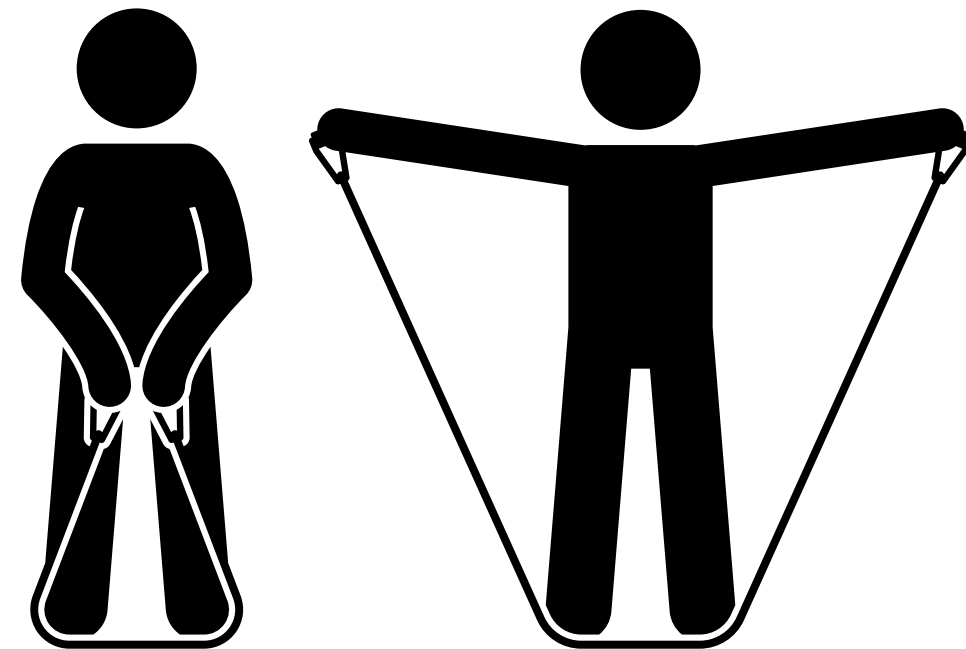
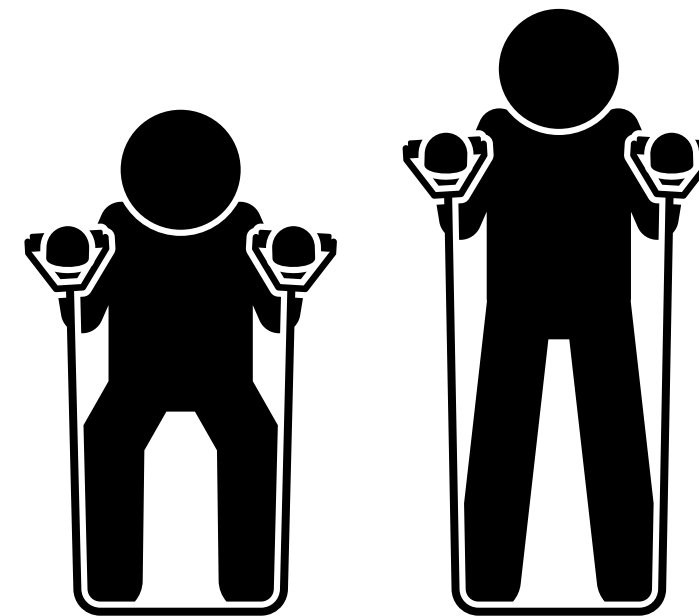


Bicep Curl



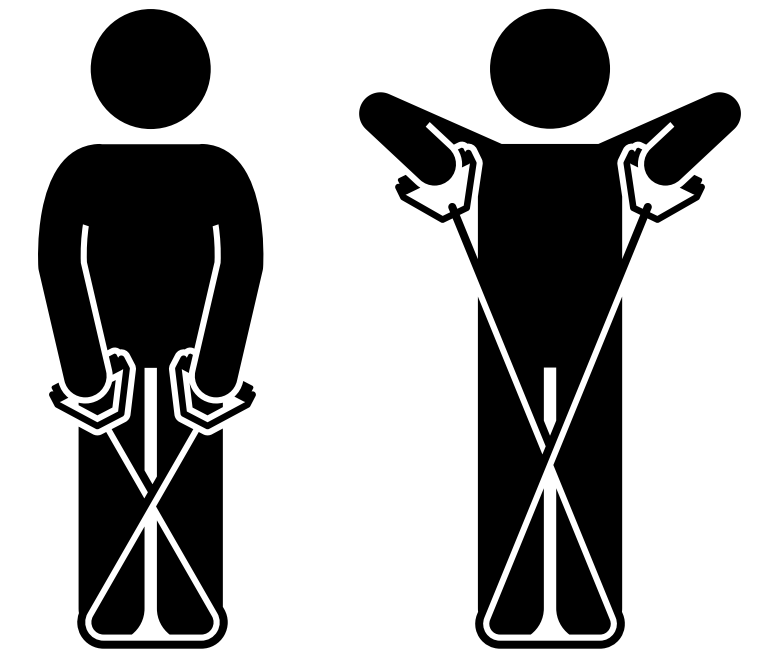
Lateral Raise



Squat



Cross Body Reach



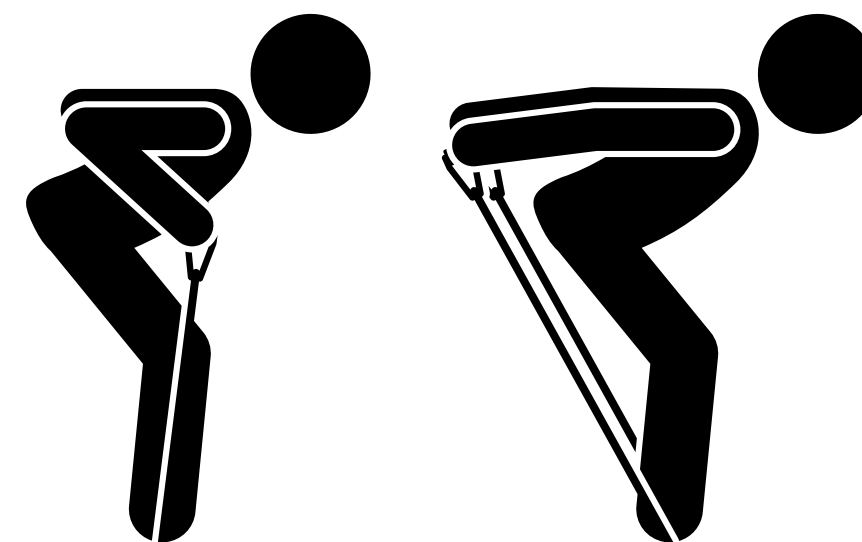
Upright Rows



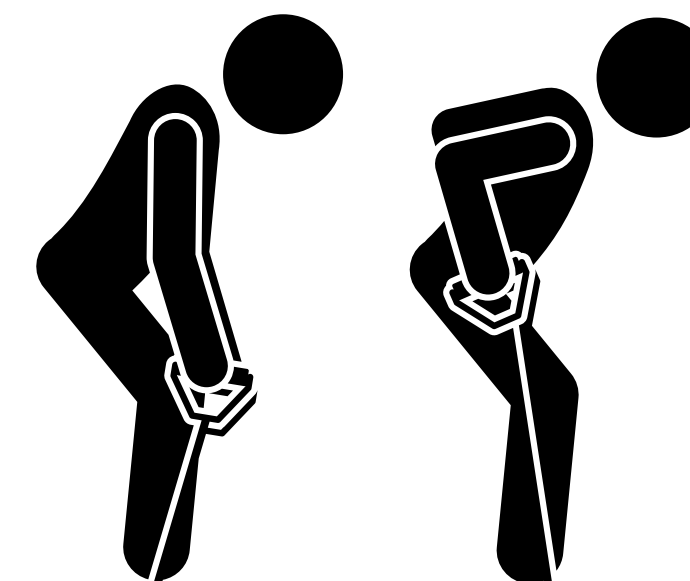
Lying Leg Extension



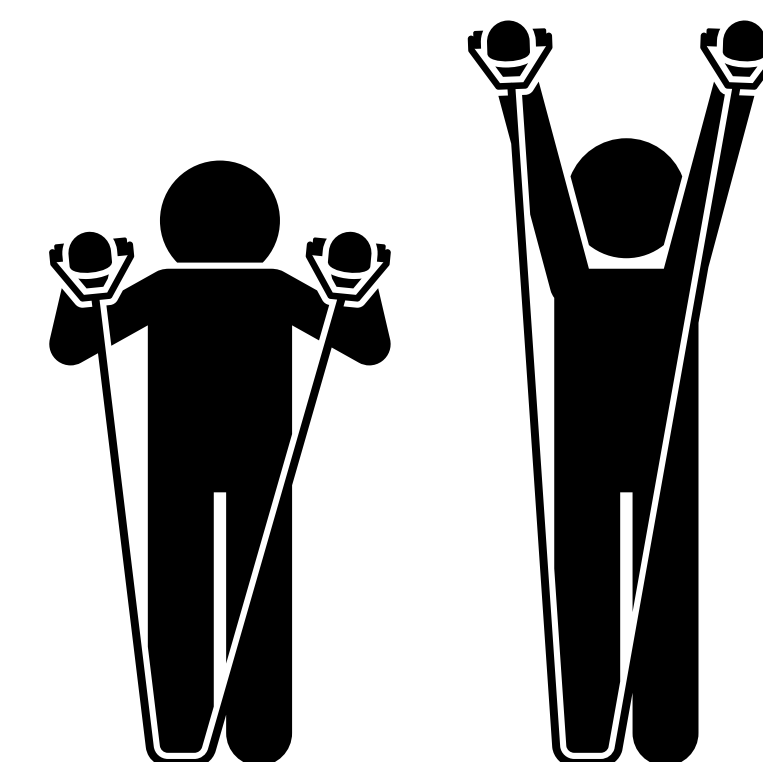
Leg Extensions



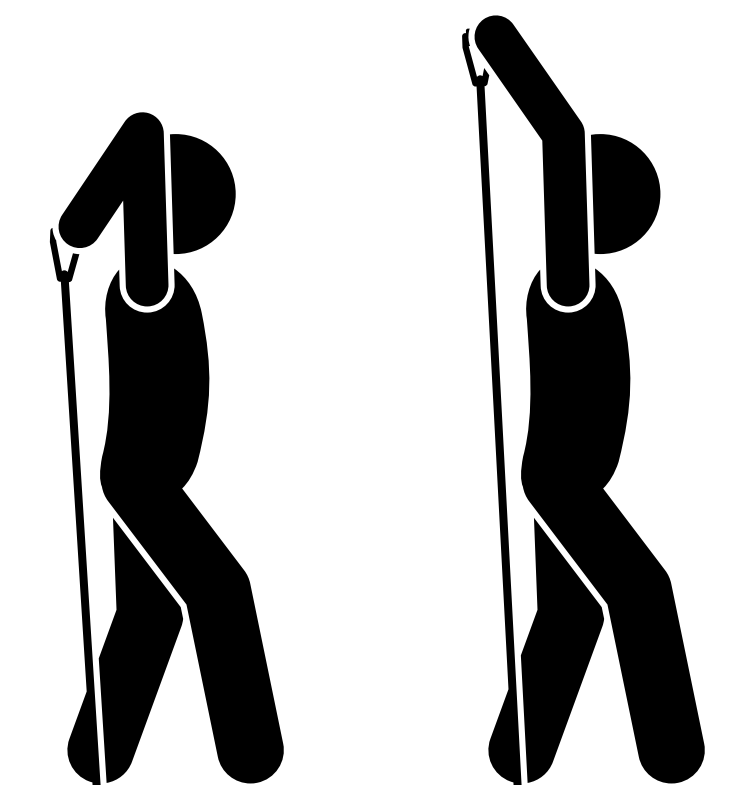
Tricep Extensions



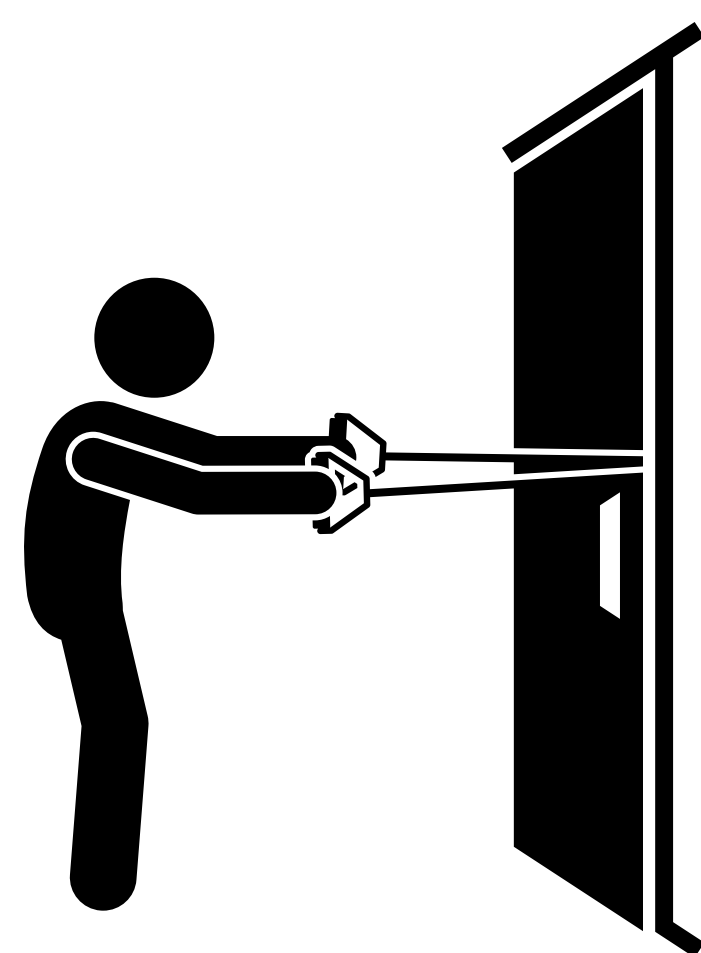
Bent Over Row



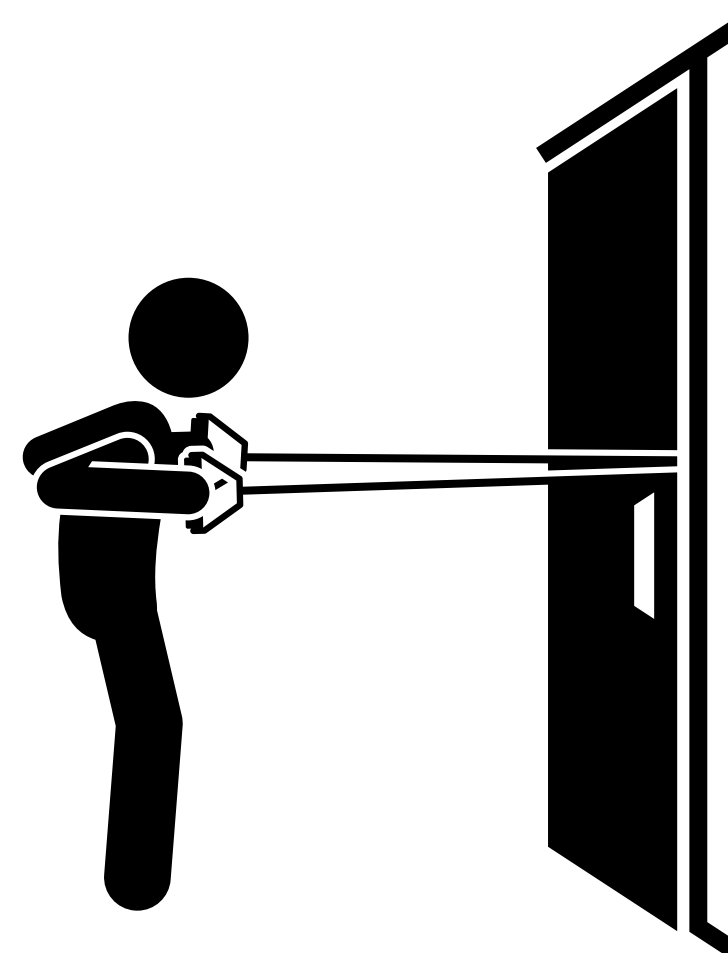
Shoulder Stretch



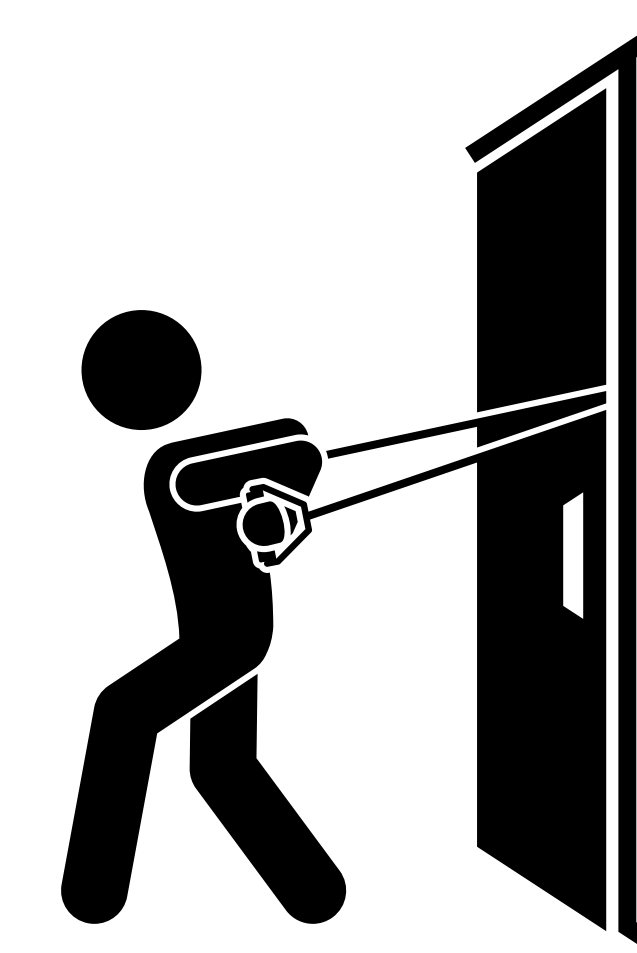
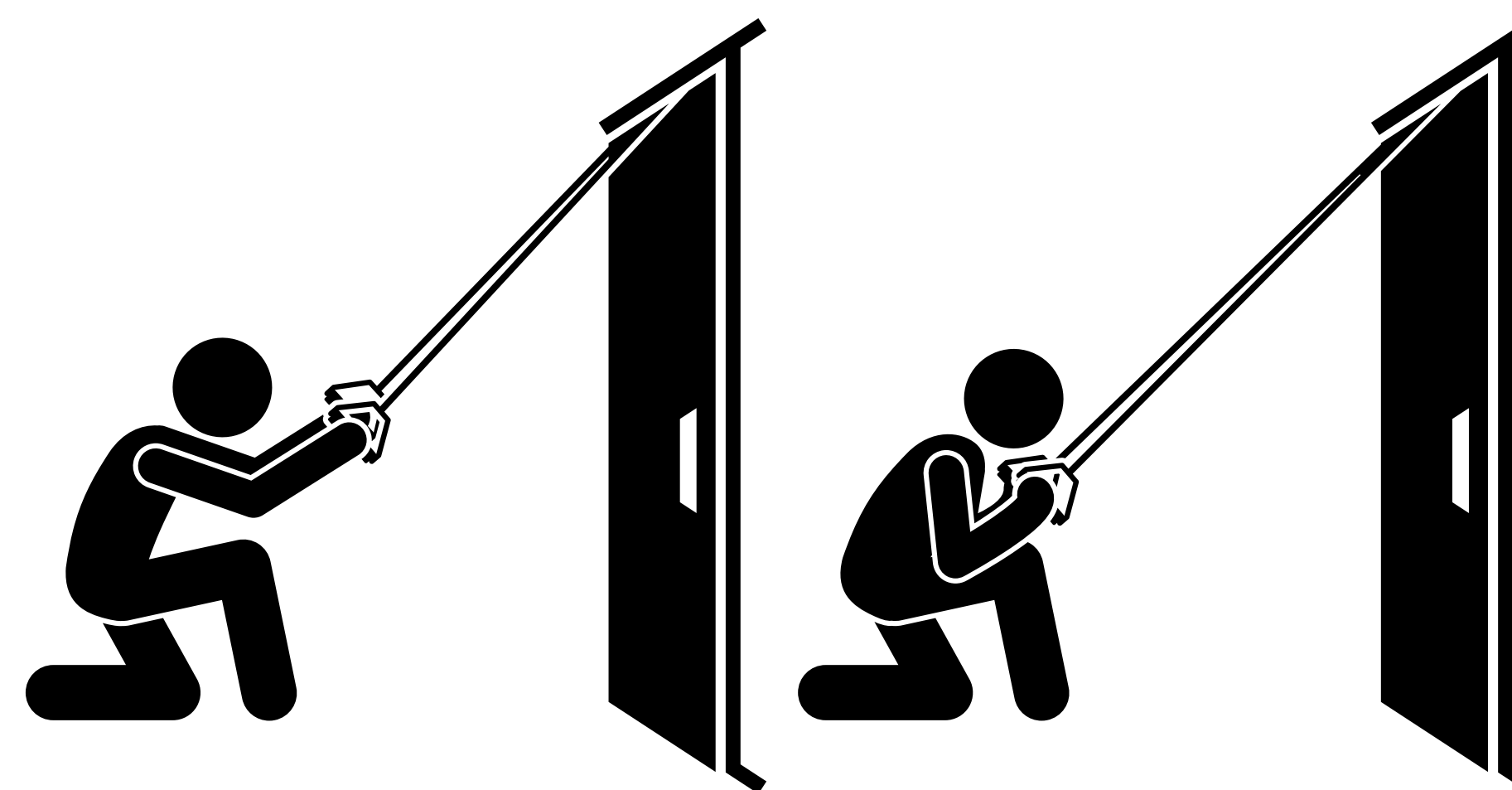
Overhead Tricep Extensions



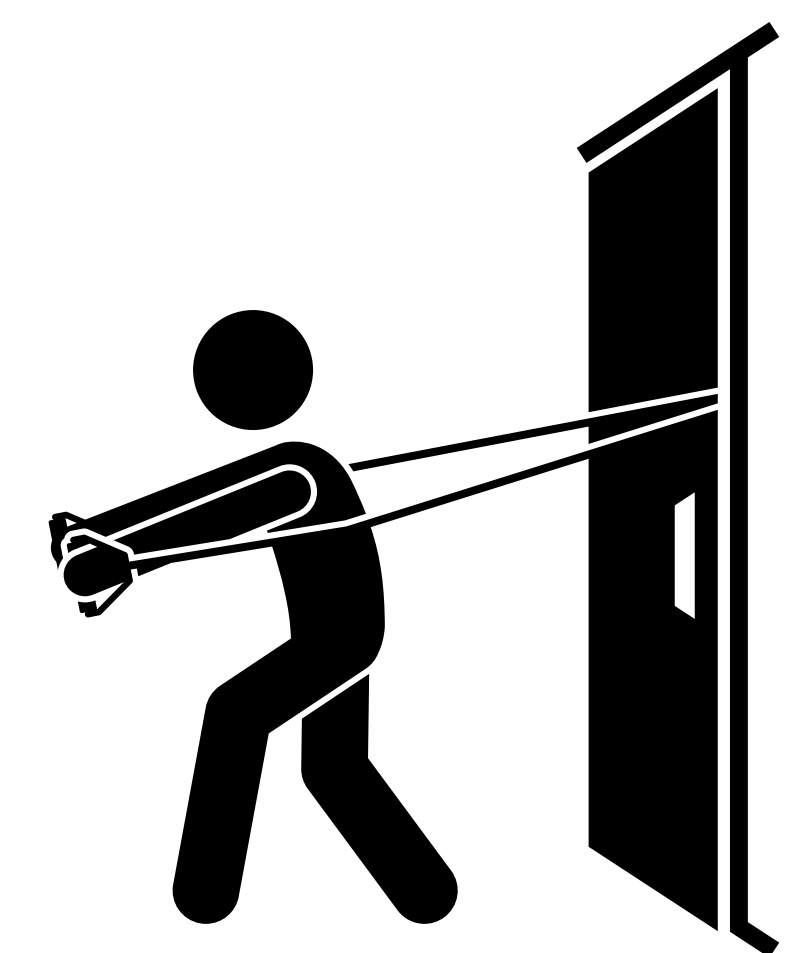
Standing Row



Chin Ups



Chest Fly





Workout Tips, Care & Safety Guide

Please read thoroughly before using your tube resistance bands

Workout Tips

- Practice exercises from the exercise guide without your tube resistance bands. Once proficient with the movement, then incorporate the tube resistance bands.
- Always use your tube resistance bands in an open area free of furniture or other items that could get in the way while exercising.
- Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes looking forward.
- Use a smooth and steady motion when performing each exercise.
- Perform exercise routines to the best of your ability without strain.
- Avoid holding your breath while exercising.

Care

- Always allow your tube resistance bands to dry thoroughly before and after use.
- Hand wash your tube resistance bands in cold water with mild soap to clean.
- Avoid exposing resistance bands to rough, sharp or abrasive surfaces, heat or excessive sunlight.
- Store in a cool, dry place.

Important Safety Precautions

- To reduce the risk of injury, consult a physician before beginning this or any exercise program, or before using this or any exercise equipment. These instructions are in no way intended as a substitute for advice from a qualified medical professional.
- If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
- Inspect your tube resistance bands before each workout for tears or loose stitching. Discontinue use if either is observed, as it can lead to injury.
- Ensure your tube resistance bands are securely positioned before and during each exercise.
- Always look forward and avoid looking at bands during exercise.
- Perform exercises in a slow, controlled manner.
- Stop and rest if you experience dizziness or shortness of breath.
- Use product only as intended and demonstrated in the exercise guide.
- This product is made with natural latex that has been known to cause allergic reactions in certain people.
- This product is sold without any warranties or guarantees of any kind. The distributor, manufacturer and licensor disclaim any liability, loss or damage caused by its use.



WARNING

- Keep out of reach of children
- Always use caution to avoid serious injury
- Inspect your tube resistance bands for damage (tears or loose stitching)
- Product tensile strength is a maximum of 75 lbs
- Recommended user weight limit for product is a maximum of 200lbs