

Black Mountain Products Resistance Band Sleeve

Instructions:

Open Velcro portion of the resistance band sleeve and place any bands you are using inside the sleeve and seal the sleeve up. Use sleeve as a barrier between you and the bands when performing exercises that require you to stand on the bands. Always keep Velcro portion of the sleeve away from you when performing exercises.

Warranty Support: Warranty@BlackMountainProducts.com
Telephone: **(224) 655-5955**

WARNING --- READ BEFORE USE

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 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 bands are 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.
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.

