

LOOP BAND

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Light | Leicht | Souple
Debole | Lätt



Medium | Mittel | Moyen
Medio | Medium



Strong | Stark | Résistant
Forte | Stark



Extra Strong | Extra Stark | Extra Fort
Extra Forte | Extra Stark



Super Strong | Superstark | Super Fort
Fortissimo | Super Stark



Extreme Strong | Extrem Stark | Extrême Fort
Estremamente Forte | Extrem Stark

Instructions

- To reduce the risk of injury, please consult your doctor before starting the exercise.
- If you are suffering from any illness or experiencing discomfort during use, please consult a medical practitioner.
- Examine Sanctband Active Loop Band to ensure there is no tear.
- Always start with the light resistance.
- Do not use with sharp object.
- If you experience dizziness or short of breath, stop immediately.

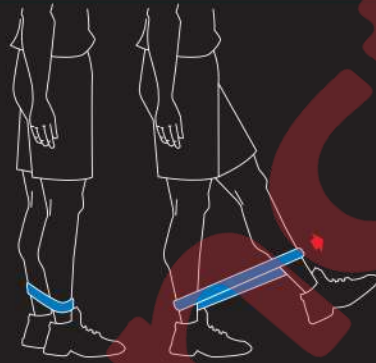
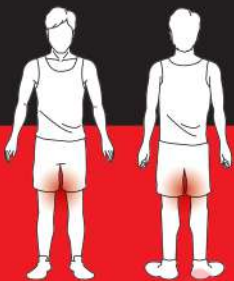
Important Safety Advice

1. Sanctband Active Loop Band is an exercise band designed for use by professionals and physiotherapists as part of rehabilitation and exercises.
2. The loop band should be only used in accordance to the specific instructions and under the guidance of a trained professional and/or physiotherapist.
3. **Please read the enclosed instructions leaflet before using the product.**
4. This product is made with natural latex and can cause an allergic reaction. DO NOT use this product if you are allergic to or develop an allergy to natural latex.
5. This product should not be exposed to high temperatures which can cause the material to develop tears, fissures or cracks. In such cases, please discontinue use of the product immediately.

CAUTION: THIS PRODUCT SHOULD BE KEPT OUT OF REACH OF CHILDREN AND CAN POTENTIALLY CAUSE STRANGULATION OR INJURY.

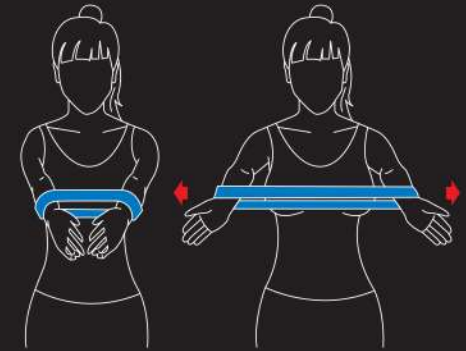
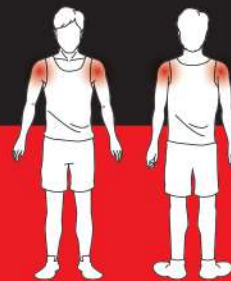
Exercise
01

Repetition: **15 ~ 20**
Set: **2 sets**



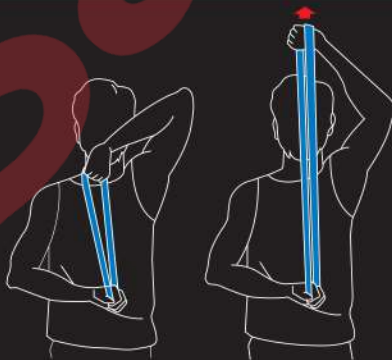
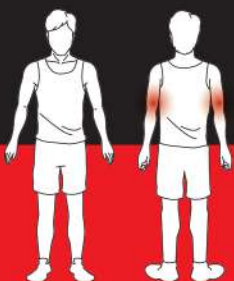
Exercise
02

Repetition: **15 ~ 20**
Set: **2 sets**



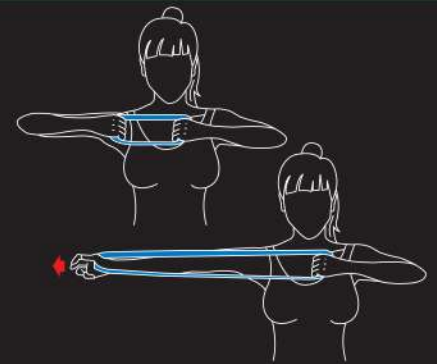
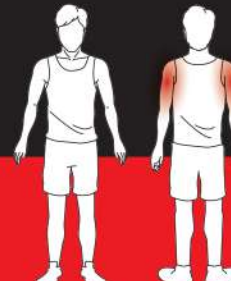
Exercise
03

Repetition: **15 ~ 20**
Set: **2 sets**



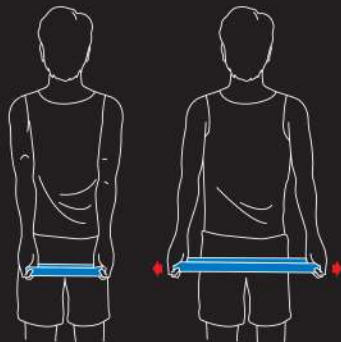
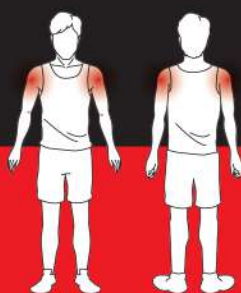
Exercise
04

Repetition: **15 ~ 20**
Set: **2 sets**



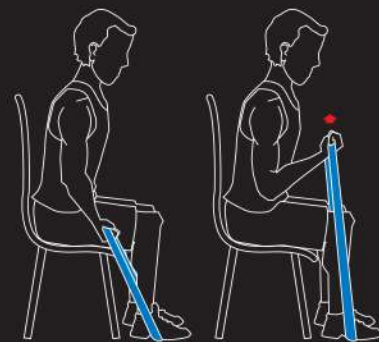
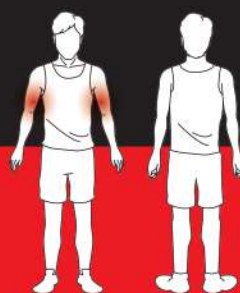
Exercise
05

Repetition: 15 ~ 20
Set: 2 sets



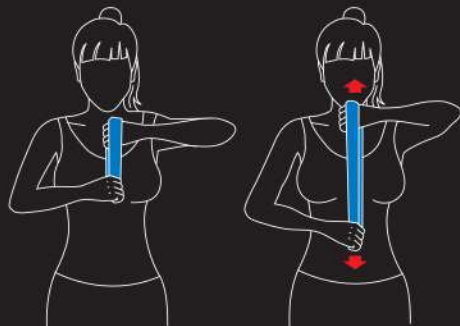
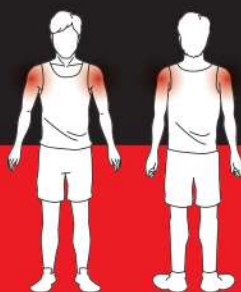
Exercise
06

Repetition: 15 ~ 20
Set: 2 sets



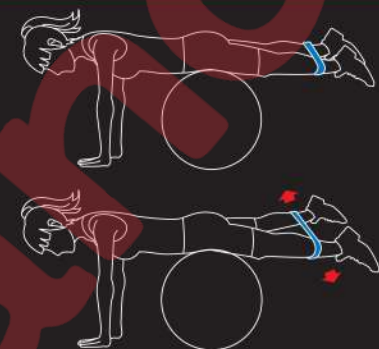
Exercise
07

Repetition: 15 ~ 20
Set: 2 sets



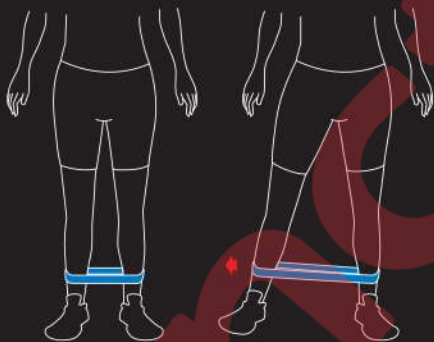
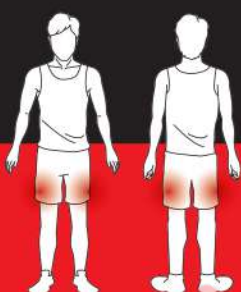
Exercise
08

Repetition: 15 ~ 20
Set: 2 sets



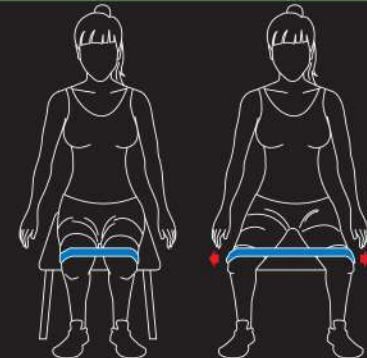
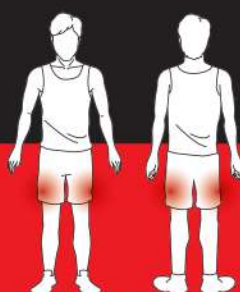
Exercise
09

Repetition: 15 ~ 20
Set: 2 sets



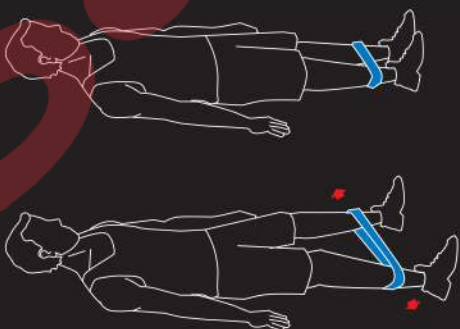
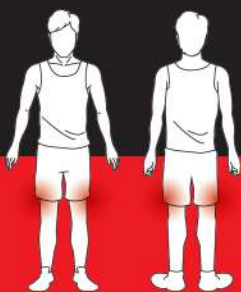
Exercise
10

Repetition: 15 ~ 20
Set: 2 sets



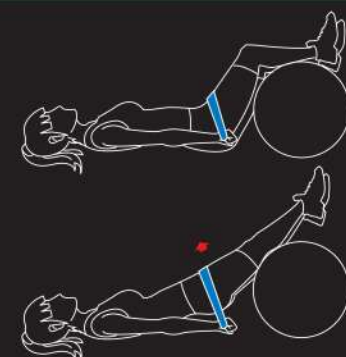
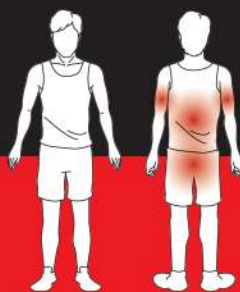
Exercise
11

Repetition: 15 ~ 20
Set: 2 sets



Exercise
12

Repetition: 15 ~ 20
Set: 2 sets



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