

VERGE™ Resistance Bands

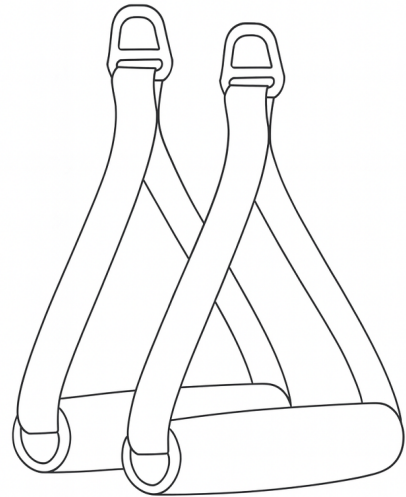
User Guide

Product Description

VERGE™ Resistance Bands are a premium training system designed for strength training and full-body conditioning. The set includes six resistance bands across three intensity levels, flexible anchors, and ergonomic wooden handles. The system can be expanded with optional accessories such as a hardwood bar and foot straps to support a wide range of exercises.

Limitations

Environment: Indoor only, relative humidity 40-60%



Safety Instructions

Please read these safety instructions carefully before setting up or using this product. Improper setup or use may result in product failure, property damage, serious injury, or death. Retain this user guide for future reference.

- **Proper attachment.** This product must be securely attached to a stable, load-bearing anchoring point, such as a wall bar.
- **Space requirements.** Ensure there is sufficient space around you to perform exercises safely. Keep the area clear of obstacles, sharp objects, and tripping hazards. Use the product only on a flat, stable surface. Use an exercise mat to reduce the risk of injury.
- **Indoor use.** This product is designed for indoor use and storage only (relative humidity 40-60%). Keep the product away from direct contact with liquids. Failure to follow these guidelines may cause the product to deteriorate and become unsafe.
- **Modifications.** Do not modify the product in any way. Any alterations, additions, or attachments not approved by the manufacturer are not permitted. Use the product only as designed and supplied.
- **Repairs.** Do not attempt to repair the product yourself unless you are a qualified professional with the necessary knowledge and skills. Only use original manufacturer parts for any repairs or replacements.
- **Inspection.** Before each use, thoroughly inspect the bands, anchors, connectors, and attachments. Do not use the product if any parts are damaged, loose, or missing.
- **Adult use.** Children under 14 years should only use this product under adult supervision. Not suitable for children under 36 months.
- **Health precautions.** Ensure that you are in good physical condition before exercising. Consult a physician before beginning any new exercise routine, especially if you have pre-existing health conditions. Stop exercising immediately if you feel unwell.
- **Proper technique.** Learn proper technique before using the product. Always use common sense and be aware of your personal limits.
- **Shared use.** Do not allow anyone to use the product unless they are capable, responsible, and properly informed of all safety instructions. Only one person should use this product at any given time.

Legal Disclaimer

The manufacturer shall not be liable for any injuries or damages resulting from improper setup, maintenance, or use of this product. Use of this product is at the user's own risk. Always follow the instructions and safety guidelines outlined in this user guide. Consult a qualified professional if you are unsure about proper setup or use.

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Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning setup or use.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully set up.
- Verify that all parts have been delivered by checking the parts list. If any parts are missing or damaged, contact the manufacturer.

Parts List

Reference	Name	Quantity
A	Resistance band, low resistance	2
B	Resistance band, medium resistance	2
C	Resistance band, high resistance	2
D	Flexible anchor	2
E	Handle	2
F	Foot strap <i>(optional)</i>	2
G	Bar <i>(optional)</i>	1

Attaching Anchors

1. Wrap one end of the flexible anchor (D) around a stable, load-bearing anchoring point (e.g., a wall bar). Ensure that the flexible anchor cannot slip off the anchoring point while using the product.
2. Feed the connector end of the strap through the loop on the opposite end.
3. Pull the connector end until the loop tightens securely around the anchoring point.

Connecting Bands

To connect the bands (A/B/C) to the anchors (D) or to the attachments (E/F/G):

1. Hold the ring on the band in one hand and the bar connector on the strap in the other.
2. Rotate the bar connector with your fingers so it aligns with the direction of the strap.
3. Feed the bar connector through the ring and release it.
4. Repeat steps 1-3 when connecting more than one band.
5. Pull the band and strap firmly in opposite directions to ensure a secure connection.
6. To disconnect, rotate the bar connector to align with the strap and feed it back out of the ring.

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Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique.

Always follow the safety instructions provided at the beginning of this user guide, as well as the following safety instructions:

- Inspect the bands carefully before and after each training session. Do not use the product if any band shows signs of tearing, puncture, or surface damage. Immediately replace any band that shows visible wear or loss of elasticity.
- Avoid using the bands in a way that could cause them to recoil toward the head or face. Protective eyewear is recommended.
- Keep the bands away from sharp edges, jewelry, or fingernails that could cut or scratch the material.
- Do not let go of the resistance band or any attachment while it is under tension. Prevent the bands from snapping back.
- Do not overstretch the bands. Each band includes an internal stop, but forcing it beyond this limit can cause breakage.
- Select a resistance level that allows you to perform each exercise with proper form and full control.
- Ensure a secure grip on all handles or attachments before beginning each exercise.
- Maintain stable footing and good balance during all exercises, especially when standing.
- Never use the product to lift or suspend people, objects, or your own body weight.
- This is not a toy. Keep out of reach of children and pets at all times.

Warning! Due to the dynamic forces involved, training with resistance bands carries an inherent risk of property damage or serious injury. Always follow the safety instructions and use the equipment with care.

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Product Care

Please visit [this page](#) for product care guidelines.

Support

Please [contact the manufacturer](#) if you need help with the setup or use of this product or have any other questions.