

STRENGTH & FLEXIBILITY KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Strength & Flexibility Kit

SETUP

1. Remove Resistance Bands from box and check for shipping damage (scratches, gouges or tears).
2. Your Strength & Flexibility Kit is now ready for use.

WORKOUT TIPS

1. Wrap Resistance Band once or twice around hands to ensure firm grip.
2. Initially, follow the exercises presented in the exercise guide with the band at full length. To increase the tension, wrap the band around hands until desired resistance level is reached.
3. Maintain a strong hold on the Resistance Band at all times. If perspiration dampens hands, dry thoroughly and secure grip on the band before continuing.
4. Use a smooth and steady motion when performing each exercise.
5. Perform exercise routines to the best of your ability without strain.
6. Avoid holding your breath while exercising.

CARE

1. Dry Resistance Bands with a towel after use.
2. Periodically dust bands with baby or talcum powder for best results.
3. Avoid exposing Resistance Bands to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.
5. Do not use band if nicked, torn or damaged in any way.



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IMPORTANT SAFETY CAUTIONS!

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 doctor before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Dry hands when necessary to insure a firm grip on the Resistance Band.
5. Stop and rest if you feel dizzy or short of breath.
6. Use product only as intended and demonstrated in the exercise guide.
7. This product is made with natural latex that has been known to cause allergies in certain people.
8. 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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MADE IN CHINA.

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