



RESISTANCE BAND KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Resistance Band Kit.

SETUP

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

WORKOUT TIPS

1. Initially follow the exercises presented on the instruction sheet without the Resistance Band in place. Once proficiency is developed with each movement, use the Resistance Band.
2. Always use the Resistance Band 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 Resistance Band with a towel after use.
2. Hand wash Resistance Band in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing Resistance Band to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.



RESISTANCE BAND KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Resistance Band Kit.

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

©2016 Gaiam Americas, Inc. All rights reserved. GAIAM and the "Flower of Life" logo design are registered trademarks of Gaiam Americas, Inc. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.

MADE IN CHINA.

SKU 05-62220CARE