

## Instructions & Safety Information

*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 break 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.

**IMPORTANT: Before standing on or anchoring the bands, you must take note of the following!**

If you find that the sleeve stops you from stretching the band as far as you should be able to (normally only a problem with the overhead press), follow the below steps...

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.

The reason for doing the above is so that you are not stood upon or anchoring bunched up sleeving, because if you do you will not be able to stretch to its full potential which is a pain for exercises like the overhead press.

### **Note regarding the Overhead / Military shoulder press...**

You should never use a wide foot spacing when doing the overhead press, as you will not be able to press the band very far if you do. Taller users may need to use just one foot on the band with the other behind you, or use a "split squat" position (as above but with your knees bent) which is what most brands recommend.

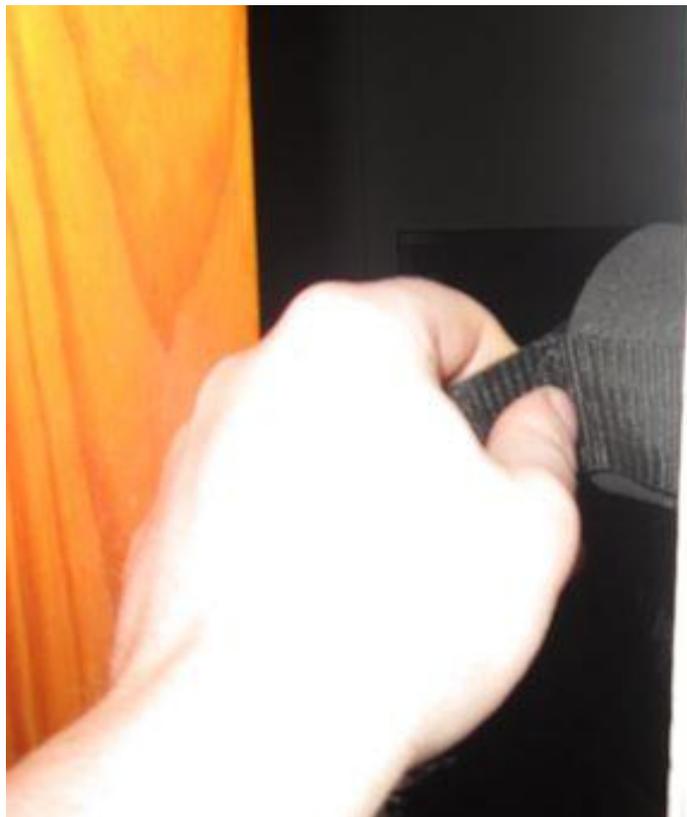
Another method is to put the band through a door anchor at the bottom of a door instead of standing on it.

You can also simply extend the length of the band by using the adjustable ankle straps looped through the rings on the band, as pictured below. This is by far the best method in my opinion.



### [Door Anchor /Jammer Instructions](#)

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.





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. Also always let people know you are using the door before you begin so that they do not open the door! If possible, stick a note on the door letting people know.

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.

### 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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