

User manual in the english language – exercise frame FIT-REB (hereinafter referred to as “**FIT-REB**”), category: H – home use, manufacturer Saunama & SPA s.r.o., with registered office at K Vodárně 1532, 735 53 Dolní Lutyně, Company ID: 14304091 (hereinafter referred to as “**Saunama**”).

SAFETY INSTRUCTIONS

- Before the first use of FIT-REB, carefully read the manual and follow it during assembly; keep the manual for possible future reference.
- Before assembly, check all FIT-REB parts according to the manual, especially whether they are damaged or otherwise impaired. Do not use non-original spare parts.
- Assembly may be carried out by an adult who understands the instructions in the manual and is capable of assembling the structure. Manual dexterity is recommended.
- Before each exercise, check the condition of FIT-REB to ensure it is properly secured and that all parts are correctly fastened according to the manual. Check that all fasteners are tightened.
- If you have any doubts about the condition of FIT-REB, do not exercise on it and do not use it for any purpose.
- Protect FIT-REB from direct sunlight, high temperatures, excessive humidity, and animals
- Remove all sharp objects from the vicinity of FIT-REB
- FIT-REB is intended for adults only; children may use FIT-REB only under adult supervision and at their own responsibility
- Do not modify the surface of FIT-REB in any way; FIT-REB is intended for indoor use only
- FIT-REB is intended for home use only
- For one grip, it is possible to use a resistance band with a maximum resistance of 25 kg. For the entire structure, the total resistance of the bands must not exceed 50 kg.
- The maximum load capacity of FIT-REB is 50 kg.
- If you feel that the resistance bands are losing their resistance intensity or are damaged in any way, do not exercise with them and do not use them. We recommend replacing the bands every 3 months; however, this depends on the intensity of training.

IMPORTANT SAFETY WARNINGS

Any exercises performed with FIT-REB and with resistance bands attached to FIT-REB involve health risks. Before you start using FIT-REB, consult your health condition with your physician. Do not forget to warm up before exercising, exercise carefully according to your abilities and physical condition. Do not overstrain yourself to avoid injury or other harm. Sudden, high-intensity exercise may lead to health complications or injuries.

Wear sports clothing and footwear during exercise and observe safety rules while exercising. Exercise on a non-slip surface. Monitor your health condition both during and after exercise. If you have any doubts about your health condition, contact a physician immediately.

Saunama bears no responsibility for damage or health injuries caused by improper use of FIT-REB contrary to this manual, or for health injuries caused by use contrary to the user's health condition or physician's recommendations.

ASSEMBLY INSTRUCTIONS

FIT-REB should be attached to a solid concrete wall using two steel profiles. In the case of installation into another type of masonry, contact a professional.

For installation into masonry, use a complete set of screws and wall plugs.

Follow the attached Assembly Instructions during installation.

Suspension and use of resistance bands when exercising with the FIT-REB structure

The FIT-REB structure is designed for exercising with resistance bands. By choosing resistance bands with different strength/resistance levels, you can adjust the difficulty of individual exercises according to your needs. Load regulation is further adjusted by the distance of the stretched band from the structure. Always exercise with resistance bands so that the workout is comfortable and you do not feel overloaded.

Do not exceed the limits of the resistance bands; unless otherwise stated for a specific resistance band, the maximum force that can be safely applied when using two resistance bands is 50 kg (2 × 25 kg).

Resistance bands are not supplied together with FIT-REB.

Before starting the exercise, position the board with grips.

You can exercise both the upper and lower body. Everything depends on the placement of the structure on the profiles fixed to the wall. By inserting the structure into the holes in the profiles, you can change the range of exercises and available exercise options.

To attach/hang the resistance bands, use the grips on the structure according to the type of exercise. The end of the resistance band must be fully placed onto one of the FIT-REB grips before starting the exercise.

Examples of exercises with descriptions below:

You can exercise facing the structure, with your back to it, or sideways, both standing and sitting. It depends on which part of the body you want to train.

Standing exercise with your back to the structure (chest): In this exercise, one lower limb is stepped forward. We aim for the upper limbs to meet at approximately a 45-degree angle. This exercise can be performed either as a press or as an arcing fly movement.

Seated exercise facing the structure (back): We recommend sitting perpendicular to the structure. This exercise is performed while seated, with the upper limbs extended in front of the body. The movement consists of pulling the bar as close as possible to the chest, slightly below nipple level.

Exercise with your back to the structure (shoulders): This exercise strengthens all muscles in the shoulder area. It is performed in a basic standing position, aiming for maximum overhead extension of the upper limbs upward.

Exercise Instructions

Correct body posture:

During exercise, keep your abdominal muscles engaged, do not arch your back, and keep your shoulders, pelvis, and head in one straight line.

Correct use of resistance bands:

During contraction, keep the resistance bands under tension, but not so much that the exercise causes pain or discomfort.

If you use both bands at the same time during exercise, your body position should be in the imaginary center of the structure to ensure equal load and tension of the bands.

MAINTENANCE

After finishing your workout, wipe the structure to remove water, sweat, or any other liquid. Otherwise, corrosion and damage to FIT-REB may occur.

Clean FIT-REB using dry cloths with fine fibers and gentle cleaning agents for metal and wood (depending on the part of FIT-REB being cleaned).

Do not use any solvents or other aggressive cleaning agents.

Install the structure in a way that prevents direct sunlight from shining on it. Install it only in areas where cleanliness, ventilation, and dryness are ensured. Rooms with mold or high air humidity are not suitable for placing FIT-REB.

ENVIRONMENTAL PROTECTION

If you decide to stop using FIT-REB, dismantle all parts and take them to the nearest collection point.