

# MINI LOOP BANDS

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

### SETUP

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

### WORKOUT TIPS

1. Initially follow the exercises presented on the exercise guide without the Mini Loop Band in place. Once proficiency is developed with each movement, use the Mini Loop Band.
2. Always use the Mini Loop 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 the Mini Loop Bands with a towel after use.
2. Hand wash the Mini Loop Bands in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing the Mini Loop Bands 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!

1. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
2. Inspect the Mini Loop Band before each workout for nicks or tears. If present, do not use.
3. Ensure the Mini Loop Band is secure before beginning each exercise.
4. Perform exercises in a slow and controlled manner.
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

**CAUTION:** Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.

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