

RESISTANCE TRAINING BANDS 3PK

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove the Resistance Training Bands from the box and check for possible shipping damage.
2. Your Resistance Training Band is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented in the exercise guide without the Resistance Training Bands in place. Once proficiency is developed with each movement, use the Resistance Training Bands.
2. Always use the Resistance Training Bands in an open area free of furniture or other items that could get in the way while exercising.
3. Keep chin parallel to floor with head directly over shoulders, chest lifted, eyes focused forward.
4. Use a smooth and steady motion when performing each exercise.
5. Perform exercises to the best of your ability without strain.
6. Avoid holding your breath while exercising.

CARE

1. Dry the Resistance Training Bands with a towel after use.
2. Hand wash the Resistance Training Bands in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing the Resistance Training Bands to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.
5. Do not use band if nicked, torn or damaged in any way.

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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Inspect the Resistance Training Bands before each workout for nicks or tears. If present, do not use.
4. Ensure the Resistance Training Bands is secure under your foot/feet and (or) in your hands before beginning each exercise..
5. Avoid looking directly at the Resistance Training Bands during exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the exercise guide.
9. This product is made with natural latex that has been known to cause allergies in certain people.



WARNING: Wearing Protective Sports Eyewear (goggles or glasses made with polycarbonate or Trivex lenses) is always recommended when working with resistance cords (tubing) or bands.



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