



## **TB12 RESISTANCE BANDS SAFETY GUIDELINES**

This information provides general guidelines for the proper safety and care of TB12 Resistance Band products.

Carefully read and follow the safety and care instructions provided with your TB12 Resistance Band product.

### **Before Each Use of the TB12 Resistance Band Products, Follow These Instructions:**

- TB12 Resistance Band products should be used for their intended use only. They can cause serious injury when not used properly, please follow the directions below for safety.
- This product is not a toy. Keep out of reach of children and pets. Children should only use with adult supervision as prescribed by an exercise professional.
- These instructions do not replace instructions provided by your healthcare provider. Consult your healthcare provider prior to increasing to the next product level.
- Carefully follow the instructions provided by your healthcare provider and consult your provider for approval before starting the program.
- If using this product as part of physical therapy or for rehabilitation purposes, please consult your healthcare provider.
- Muscle soreness may be experienced over the first few days of using the product. If pain persists for more than several days, consult your healthcare provider.
- Use the resistance level that allows you to safely complete each exercise.
- Inspect the product prior to use for any damage that may have been caused to the product. Discard the product and do not use if torn, punctured, or nicked.
- Do not use the product with objects on the floor or jewelry, rings, or any object that can damage the product.



- Do not use this product in an area with tripping hazards or on wet or slippery floors. Use only in an open area where you are able to move freely and with ease.

**When Using the TB12 Resistance Band Resistance Bands, Always Follow These Instructions:**

- Always observe the attachment point before and during exercise. Before starting each exercise, make sure the product is securely attached to hands, feet, or any accessories if applicable.
- If attaching the band, ensure it is securely anchored to a sturdy object.
- Wear eye protection and do not use the band in any way that can cause injury to the eyes or head.
- Do not allow the band to snap back when in use and do not over-stretch the product.
- Perform exercises without the product until you are comfortable then begin exercises with the product. Always perform the exercise in a slow and controlled manner.
- Ensure you are able to maintain balance when using the product. Maintain proper posture, stance, and balance when in use.
- Ensure you are able to tightly grip the product prior to use.
- Do not hold your breath while using this product. Breathe evenly while exercising.
- Immediately stop exercising if you are experiencing any of the following: dizziness, trouble breathing, increased pain, and/or feelings of sickness. If you experience any of the symptoms, contact your healthcare provider immediately.
- Never use this product to lift any object or person above the ground or to support your own body weight.
- Do not chew or ingest this product.
- Do not snap this product towards yourself or anyone else's body.



**Caring for Your TB12 Resistance Band Products:**

- Discard the product if damaged in any way.
- Avoid storing in extreme temperatures. Store in a cool, dry place, and out of direct sunlight.
- Serious events experienced from using this product should be reported immediately to TB12 and to the local Competent Authority.
- If used in chlorinated water (including swimming pool, spa, and hot tub), rinse the band thoroughly with tap water and pat dry.
- When cleaning, use mild soap and warm water. Pat to dry.
- Detach the band from any accessories or anchoring points after each use.