



BERG PLAYBASE Resistance bands

User manual

Gebruikshandleiding

Benutzerhandbuch

Manuel d'utilisation

Manual de usuario

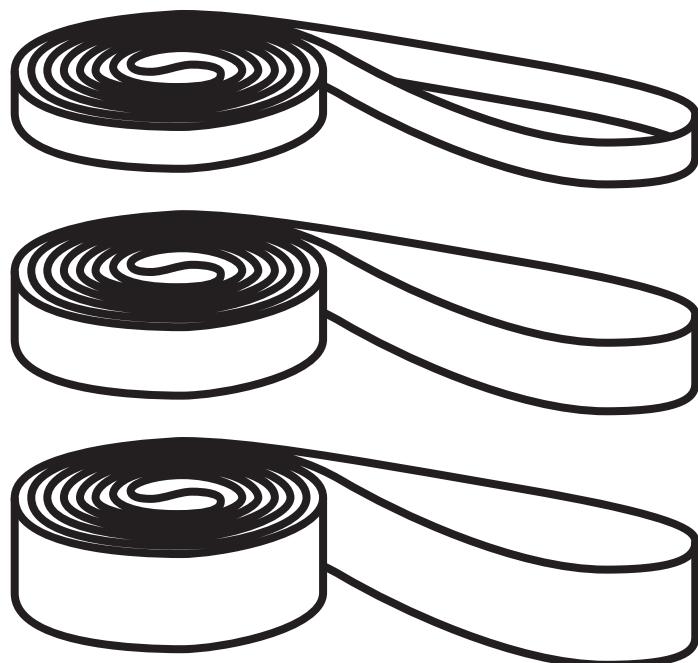
Manuale utente

Brugervejledning

Användarmanual

Bruksanvisning

Käyttöopas



EN	Outdoor training equipment for home use	NL	Outdoor trainingsapparatuur voor thuisgebruik
DE	Outdoor-Trainingsgeräte für den Heimgebrauch	FR	Équipement d'entraînement en plein air à usage domestique
ES	Equipo de entrenamiento al aire libre para uso doméstico.	IT	Attrezzatura per l'allenamento all'aperto per uso domestico
DK	Udendørs træningsudstyr til hjemmebrug	SV	Utomhusträningsutrustning för hemmabruk
NO	Utendørs treningsutstyr for hjemmebruk	FI	Ulkoinuvälaineet kotikäyttöön

20.23.04.00

1



2-15KG

2



11-36KG

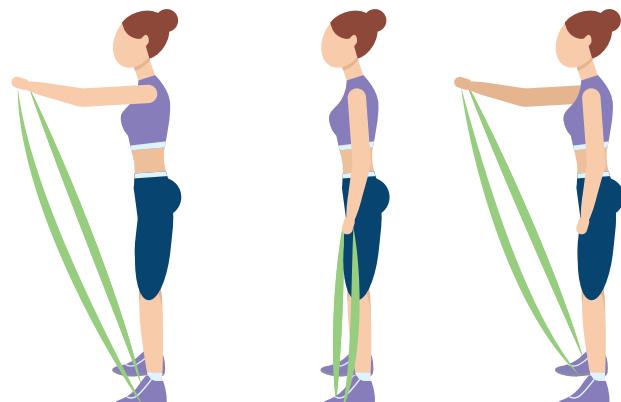
3



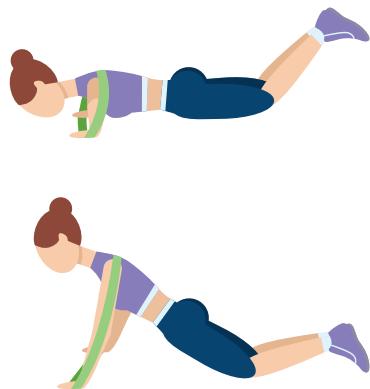
17-54KG



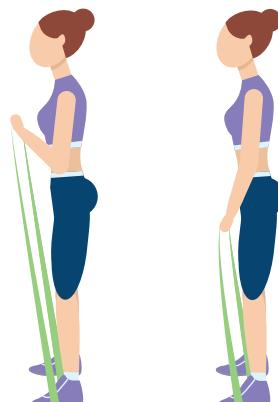
Banded deadlift



Banded one-arm front raises



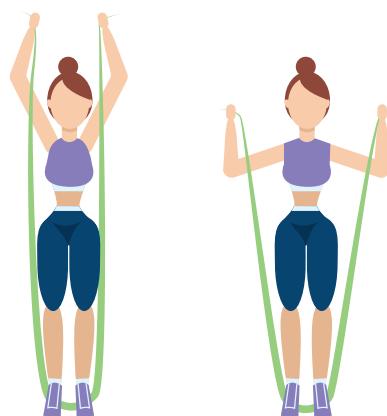
Banded push-ups



Band hammer curl



Band bent-over Row



Band shoulder press

1. Warnings

This accessory is only suitable for assembly on the PlayBase Frame. Always read the PlayBase frame manual in combination with this manual.

- Read instructions prior to first use and keep for future reference!
- The maximum user weight is: 100 kg.
- Not suitable for children under 14 years.
- Only one user at the time.
- Only use this product when your own medical condition allows it to use it safe.
- Store immediately after use. Longe rope - strangulation hazard.
- Only for domestic use.
- The minimum free space for the user should be 100 cm.
- When used in combination with the PlayBase frame, see section 2 of the frame manual for general safety instructions.
- Do not wrap the resistance bands around neck, arms, legs, wrists, ankles, waist or any other part of your body.
- Only wrap the resistance bands around the PlayBase frame.
- Do not align the resistance bands during use with sensitive body parts such as eyes, face, groin or breasts.
- Do not overstretch the resistance bands. Never stretch a resistance band over 2,5 times its length.
- Avoid over-exertion.
- Carefully return to original length. Never release under tension.
- Always check resistance bands to ensure they are firmly secured before beginning your exercise.
- Do not fasten two or more bands together. They are not designed for this use and could lead to significant injury.
- Resistance bands should be protected from prolonged exposure to sunlight, water or extreme temperatures.
- This product contains natural rubber latex which may cause allergic reactions to sensitized individuals.

2. Inspection and maintenance

To ensure the safety of the users of the product, the product has to be subjected to the safety inspections and maintenance instructions mentioned below. If not carried out regularly the product could become a hazard.

	Before each use	Monthly	Beginning of each season
Resistance bands	Check for evidence of deterioration	Check for wear and tear and replace if needed	Check for wear and tear and replace if needed

- The product can be easily cleaned with a cloth and some cold or lukewarm water. Do not use solvents, detergent, soap powder or hot water under any circumstances.
- Worn or defect bands must be replaced immediately.
- Any worn or replaced bands must be disposed according local guidelines. Pay attention to the environment.

3. Warranty

BERG or the dealer cannot be held responsible for improper use of this product. For safety reasons, unless BERG-approved, modifications or changes to the product are prohibited.

The owner of this BERG product has the following warranty on this product:

- The product has a warranty of 2 years from the date of purchase.
- Influences of weather (such as fungus and discolouration) are excluded from warranty.
- Check www.bergtoys.com for extensive warranty regulations.