



PRO Strength Training Kit

JumpSport Fitness PRO Strength Training Kit is a versatile all-in-one resistance band training system. For use in gyms, personal training, or home workouts. The optional Workout Bar is small enough to be used anywhere.

Model (SKU): **FIT-S-21965-00**

Product Warranty

1 Year Limited warranty for personal use and 6 Month Limited Warranty for personal trainers and commercial uses. Visit strops.com/warranty-return-policy for full details.

Product Care & Warnings

- 1) Store in a dry location.
- 2) USE UNDER THE SUPERVISION OF A RESPONSIBLE ADULT.
- 3) This product can be dangerous if used incorrectly. Always train with a safety zone.
- 4) Do not use this product for purposes other than described by the instructions.
- 5) Read all instructions before use.
- 6) Do not use Resistance Bands as a rope or stretch to its maximum.
- 7) Do not remove sleeve from the Resistance Bands for any reason.
- 8) Avoid repetitively stretching Resistance Bands to the point of "jolting".
- 9) For maximum results, the manufacturer's recommended replacement period is 12 months, or as soon as the band loses elasticity or shows signs of wear.

Manufacturer makes and issues no warranties with regards to this product, expressed or implied, and expressly disclaims all implied warranties, including but not limited to, the implied warranties of the MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

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Assembly Instructions

- 1) Attach the loop end of the Resistance Bands (A or B) around the preferred legs of a JumpSport Fitness Trampoline.
- 2) Use clips at the end of the Resistance Bands to attach to the Workout Bar (C)



CONTENTS Model (SKU): **FIT-S-21965-00**

- A** 2 - Red 20 LB Resistance Bands with Sleeves (BUN-A-21963-00)
- B** 2 - Blue 25 LB Resistance Bands with Sleeves (BUN-A-21962-00)
- C** 1 - Padded Aluminum Workout Bar (HAN-A-21964-00)
- D** 1 - Cloth Anchor for Resistance Bands (STR-P-21969-00) (not shown)
- E** 1 - Carabiner for Cloth Anchor to attach Resistance Bands (not shown)
For use with or without Fitness Trampoline

Watch Assembly & Workout Videos

[JumpSport.com/StrengthWorkouts](https://www.jumpsport.com/StrengthWorkouts)

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