

Anywhere Anchor

Instructions

Identify the stationary object you will be using the anywhere anchor on, such as a fence, utility pole, or other stationary object, and wrap the anchor around it. Take one of the looped ends and thread it through the loop on the other end of the anchor and pull tight. You are now ready to begin using the anchor.

Warnings:

1. Always ensure the object you are anchoring to is sturdy enough to accommodate the amount of stress being placed on it.
2. Anchor is only meant to be used as intended; never wrap any part of the anchor around your body or any body parts.
3. Anchor is meant to be used in conjunction with resistance bands.

Resistance band warnings:

1. **WARNING**- DO NOT wrap B.M.P.® bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.
2. Consult your physician before beginning any regular exercise and for safety instructions.
3. Always examine your B.M.P.® bands and door anchor for any defects, cracks, cuts, tears, or imperfections before use. If there any imperfections, stop using bands immediately, and contact B.M.P.® support.
4. Never wrap B.M.P resistance bands around any objects including Trees, poles, fences, chairs, vehicles, Desks, ETC.
5. Do not use B.M.P. ® resistance bands for any use than exercise.
6. Do not overstretch B.M.P® resistance bands. (max stretch 3 X resting length)
7. Always exercise in a stable position. Do NOT rely on resistance bands to support body.
8. Always use safety glasses when Using B.M.P. resistance bands
9. NEVER align stretch resistance bands with face or any sensitive parts of body.
10. When starting exercise, start slowly. Start with a light tension band and move slowly towards higher tension bands.
11. Use B.M.P.® bands only as directed.
12. Children below the age of 18, use only under adult supervision.
13. Black Mountain Products assumes no Liability for the accidents or damage that may occur with the use of B.M.P. Bands

WARRANTY

1. All B.M.P. products are FULLY warrantied for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products ® by telephone or e-mail if there is any missing, damaged, or defective products. (224)-655-5955
3. Warranty does not cover any incidental damage.
4. Void, where limited or prohibited by law.
5. B.M.P. ® reserves the right to alter the warranty at any time.