

Instructions for use - care - safety

The products are made from 98% natural latex and have outstanding stretching properties for progressive resistance exercises in sports and therapy. To ensure the products' long lifetime, you must follow the instructions for use and care below:

INSTRUCTIONS for care & safety

- Protect the products from heat, dust and direct sunlight
- Avoid contact with sharp objects, fingernails, tarmac etc.
- Before use, check the fitness equipment for tears and irregularities
- Do not put any heavy or rough-edged objects on the products

Instructions for use

- Fitness tube**
- Never use the tube together with a stepper
 - Never step onto the tube with outdoor footwear > Only use with the dedicated aids such as the fix loop or door attachment
 - Only use the fitness tube indoors on smooth floors

Tip: Check the soles of your shoes for objects with sharp edges (e.g. gravel)



- Cuff tube**
- The Velcro must always be on the inside!
 - Make sure the tube is fixed outside around the legs (ill. j)
 - Do not let the cuff tube become knotted
 - Make sure the Velcro fastener is fixed tightly and both ends sit properly on top

Tip: Before each training session, pull the tube a little bit further through the nylon part in order to avoid abrasion in one area!



(ill. j)

- Rubber band**
- **Make sure the rubber band does not rub on coarse fabrics**
- Fit band**
- Do not stretch the rubber band to more than 500% of the original length

Tip: Wear the rubber band over socks if you have hairy legs!

- Do not fix the clip at the same point of the band every time (danger of tearing through squashing)
- Make sure the clip is always locked in place!
- Each end of the band should protrude by 2cm when the clip is locked (see ill. y)



(ill. y)

We do not assume liability in case of improper handling!