

# RESISTANCE BAND MANUAL

## WEIGHT RESISTANCE



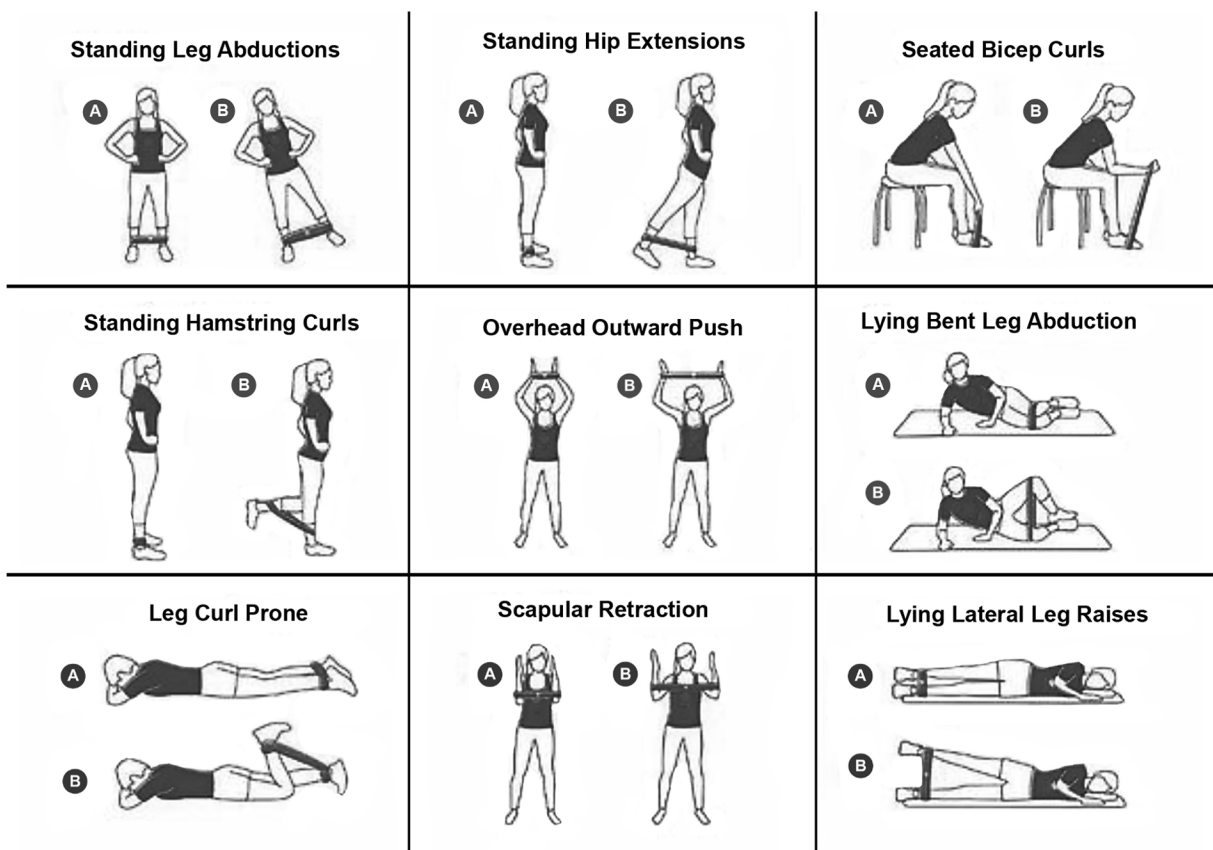
### PACKAGE INCLUDES:

- 1 x Carrying Case
- 1 x Extra Light Green Band
- 1 x Light Blue Band
- 1 x Medium Yellow Band
- 1 x Heavy Red Band
- 1 x Extra Heavy Black Band

## SAFETY INSTRUCTIONS

- As with all exercise equipment, there is risk of injury when not used correctly.
- Loop Bands are designed for use with adults and should not be used by children under the age of 16 without supervision.
- Please ensure that the bands are not stored in direct sunlight/ in hot conditions. This can weaken the bands and cause them to crack and split over time.
- Please ensure bands are gently stretched and tested before use.
- Please ensure that the bands are not overstretched by more than 2 times their original length.
- These guidelines are here to protect you. By not adhering to the we accept no liability from injury due to the use or misuse of this product.

Thank you for reading this safety information.



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## RESISTANCE LOOP BANDS USER MANUAL

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