



RESISTANCE CORD

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Resistance Cord.

SETUP

1. Remove the Resistance Cord from the box and check for shipping damage.
2. Your Resistance Cord is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented on the instruction sheet without the Resistance Cord in place. Once proficiency is developed with each movement, use the Resistance Cord.
2. Always use the Resistance Cord in an open area free of furniture or other items that could get in the way while exercising.
3. Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes focused forward.
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 the Resistance Cord with a towel after use.
2. Hand wash the Resistance Cord in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing the Resistance Cord to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.



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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 Resistance Cord before each workout for nicks or tears. If present, do not use.
4. Ensure the Resistance Cord is secure under your foot and/or in your hands before beginning each exercise.
5. Avoid looking directly at the Resistance 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 guide.
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 distributor, manufacturer and licensor 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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