

Resistance Band Sleeve Instructions

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

Warning! Read Before Use

- DO NOT wrap the B.M.P.® Resistance Band Sleeve around any part of your body, including but not limited to, neck, legs, wrists or waist. This may result in serious injury or death.
- Consult your physician before beginning any regular exercise and for safety instructions.
- Use the B.M.P.® Resistance Band Sleeve only as directed.
- Children below the age of 18, should use only under adult supervision.
- Black Mountain Products assumes no liability for accidents or damage that may occur with the use of B.M.P.® Resistance Band Sleeve.

Warranty

- All Resistance Band Sleeves are warrantied for life (shipping and handling charges may apply.)
- Contact Black Mountain Products online, by telephone or e-mail if there is any missing, damaged, or defective products.
- Warranty does not cover any incidental damage.
- Void where limited or prohibited by law.
- B.M.P.® reserves the right to alter the warranty at any time.



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Revised May 2021

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