

Physician's Warning:

Consult a qualified medical professional before beginning this or any other exercise program. Discontinue any exercise that causes any discomfort and or dysfunction and consult with a qualified medical professional before resuming. The instruction and advice presented are in no way a substitute for professional training. The creator, producer and distributor of this program disclaim any liability or loss, personal or otherwise, in connection with the exercises or advice herein.

Latex Warning:

The BandIt bands contain 1-2% latex. If you have a latex allergy this amount should not affect you but always use caution.

Tips for using bands

- Do not stretch a single band greater than 2 times its own length. Doing so will increase risk of damaging the band.
- Regularly inspect bands for any signs of breakdown. BandIt bands are the most durable type of resistance band out there, but over time even they can show signs of wear and tear. If you suspect a band has a problem, do not use it. Each band comes with a 1 year manufacturer warranty.
- Avoid letting go of bands when they are stretched. This increases potential for breakdown, and can cause injury to the user.
- When storing bands, avoid extreme temperatures. Lying bands flat or hanging them is the best way to store your bands.
- Clean bands by wiping away any dirt with a damp towel and dry thoroughly.