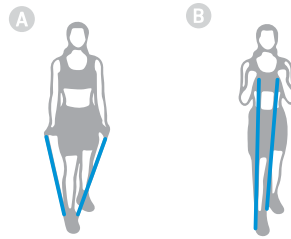
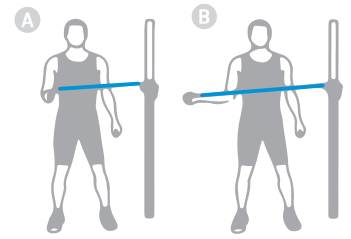


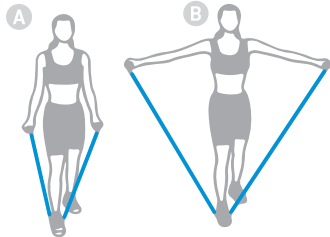
1 TRICEP EXTENSION



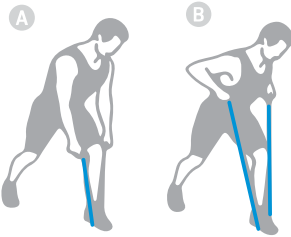
2 BICEP CURL



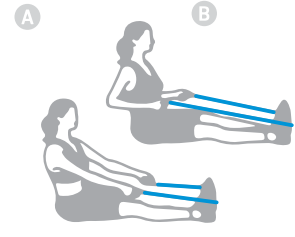
3 CHEST FLY



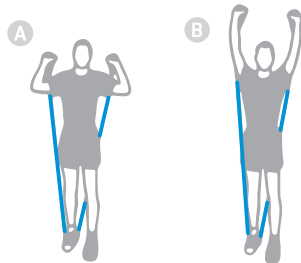
4 LATERAL RAISE



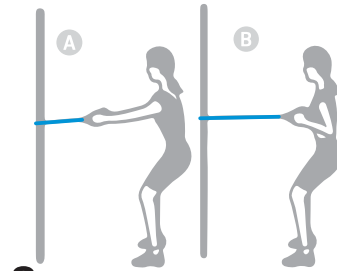
5 BENT OVER ROW



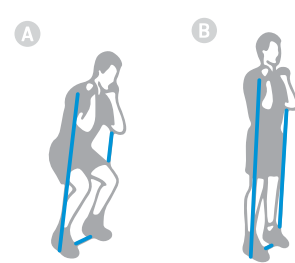
6 SEATED ROW



7 SHOULDER PRESS



8 STANDING ROW



9 SQUAT

WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

- As with all exercise equipment, there is risk of injury when not used correctly.
- Please ensure bands are gently stretched and all connections are tested before use. If there are any signs of abnormalities before use, do not use the band.
- Please ensure that all exercises are pointed in the direction away from the face.
- If a defective item were to break during exercise there is risk of injury. It is advised to wear safety glasses for extra protection.
- Please ensure that the bands are not overstretched by more than 1.5 times their original length.
- To reduce the risk of injury, please follow the guidelines and consult your physician before starting a fitness program. ACON will not be liable for any special or consequential injuries that result from the use of this product.
- Examine the resistance tube to ensure there is no tear.
- If you are suffering from any illness or experiencing discomfort during use, please consult a medical practitioner.
- Always start with the light resistance.
- If you experience dizziness or shortness of breath, stop immediately.
- Not intended for use by anyone under 14 years of age.
- The resistance tube should be kept away from the person who is allergic to latex.
- **Choking hazard. Small parts. Keep away from children and pets.**

CARE & MAINTENANCE

- Keep your tube clean. Periodically wash them with a little water and some mild dishwashing soap.
- Do not expose your tube to any oil-based products. Like any latex, oil will substantially harm the material.
- Keep out of direct sunlight exposure.
- Avoid exposure to extreme heat, such as enclosed car or garage above 110 °F / 42 °C or below freezing. Always store your tube in a moderate temperature environment.
- To avoid cutting, keep your tube away from any sharp, rusted or other unsafe objects in the gym or where you workout.

ACON *FIT*
RESISTANCE TUBE