

## Directions for Handling, Connecting, and Securing Thera-Band® Resistance Bands and Tubing

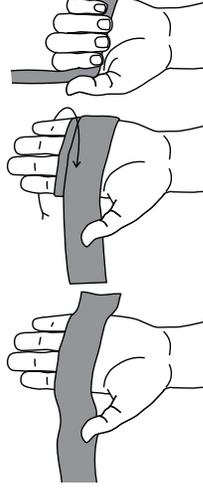
*Always examine your band or tubing before use; discard and replace if you notice any tears or nicks. Protect the eyes during exercises that may cause the band to snap back toward the head. Check routinely for evidence of wear of the band at connection points and replace the band if evidence is found.*

### Handling the Bands

Your elastic band or tubing should be securely attached to your hand or foot before use to avoid slippage and possible injury. “Double wrapping” the band may help secure the band to your hand or foot. Never exercise with the band or tubing unless it is wrapped around your hand.

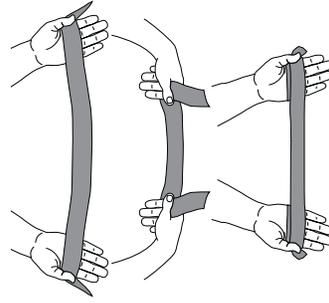
### Grip Wrap

Lay the band flat in your hand with the end toward your pinky finger. Wrap the long end of the band around the back of your hand. Repeat as needed. Firmly grasp.



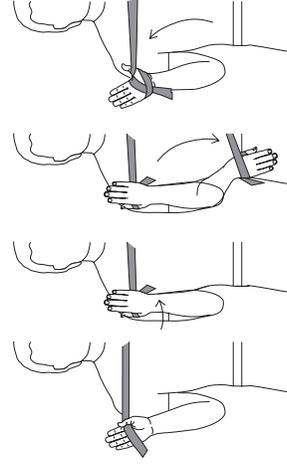
### Palm Wrap

Begin with palms up and ends of band between the thumb and finger. Rotate your palms inward, bringing the band around the back of your hands. Repeat as needed. Firmly grasp.



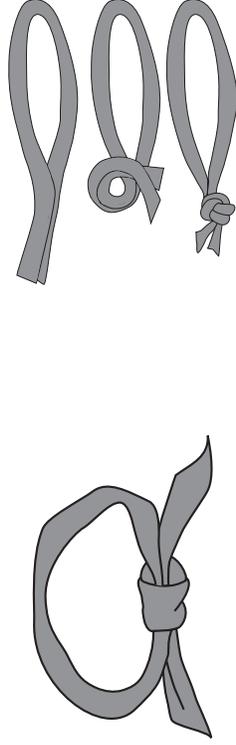
### Euro Wrap

Begin with palm facing forward and ends of band between the thumb and palm. Rotate your arm inward. Turn your hand downward, bringing the band around the back of your hand. Return the palm facing forward, bringing the band between the thumb and fingers.



### Creating Looped Bands

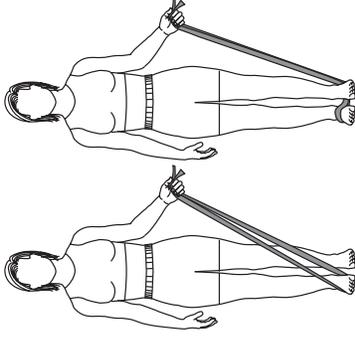
Loops can be easily created for upper or lower body exercises.



Short length band: Tie each end in a square knot

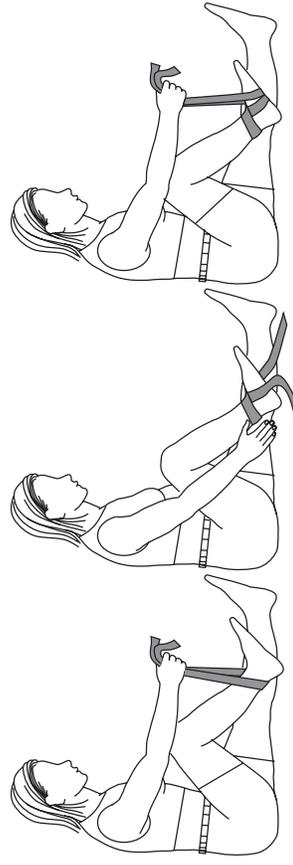
Long length band: Tie ends together in a simple knot, leaving long loop of the band.

### Using Bands for Lower Body



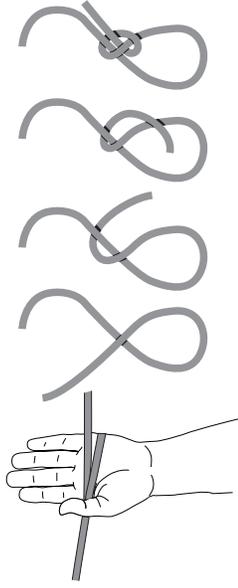
**Foot Loop:** Stand on the middle of the band. Loop over top of foot and stabilize other ends with opposite foot.

**Foot Wrap:** Stand on middle of the band. Wrap one end of the band around the top of the foot.

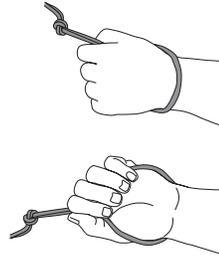


**Ankle Wrap:** Place the back of your ankle in the middle of the band. Cross the ends in front of your ankle and bring them down on the sides of the ankle. Cross ends under the foot and bring up around the sides.

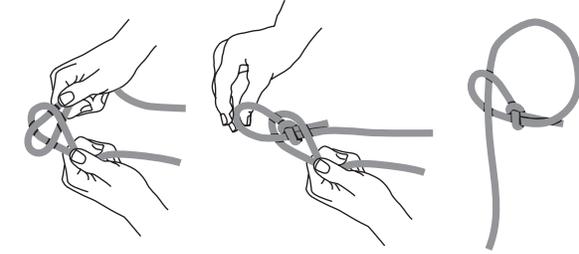
### Handling the Tubing



**Looped Handle:** Begin by wrapping the tubing around the palm to determine the size of the loop. Make loop by crossing tubing over and around, pulling end through hole. Be sure the loops are tight and secure before using the tubing. Repeat on other end of tubing.



Place entire hand through the tubing loop and grasp.



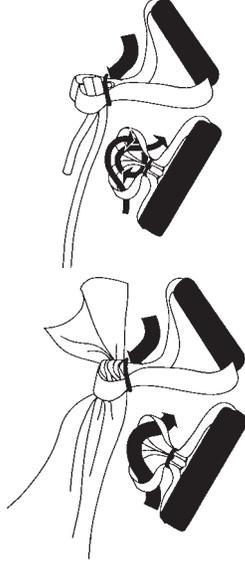
**Leg Tubing Loop:** Place one end of the tubing loop through the loop on the other end of the tubing making a large loop. Step into the large loop and pull on end of tubing to tighten.

### Using Elastic Resistance Accessories

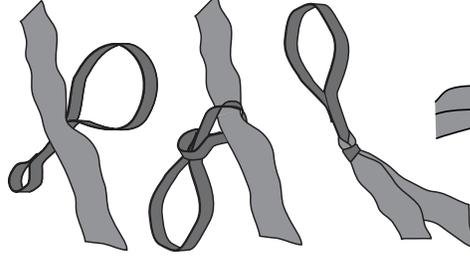
*Accessories can also be used to connect or secure elastic resistance, including handles, door anchors, extremity straps, sports handles, and Assist™ straps. Monitor the attachment periodically for slippage and tighten as necessary.*

#### Using the Cinching System

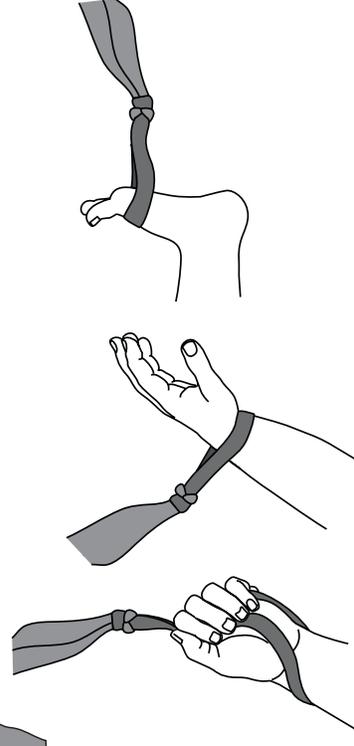
(Handles, Door Anchors, Extremity Straps and Sports Handle): While pulling down the black buckle on the accessory, push up the webbing to create a double loop.



Thread one end of the band or tubing through one loop and back through the other. Tighten down the buckle to lock in place. Loop band once and tubing twice to secure safely. Slide buckle towards looped band or tubing to tighten.



**Using the Assist strap:** Lay the end of the band over the middle of the Assist (between the large and small loops). Bring the large loop of the Assist through the small loop. Cinch the Assist down to tighten.

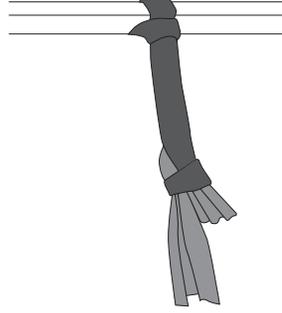
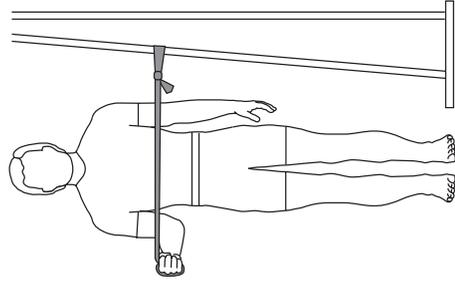


Place wrist inside large loop and grasp Assist. Use around foot for ankle exercises.

## Securing the Band / Tubing

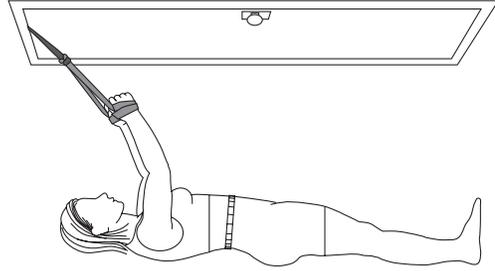
*If you are connecting your band or tubing to an external stationary object, be sure that object is heavy and sturdy enough to resist the exercise.*

Heavy gym equipment\*:



*\*Recommend using the Assist™ strap to external equipment*

Door (Using Door Anchor):



Wall Tree (Using Assist Strap)

