

RESISTANCE BAND SAFETY INSTRUCTIONS

**RESISTANCE BANDS ARE NOT TOYS AND SHOULD BE KEPT OUT OF REACH OF CHILDREN.
MINORS SHOULD ONLY USE FITNESSSE BANDS UNDER ADULT SUPERVISION.
IF USED INCORRECTLY, BANDS CAN CAUSE SERIOUS INJURY.**

Important safeguards

- Do not stretch bands more than 3x original length.
- When standing on the band, ensure that the band is fully secure underfoot. Not fully securing the band could result in slipping during use.
- Do not modify resistance bands in any way.
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- Do not use resistance bands on rough surfaces. Doing so could result in tears.
- Only use the provided attachments with the resistance bands. Any other use can cause serious injury.

How to correctly secure door anchor

- When using the door anchor, always secure on the door's hinge side and ensure the door is fully closed before starting an exercise.



Front of door (exercise side)



Back of door (hinge side)

Resistance band care, cleaning, and storage

- Store in a cool, dry place out of direct sunlight.
- Clean with a damp towel. Use only warm soap and water.

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional.

Consult with your healthcare professional to design an appropriate exercise prescription.

