

Getting Started with Dura-Band®

- Before starting any exercise program you should consult with your medical professional.
- Begin with low levels of resistance. Take your time and work your way up to more resistance and more repetitions over time.
- Your System may not contain all band levels of resistance depending on System model. The levels of resistance are:

RED - Extra Light
ORANGE - Light

GREEN - Medium
BLUE - Heavy

VIOLET - Maximum

- As a general **strengthening** guideline, perform 8-12 repetitions of each exercise, take a 30 second break, then perform two more sets of the same exercise in the same sequence.
- As a general **stretching** guideline, perform 5-10 repetitions of each exercise, holding each stretch for 20 seconds.
- It is recommended to exhale during the most strenuous part of the exercise and breathe normally at all other times.
- It is recommended to perform all exercises using a ***slow controlled motion both during elongation and retraction of the band***, and ***according to the instructional sequences*** of each exercise.
- The exercises illustrated (model dependent) may be performed on the opposite side by following the same sequence and set up.
- **CAUTION: Dura-Band® is intended for exercise only using approved Dura-Band® accessories and should not be used for any other purpose. Never stretch bands beyond 2 times their adjusted length! Persons with latex allergies should not use Dura-Band®.**

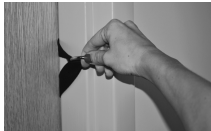
Set Up Instructions

How to create fixation points: Use an **Exercise Handle** closed in door (never place clip or band inside door; only nylon of Exercise Handle) or slipped through shoe... OR use **Extremity Strap** attached around foot, ankle, above knee or to a secure object.

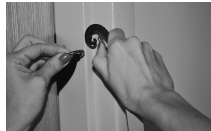
Place Handle behind door.



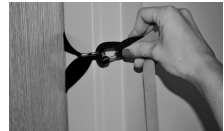
Close door on nylon.



Clip hook on D-Ring...



until it snaps completely on.



Slip shoe completely through nylon triangle in Exercise Handle.



Place "rough portion" of Extremity Strap against palm of left hand and slide "soft side" facing downward through D-Ring.



Pull "soft side" backwards until snug against ankle. Now attach "soft side" to "rough side".



Repeat procedure to attach Extremity Strap around shoe or foot.



IMPORTANT: READ CAREFULLY – Before using Dura-Band®, or following any specific exercise directions, read **ALL** information on its proper use.

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Keep the following instructions for your continued use of Dura-Band®. Every precaution for accuracy has been taken in the preparation of this information; however, For You, Inc. neither assumes responsibility for any omissions or errors that may appear, nor assumes liability for any damages that result from use of Dura-Band® in accordance with the information contained on this instruction card. **Dura-Band® can recoil causing serious injury if not maintained and used properly.** Dura-Band® should be kept away from children. **Adult supervision is required when used by minors.** Inspect bands before each use. **Do not use bands if tears, gouges, or holes are found.** A worn band may break and cause serious injury, so replace bands every 3 to 6 months (sooner if needed) using replacement bands recommended by For You, Inc. **Do not keep bands in direct sunlight.** Do not subject bands to any chemical, as this can degrade the tensile strength of the band. **Never elongate a band past 2 times its adjusted length.** Before beginning an exercise, make certain that clips, attachment accessories and/or bands are completely secured. Never continue to exercise if you feel pain in joints, any areas of your body, or if you are experiencing dizziness or shortness of breath. Never smoke or be under the influence of drugs or alcohol while exercising.

CAUTION: Dura-Band® contains Natural Rubber Latex which may cause allergic reactions. Persons with latex allergies should not use Dura-Band®.

From the convenience of a door, the **Dura-Band® foam Exercise Handle** can be placed along the **top, length** or **bottom** of a door to create a fixation point and allow both upper and lower extremity exercise to take place. Make sure it is secure in door before beginning.

TOP



LENGTH



BOTTOM

