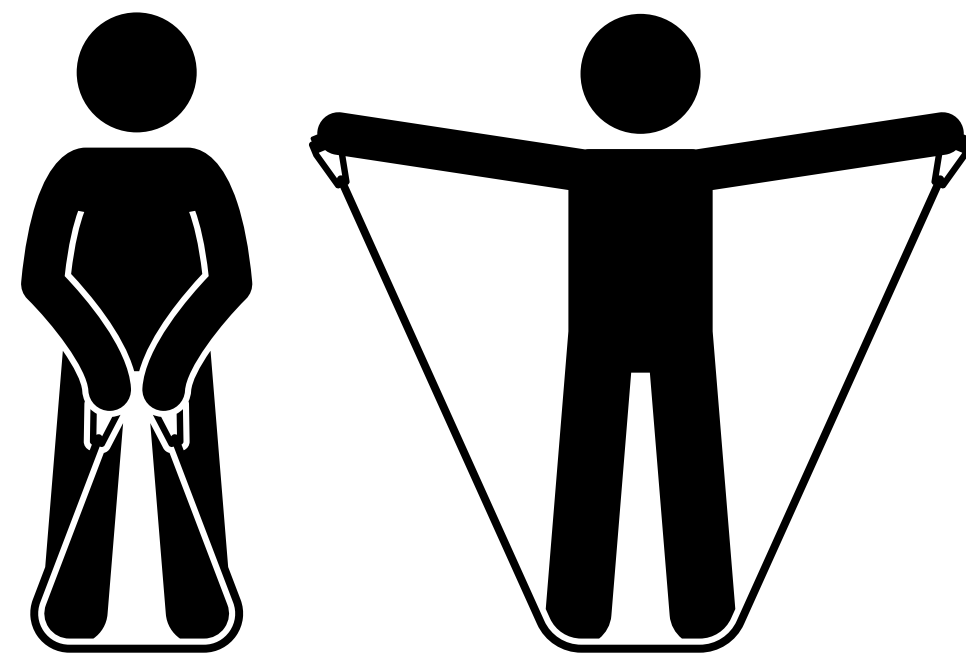
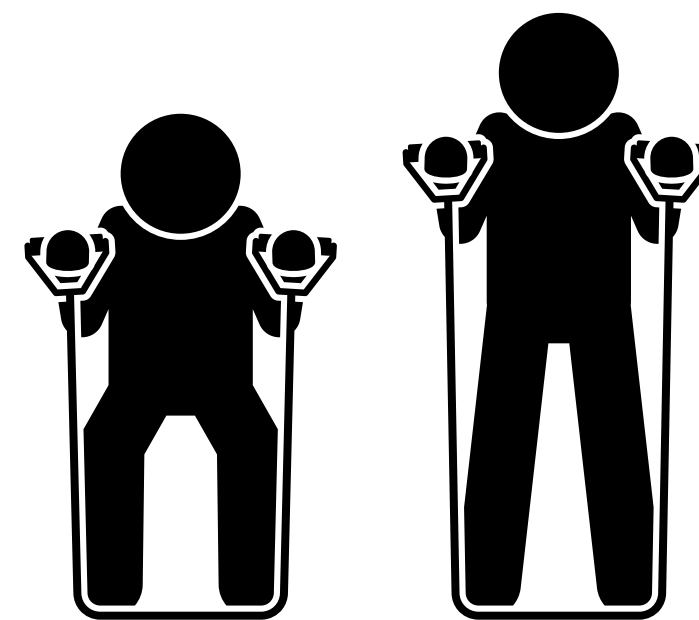


*Bicep Curl*



*Lateral Raise*



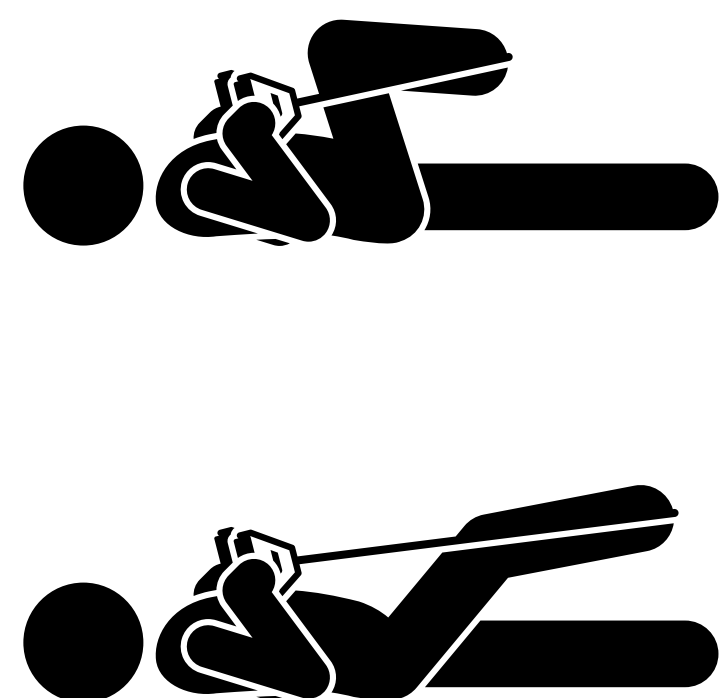
*Squat*



*Cross Body Reach*



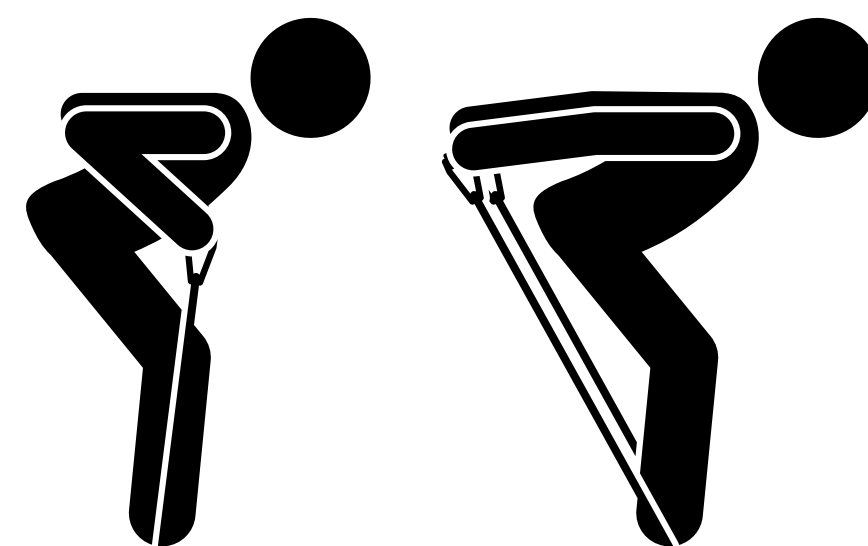
*Upright Rows*



*Lying Leg Extension*



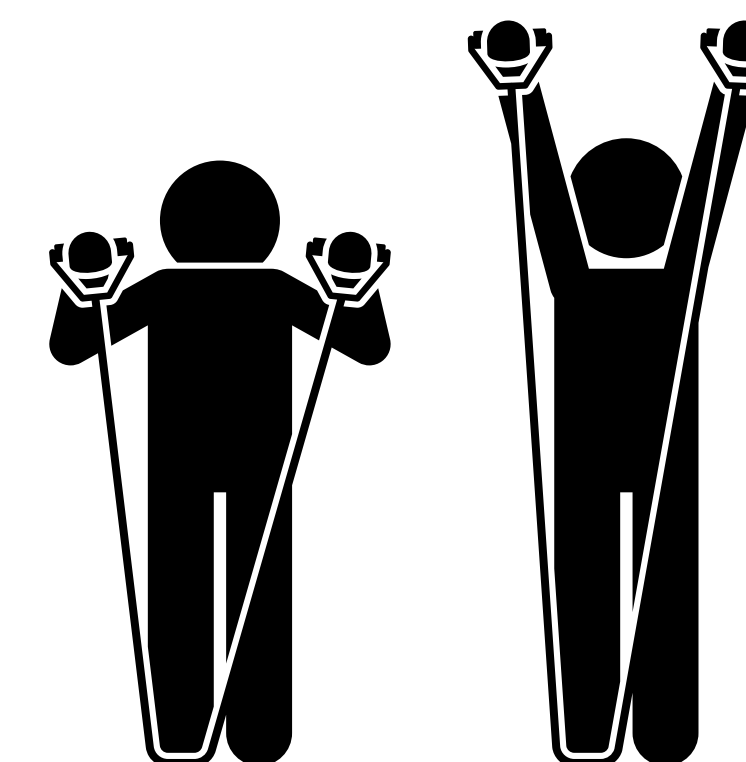
*Leg Extensions*



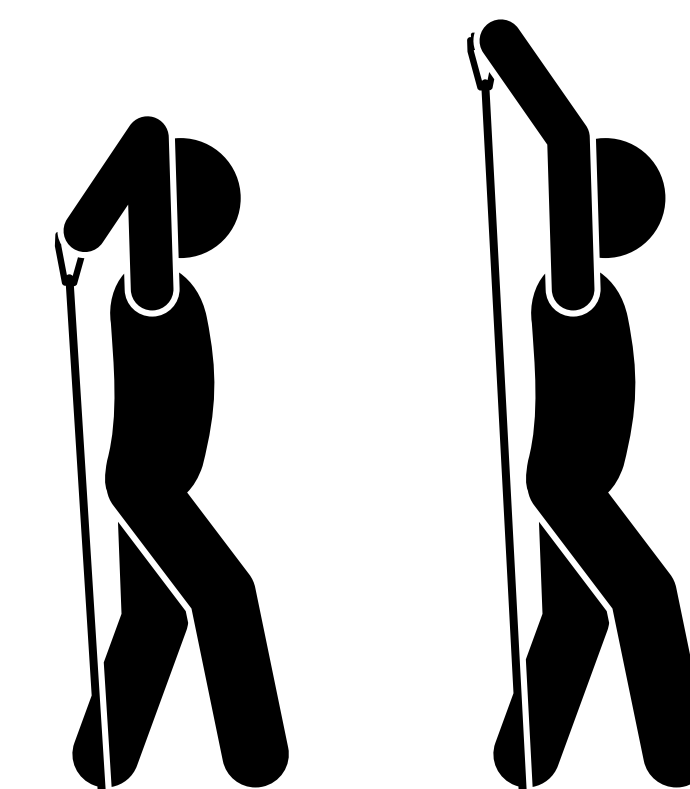
*Tricep Extensions*



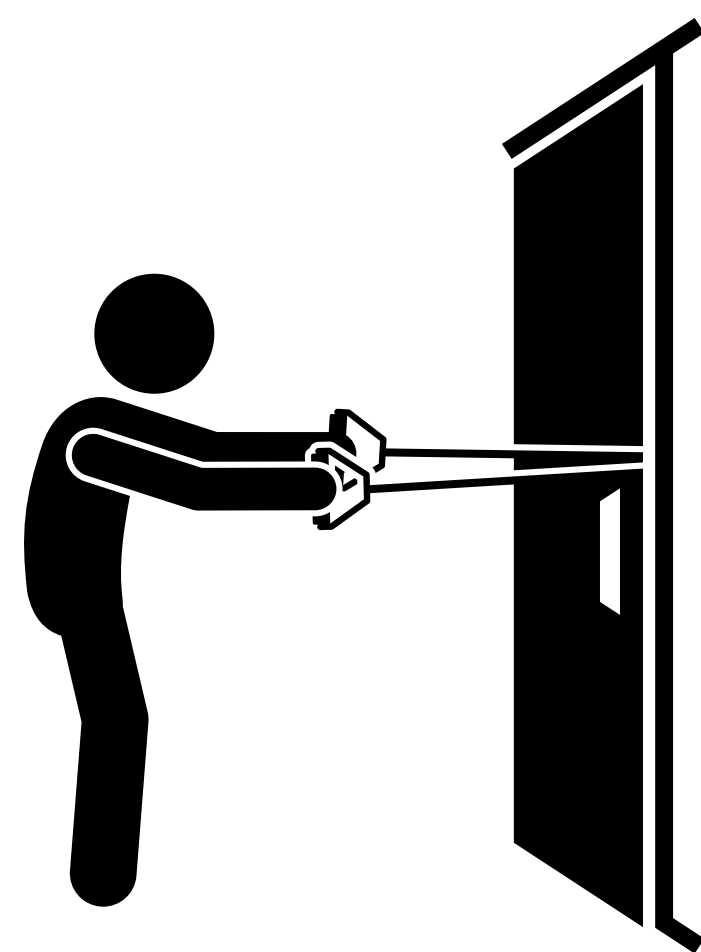
*Bent Over Row*



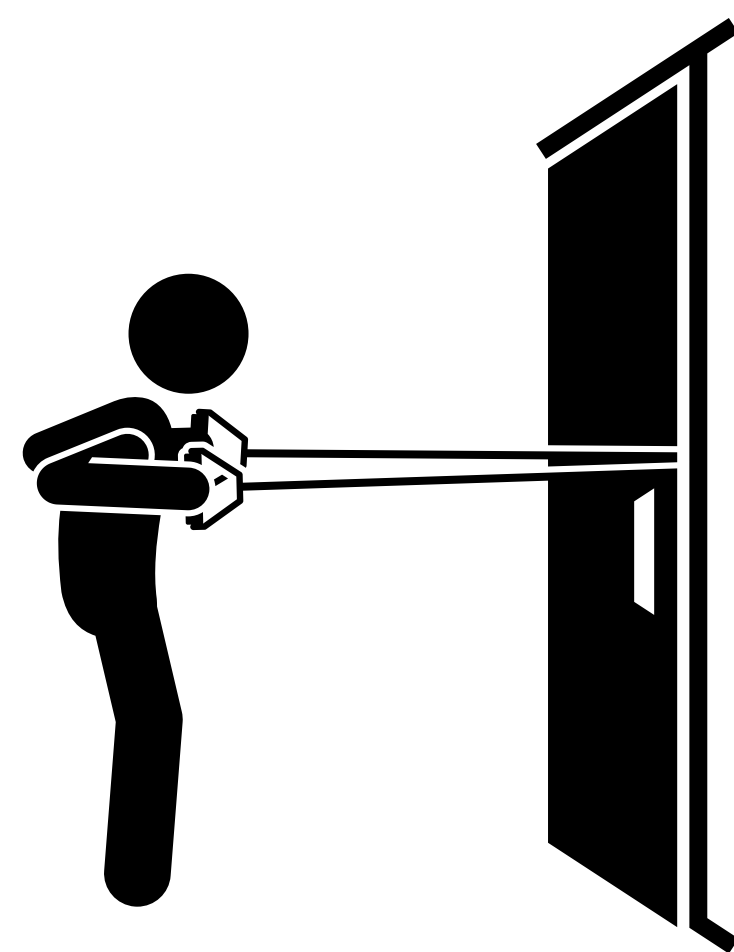
*Shoulder Stretch*



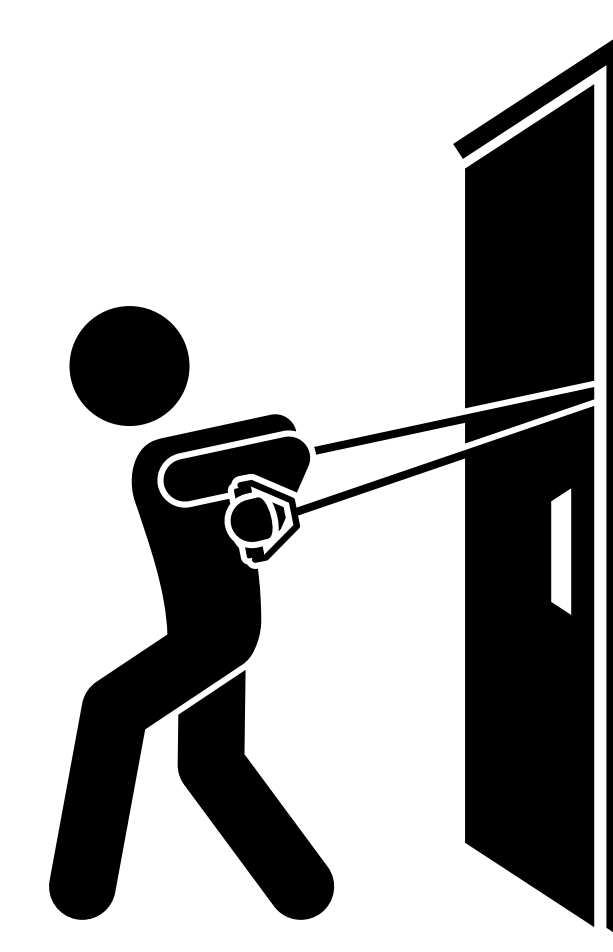
*Overhead Tricep Extensions*



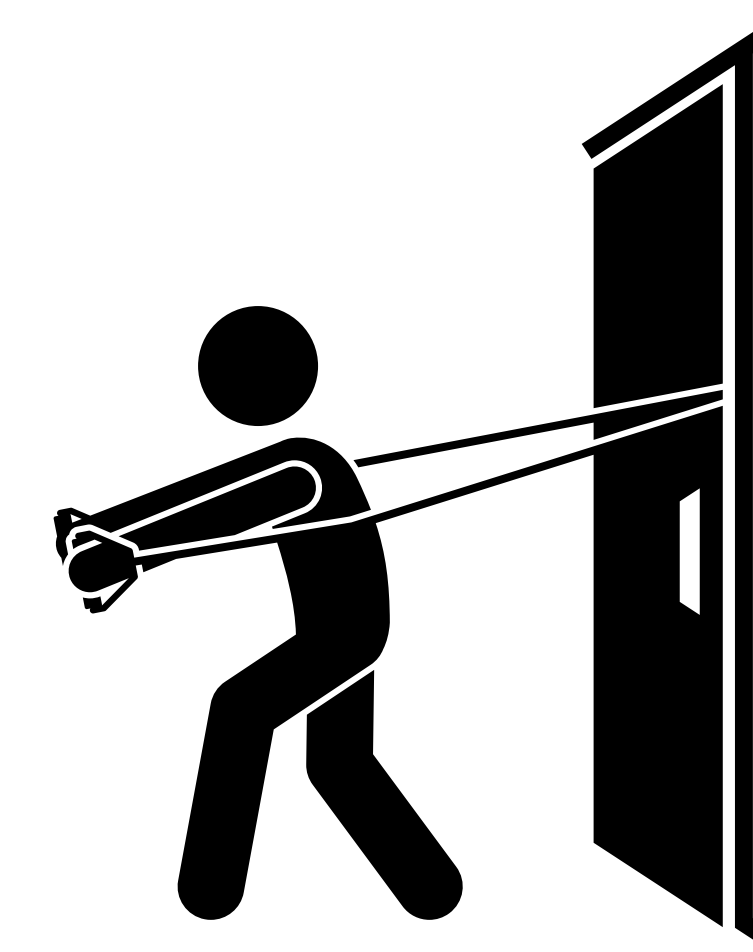
*Standing Row*



*Chin Ups*



*Chest Fly*





# WORKOUT TIPS, CARE & SAFETY GUIDE

Please read thoroughly before using resistance bands

## WORKOUT TIPS

- Practice exercises from the exercise guide without tube resistance bands. Once proficient with the movement, then incorporate bands.
- Always use the 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 resistance bands to dry thoroughly before and after use.
- Hand wash 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 resistance bands before each workout for tears or loose stitching. Discontinue use if either is observed as it can lead to injury.
- Ensure 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 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