

# SPRI<sup>®</sup>

# HIP BANDS

## SETUP, WORKOUT TIPS AND CARE & SAFETY GUIDE

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Please read before setting up or using your Hip Bands.

### SETUP

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

### WORKOUT TIPS

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

**#BETTEREVERYDAY**

# Setup, Workout Tips, and Care & Safety Guide

## IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Hip Bands.

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

# SPRI

All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

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