



Resistance Band Safety Information



RESISTANCE BANDS MUST BE CHECKED PRIOR TO EACH USE

Resistance Band products must be inspected prior to every use and need to be replaced when visible damage and/or wear is found. Not doing safety checks prior to every use can lead to serious injury. The following guidelines will help to protect you from harm, and prevent damage to your bands.

1. Band Damage Check:

- a. Check Resistance Bands for fraying, splitting, cuts, nicks, scratches, punctures and discoloration.
- b. Check Resistance Bands for dry rot and sun deterioration.

*Do not leave the Resistance Bands in the sunlight, exposed to weather, or in damp places. Always store in a clean and dry area.

2. Make Sure You Are Setting Up The Resistance Bands Properly:

- a. For exercises where an anchor point is necessary:
 - i. Check anchor point to ensure there is not an edge. Anchor points must not have sharp edges or shearing surfaces.
 - ii. Anchor Points must not have abrasive surfaces that can cause damage when the band stretches and flexes.
- b. For exercises where the user stands on the resistance band:
 - i. Shoes can cause excessive wear on resistance bands – Wear Shoes with non-abrasive soles.

3. Do Not Use Resistance Bands for Purposes Other Than Their Intended Use:

- a. Resistance Bands are for resistance, stretching and mobility exercises.
- b. Do not over stretch the resistance bands – Never extend a band more than twice its resting length.
- c. Resistance bands are not meant to support the weight of a person, and therefore, should not be used for suspension training.

Warning: this product contains natural latex rubber

DISCLAIMER

All exercise may cause injury. American Barbell, LLC is not responsible for the choice of exercise or programming and will not be responsible for any injuries as a result of improper training or use. Anyone using American Barbell's equipment personally assumes full responsibility for any and all damage or injury which may result from the use of any equipment purchased from American Barbell, LLC.