



Safety Information

This is the boring part so let's get this out of the way first...

PLEASE DO NOT USE ELASTITONE PRODUCTS UNTIL YOU HAVE READ & UNDERSTAND THESE INSTRUCTIONS FULLY, AS YOU MAY INJURE YOURSELF AND/OR DAMAGE THE BANDS IF YOU DO.

As with all exercise and gym equipment, it should be checked before every use for Defective/damaged parts to ensure you do not become injured during use.

If you let somebody other than yourself use you ElastiTone equipment, please make sure they read the below info full before doing so.

Product Safety Information

People with latex allergies will probably be able to use these bands as they are covered in a sleeve, however it is best to check with your doctor first.

Be sure the resistance band or tubing is securely anchored or clipped to a sturdy object or attachment before using. If standing on a band, make sure the band is in the centre of the sole of your foot, as the band may become loose and hit you if it is not.

Safety Goggles

In the past when selling non sleeved bands it was recommended to wear safety goggles when performing exercises that may result in the band snapping and hitting a user in the eye. With a sleeve I honestly cannot see how this could happen, however for legal reasons I still recommend you use them if you are performing movements with the band in such a position that it may hit you in the face.

Even if the band did brake the sleeve should stop it hitting you, but there are still other things that could occur. For example somebody could open your door without warning, which could cause the anchor or band to come loose and hit you.

Obviously this is not a common occurrence and I am yet to hear of this ever happening, but ElastiTone is not responsible if it does.

Other things should also be considered, such as if you accidentally let go of a handle, or perhaps a defective component causes a handle to come loose (there have been no reports of this so far) any nearby objects could be broken and people standing nearby could get hurt, so please do not workout with bands close to expensive vases or windows or children for example! Of course this is just common sense, ElastiTone is not responsible for any damages or injuries if such things occur.

Usage Instructions

How to use the bands correctly.

To prevent breaking your bands, do not constantly max out the sleeve length, you should always allow a bit of slack and make sure the sleeve is more or less evenly distributed across both sides of the band before use, otherwise one side will stretch further than it should, and the opposite side won't stretch far enough.

If you are constantly maxing out the sleeve then you are using the wrong band, and you should use a higher tension band or add another to increase the tension. Stretching a band that does not offer you enough tension further will increase its tension, but it is better for both you and for the band to increase the resistance by adding or swapping bands instead, which is how they are designed to be used, instead of constantly maxing out the length. If you are tall and find that the length is not enough for the overhead press, use one foot on the band instead of 2.

If you are super tall, use one foot on the band and squat so that your opposite leg (the one not standing on the band) has a knee on the floor, like a split squat. You can also increase the length of the bands by attaching the band to an ankle strap, and the ankle strap to a handle, as shown below.



How to even out the sleeve.

With the sleeve as evenly spread across the band as you can get it, place your hands at either side of the centre of the band as show in the image below...



Now move your hands apart whilst holding the nylon, so that it straightens out along the band and is not bunched up, as shown below...



Take your hands as wide as you can, so that most of the sleeve becomes bunched up at the ends of the band and not so much in the middle. It will probably still be slightly bunched up.

Door Anchor /Jammer Instructions:

First, alert people that you are going to be using the bands and ask them not to open the door until you have finished.

Now, open the door, place the foam end of the anchor outside the room you are going to be working out in, and close the door.

See the images below for an example...





Now place your band through the loop in the end of the door anchor, as below. It is now ready for you to use!



The anchor is best used so that when you pull it, the door is being pulled towards the closed position, which for most people will be in the hallway, since most doors open inwards. However if you cannot do this, or do not want to do this, make sure you jam the door shut with a door wedge or lock the door. It is also best to use the anchor close to or in the hinged side of the door, as there is less chance it will open. NEVER use a door that could come open during use or an anchor point that could become loose or unstable or break.

There is also a carabiner hook on the end of the door anchor, you can attach one end of a band to this and the other to yourself for things such as resistance running for example, with an ankle strap attached to the back of a belt etc.

Other than this the hook is not needed and should be removed and kept as a spare.

Loop anchor instructions.

Just wrap the loop anchor (sold separate) around a tree or post for example, then thread one end loop through the hole in the other end loop, pull tight and then thread bands through the free loop the same way as you would the door anchor. Simple.

The Clip System



This is self-explanatory really, the handles and straps have hooks attached and the bands have rings so you can use them together. You can use 5 bands at once comfortably, the hooks will actually allow all 7 to be used but it is a squeeze.

Using more than one band at a time is very useful when you want just a bit more resistance but not as much as the next band up, for example instead of jumping from Heavy to Extra Heavy, which is quite a large difference, you might want to try Heavy plus Extra Light first.

Exercises

For exercise examples there are hundreds if not thousands online, in both video and chart format, and since all bands work the same way you can watch any video or follow any instructions from any brand or any person and it will still apply to ElastiTone bands. There is no need for me to repeat what has already been done many times.

A collection of some of the best videos can be found at <http://www.elastitone.com/ResistanceBandExercises.html> or simply do a google web search, google image search or google video search.

Health & Safety Legal Disclaimer: All information and content on the ElastiTone website is not intended to be a substitute for advice by a qualified personal trainer or healthcare professional. If you suffer from a health problem or injury that could affect your ability to exercise then you should consult a qualified healthcare professional before using any exercise equipment or routine.

It is the user's responsibility to check all equipment for defects before each and every use. ElastiTone.com uses high quality parts and components to prevent such things occurring but all equipment should still be checked to be safe. You should also make sure that you or the intended recipient have read and fully understand the instructions provided on this site before use.

Thank you!

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