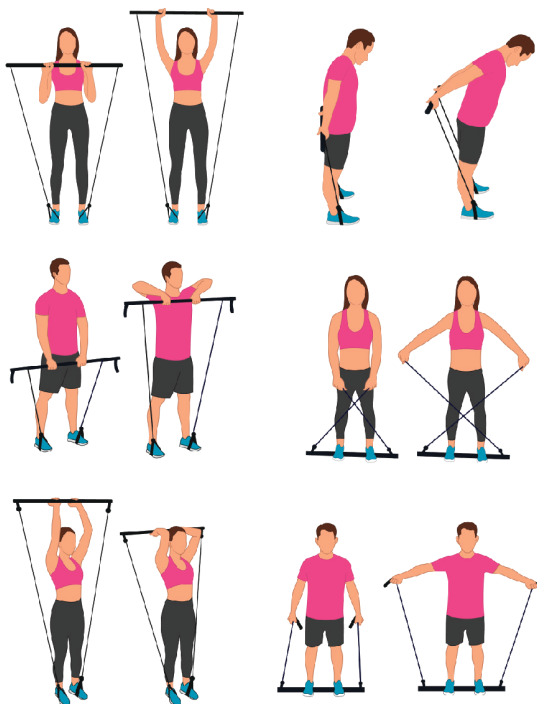
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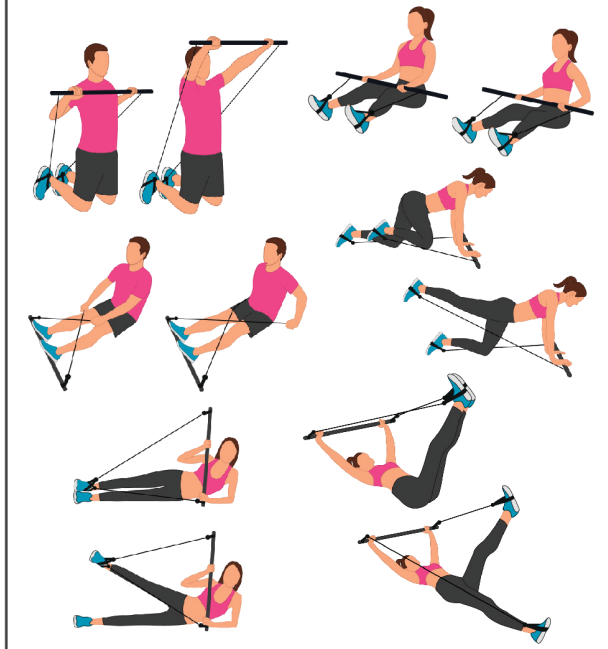
WORKOUT EXAMPLES

With the Bar

On your feet



On the floor



Without the Bar

Just resistance bands



Adjusting band length and resistance level

You can adjust the resistance band length to suit your height or reduce/increase the resistance level.

Grab the rubber bands on the bar



The quickest way when working out using the bar is to grab the bands along with the bar.

Roll the rubber bands around the bar



Sometimes you need the bands to be much shorter, when you are working on a rowing type exercise, for instance. In such cases, you can roll the rubber bands around the formed section of the bar.

Directly grab the rubber bands



When you are working on the type of exercises that use the handle attachment, you can quickly

shorten the length by grabbing the rubber bands. You can wrap the bands around your hands to secure them.

Step on the rubber bands



You can also simply step on the rubber bands to make them shorter. This option is not advisable for rigorous exercises.

Setting up door anchor



You can also place the door anchor at the side and bottom of the door for different types of exercises.

With door anchor

