



Harambe System

The Bands Manual

Caring for your bands

- Check your bands before every use. If there are any deep tears, then you should replace the band. Bands are sold on our store at HarambeSystem.com.
- Bands require regular maintenance: wipe down each band with a few drops of silicone-based oil that is safe to use with latex (e.g., Harambe Butter, for sale at HarambeSystem.com), evenly coating both sides of the band. Wipe off any excess oil with a towel. Do this at least once a month or if you notice the band having trouble gliding along the plate.
- If you are doing multiple sets of the same movement, rotate the band at least once every 3 sets.
- When stacking bands, evenly load them so they are not being restricted and stretched unevenly. Side by side is best.
- Avoid jerking the band and do not lose tension during movements.
- Avoid storing bands near direct sunlight.
- Do not stretch the band beyond 3x its length.
- Keep stored bands away from heat sources.
- Bands should not be stored outside or in cold environments.
- Follow all instructions and warnings that are on the tag with your bands.



Join the Harambe Family

If you need help putting together an exercise routine, join us on Facebook in the Harambe System group and chat with us! There is no one-size-fits-all workout routine.

facebook.com/groups/HarambeSystem

Get Support

Have a question about your purchase or the Harambe System?
Please get in touch with our support team.

support@HarambeSystem.com



**We hope you love your
Harambe System!**



Disclaimer

Read the disclaimer at HarambeSystem.com. If you do not agree with the disclaimer, return your Harambe System immediately. Just as with lifting weights, you risk serious injury or even death by using this device. Follow all warnings and instructions with other products (e.g. bars, handles, and footplates) while using this device. Consult with your personal physician before using the Harambe System. Latex bands can break, so please protect your eyes with glasses while using this device. Only use this device to do the recommended exercises.



