

P.3 Trainer

Instruction Guide

What's Included:

1. Two ankle straps
2. Attachable handle
3. 1.5 lb ball
4. Two resistance bands, each with a different length (27 in & 29 in)

Product Assembly:

1. Attach the handle to the ankle strap with either the long or short resistance band.
2. Attach the 1.5 lb ball to the ankle strap with either the short or long resistance band.

How to Get Started:

1. Attach the ankle straps to each ankle, then follow your Pvolve trainer's cues to attach the appropriate resistance band (long or short) to the side of the body you're starting with and secure by moving the rubber cover down over the clasp of the carabiner.
2. Attach your desired handle at the other end.
3. When using the ball overhead, use forefinger and thumb around the notch to secure your grip.
4. When using the ball on the mat, hold on top to secure grip.

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