

# FitCord™

## RESISTANCE BANDS



## DOOR ANCHOR

### SAFETY FIRST

Make sure you are using a sturdy door!  
Always inspect product for wear and tear before use.

Open door and place ball-end of the Door Anchor through the hinge side of the door.



While holding the Door Anchor, close the door until it is securely latched. Lock the door for additional safety. The ball-end of the Anchor should not be visible.



Place your FitCord™ through the open loop and begin your FitCord™ Resistance Band workout.



Worldwide Fitness Products, LLC  
1240 Commerce Drive, Unit G  
Gulf Shores, AL 36542  
[www.worldwidefitnessproducts.com](http://www.worldwidefitnessproducts.com)  
251-967-2510

