



Band and Tubing Accessory

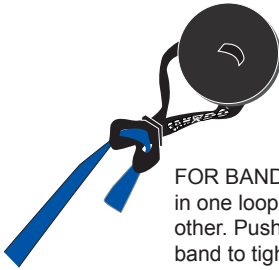
DOOR DISC ANCHOR STRAP

- ▲ heavy-duty webbing for durability
- ▲ easy to load and unload exercise band or tubing into anchor strap
- ▲ place flexible disc in door jamb at any height, even on top of door!

USE YOUR DOORWAY TO CREATE A WORKOUT STATION!

Inserting Band or Tubing Instructions:

① First, create double loop at end of webbing.

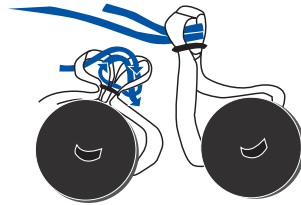


②

FOR BAND: Thread band in one loop and out the other. Push buckle toward band to tighten.

②

FOR TUBING: To use with tubing thread tubing through loops twice. Thread in one loop and out the other, then repeat. Push buckle toward tubing to tighten.



③ Make sure band or tubing is locked in place by tugging on band or tubing.

Mounting Instructions: Choose a door that is not used often and that will allow you enough room to perform your exercises. Place the webbing in the door jamb or over the door, so that when the door is closed the round disc is secured on the opposite side of the door.



Close and lock the door before starting your exercises. Make sure door latches and locks and that no one opens the door during use. Make sure anchor is firmly in place before using.

FOR EXERCISE AND FUN

Exercise routines should be determined by a healthcare professional. Routines should include number of reps, sets, times per day and times per week.



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