

GAIAM  RESTORE™

MULTI-GRIP

STRETCH STRAP

Setup, Workout Tips and Care & Safety Guide

Please read before using your Multi-Grip Stretch Strap.

SETUP

1. Remove the Multi-Grip Stretch Strap from the box and check for possible shipping damage.
2. Your Multi-Grip Stretch Strap is now ready for use.

WORKOUT TIPS

1. Use a smooth and steady motion when performing each exercise.
2. Perform exercise routines to the best of your ability without strain.
3. Avoid holding your breath while exercising.

CARE

1. Hand wash Multi-Grip Stretch Strap in cold water with mild soap to clean. Dry thoroughly.
2. Avoid exposing Multi-Grip Stretch Strap to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
3. Store in a cool, dry place.



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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 physician before beginning the workout.
3. Inspect the Multi-Grip Stretch Strap before each workout for nicks or tears. If present, do not use.
4. Ensure Multi-Grip Stretch Strap is secure under your foot and/or in your hands before beginning each exercise.
5. Avoid looking directly at the strap 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 sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Learn more at <http://life.gaiam.com>

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MADE IN CHINA.

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