



Exercise Tubing

Safety Precautions

WARNING - Thera-Band® Exercise Tubing* can cause serious injury when not used properly. Use Thera-Band® Exercise Tubing only upon the recommendation and under direction of a trained, licensed health care professional. Do not use the exercise tubing in any manner that may cause it to snap towards the head and cause injury to eyes. Thera-Band® Exercise Tubing is not a toy. Adult supervision is required at all times when children are exercising with Thera-Band® Exercise Tubing.

Safety Precautions and Maintenance

Always examine Thera-Band® Exercise Tubing before use for nicks, small tears or punctures that may cause the tubing to break. If you find any flaws upon examination, discard the product and replace with new lengths of Thera-Band® Exercise Tubing before performing any exercises.

Store your Thera-Band® Exercise Tubing at room temperature in a box or hang it in a dark area. Do not store Thera-Band® Exercise Tubing in direct sunlight.

Protect your Thera-Band® Exercise Tubing by keeping it away from sharp objects. Remove rings before using. Beware of sharp fingernails. For exercise tubing which is used in chlorinated water, special care is needed to maintain the tubing. After use in chlorinated water, rinse the exercise tubing thoroughly in tap water to remove any traces of chlorine. Allow the exercise tubing to air-dry completely.

***Caution:** This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.

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