



Important J-Bands Safety Information

BE SURE that the Carabiner clip (*the silver clip on the J-Band*) is **NEVER** in alignment with your neck, face or head when doing ANY of the exercises.

PLEASE be sure that the J-Band Carabiner clip is **ALWAYS** fastened to an **IMMOVABLE** and **SAFE** anchor. A chain link fence (*where the links intersect*), for example, is generally a safe option.



When fastening **silver clip** to a chain link fence be sure to fasten the clip where the links intersect for stronger support.

The J-Band is NOT to be stretched more than one-to-two feet of its original length — even for the strongest of students, because it can recoil with a great deal of force back toward you (in the event that the surgical tubing breaks, or breaks free from its fasten against). Increase repetitions if needed.

Keeping the J-Band out of the sun and away from your cleats (when not in use) will help maximize the longevity and safety of your J-Band. Upon noticing any cracks or cuts in the J-Band, replace it **IMMEDIATELY**.

The J-Band is not a toy and should not be used in any way other than the exercises that it is designed for.

Watch this J-Bands demonstration video for safety tips and training exercises.

