



Resistance Tube Safety Information



RESISTANCE TUBES MUST BE CHECKED PRIOR TO EACH USE

Resistance Tube products must be inspected before 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. Tube Damage and Wear Check:

- a. Check to ensure straps are free from damage or wear. Check for frayed strap, cuts, cut strands, fused fibers or thinly worn fibers.
- b. Check strap for dry rot and sun deterioration.

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

2. Handle Integrity Check:

- a. Check to ensure that the handle is clear of cuts or broken pieces and that there is no visible damage.

3. Stitching Damage and Wear Check:

- a. Check all stitching for frayed or damaged stitching. Check for smooth spots, stiff sections and discoloration.

4. Make Sure You Are Setting the Resistance Tubes Up Properly:

- a. For upper body 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
- b. For upper body standing exercises where the user stands on the resistance tube:
 - i. Shoes can cause excessive wear on resistance tubes. Wear shoes with non-abrasive soles.

5. Do not use Resistance Tubes for Purposes Other Than their Intended Use:

- a. Resistance Tubes are for light resistance upper body exercise.
 - i. Do not over stretch the resistance tubes
- b. Resistance tubes are not meant to support the weight of a person, and therefore, should not be used for suspension training.

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.