

# RESISTANCE BAND PACKS

---

RSTBANDS\_L, RSTBANDS\_H

401492, 401493



## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

## LIGHT PARTS DIAGRAM / EXPLODED VIEW

---

KEY	BOX	DESCRIPTION	QTY
(1)	1	41-IN LIGHT RESISTANCE BAND PACK	1

- SOLD IN A PACK OF 4 COLOR-CODED RESISTANCE BANDS
- Yellow Resistance for stretching exercises
- Red Resistance for strength training or calisthenics
- Black Resistance for light pull-up assistance or strength training
- Purple Resistance for intermediate or light-weight beginners with pull-ups

## HEAVY PARTS DIAGRAM / EXPLODED VIEW

---

KEY	BOX	DESCRIPTION	QTY
(1)	1	41-IN HEAVY RESISTANCE BAND	1

- SOLD IN A PACK OF 4 COLOR-CODED RESISTANCE BANDS
- Purple Resistance for intermediate or light-weight beginners with pull-ups
- Green Resistance
- Blue Resistance
- Orange Resistance

## ASSEMBLY INSTRUCTIONS

---

- No assembly instructions required.

## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

---

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

---



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

---

This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

**THE TITAN LIMITED WARRANTY FOUND AT [WWW.TITAN.FITNESS/WARRANTY](http://WWW.TITAN.FITNESS/WARRANTY) IS EXCLUSIVE AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE, EACH OF WHICH IS HEREBY DISCLAIMED.**



**NEED HELP? CONTACT US FIRST.**

**1-888-410-1503**

[info@titan.fitness](mailto:info@titan.fitness)

[www.titan.fitness](http://www.titan.fitness)

© 2021 Titan Brands