



Sunny Health & Fitness Strength Training Band Combo

NO. 088-COMBO

Safety Precautions:

1. Inspect bands and handles before every use. Check for cuts, nicks, scratches, cracks, punctures, discoloration, or anything that looks like the band may be weakened in that area. If any flaws are discovered discard the band immediately and never attempt to repair a damaged band.
2. This product is not a toy, keep out of reach of children, pets or any individual who requires supervision.
3. Never release a resistance band while under tension. A release under tension can cause the band to snap back toward the user and result in significant injury.
4. Begin all exercises slowly to ensure band strength.
5. Avoid jerking the band.
6. Never stretch a resistance band over 2.5 times their length.
7. Do not exercise with resistance bands on uneven surfaces
8. Resistance bands are not toys and should never be used for any activity other than the specific exercises they were designed for.

Storage and Care:

1. Clean bands by wiping with a damp cloth.
2. Do not use soap or any cleaning products to clean bands as these can deteriorate the strength of the band.
3. Avoid storing bands near direct sunlight.
4. Keep stored bands away from heat sources.
5. Bands should not be stored outside or in cold environments.
6. The ends of the band where the handles are connected to the band are the weak areas and should be checked before every use for damage.

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

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).





Sunny Health & Fitness stands behind the quality of every product we carry. Our commitment to you is to provide you with the necessary tools to become better.

For detailed workouts & troubleshooting guides, please visit our YouTube channel at:

 www.youtube.com/sunnyhealthfitness

Your feedback enables us to improve on our products and services. We would love to hear from you! You can reach us at:

support@sunnyhealthfitness.com



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