

P.band

Instruction Guide

What's Included:

1 band with Left and Right gloves

How to Get Started:

1. Look for the **L** and **R** printed on the inside of the gloves, indicating **Left** and **Right**.
2. With the letter of your corresponding hand facing the inside of your palm, imagine you're high-fiving your glove, then slip your fingers into the finger loops.
3. Wrap the strap around your wrist to secure. Repeat on the other side.
4. For best muscle engagement and control, tuck thumbs under where the glove meets the resistance band.

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