



CAUTION

Your Bodylastics system is not a toy. It is a serious piece of exercise equipment. In fact, what you have in your possession is the most powerful slingshot on the planet. Use it with caution and care! When using the door anchor, be sure to place it on the hinge side of the door and lock your door! When standing on the bands make sure to always wear athletic shoes, and position the bands securely under the arches of your feet. Always check your components (bands etc.) for damage prior to use. In the event that a component looks damaged, stop using it immediately and contact support@bodylastics.com to arrange for a replacement in accordance with the warranty.

While your Bodylastics bands have built-in snap reduction and safety tech, they are not snap proof! They will not catch you in the event that a band does actually snap. Similar to free weights or ANY other type of fitness equipment, you must always exercise common sense and caution. Regardless of the exercise performed, you must ALWAYS adjust your body weight in a manner to avoid losing your balance, in the event that a band does snap.

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Bodylastics User Manual

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Mary Glad,Peter William,2020-09-07 A Complete Practical Training Manual Guide On Resistance Band Exercises For Men Women 40 Exercises with illustrations Over 20 resistance band gadgets kits specifications detailed Exercise or exercising generally is a self healing practice that can remedy a number of physical pains injuries and bodily weaknesses even without the individual having regard to visiting the hospital However in recent times mountain climbers footballers basket ballers as well as athletes gets injured whether accidentally or by events in the line of duty they get to visit or consult their medical experts for the best medical advice And the healing process could take a very long time which could jeopardize the functionality and career of the player eventually Resistance bands are elastic and stretchy bands that are used in muscular building energy or strength recuperation wound rehabilitation without necessarily visiting the hospital There are of various weights offers different resistance measured in pounds lb as well as they come in different colours and sizes The resistance band s is are one of the best kinds of physical exercising practice that one can enjoy Its efficacy has been tested and proven to be true for quite a number of fitness exercises and from practical research This book on resistance band therapy exercising was carefully researched and detailed with over 40 resistance band exercises explained with step by step guides This book also contains what you need to know and do in preparation for your resistance band exercise It is made up of seven 7 chapters with every chapter having a mind blowing experience s Elaborate and useful details in specifications for over 20 different types of resistance bands kits gadgets are explained in the chapter three 3 of this book Get this book for yourself and grab a copy for a friend Have fun exercising **Resistance Band Exercise Manual** Lambert

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