

**Restore** by GAIAM 

# TOTAL BODY STRETCH KIT

## Set-up, Workout Tips, and Care & Safety Guide

*Please read before using your Total Body Stretch Kit*

### **SET-UP**

1. Remove the Total Body Stretch Band from the box and check for shipping damage.
2. Your Total Body Stretch Kit is now ready for use.

### **WORKOUT TIPS**

1. Initially follow the exercises presented in the program without a Total Body Stretch Band in place. Once proficiency is developed with each movement, use the Total Body Stretch Band.
2. Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes focused forward.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

### **CARE**

1. Dry Total Body Stretch Band with a towel after use.
2. Hand wash Total Body Stretch Band in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing Resistance Cords to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.

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## IMPORTANT SAFETY CAUTIONS!

*Please read before setting up or using the Total Body Stretch Kit.*

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Inspect the Total Body Stretch Band before each workout for nicks or tears. If present, do not use.
4. Ensure Total Body Stretch Band is secure under your foot and/or in your hands before beginning each exercise.
5. Avoid looking directly at the cord during exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the program.
9. This product is made with natural latex that has been known to cause allergies in certain people.
10. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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