

ELITE ATHLETE **FITNESS EQUIPMENT**

SAFETY AND CARE GUIDE

***Elite Athlete Fitness Equipment,
1st in fitness by providing high quality
products designed for athletes with
high quality workout guides
to help you train elite.***

ELITE ATHLETE FITNESS EQUIPMENT

Make your workouts safer and more effective by following all recommendations. Getting injured is a risk for all athletes but with proper training you can achieve your goals safely.



POWER BAND SAFETY:

- *Consult with your physician before beginning any exercise routine.*
- *Resistance Bands are not a toy and should be kept away from children. Supervision by a person of 18 years of age is recommended and fitness equipment should not be misused or abused.*
- *Always inspect equipment before use and do not use damaged or defective equipment. Power bands should be discarded if there are any cuts or scraps.*
- *Do not wrap power bands around any corroded metal, wood that can splinter or sharp edges.*
- *Only attach bands to an anchor that is sturdy enough to handle double the amount of maximum resistance being applied to the bands.*
- *Never wrap any equipment around your neck or in any other way that can be unsafe.*
- *Never stretch bands more than twice their starting length.*
- *Resistance bands are made of latex and should not be used if you are sensitive to latex. If you have an allergic or negative reaction discontinue use and contact a medical professional.*
- *Wash hands directly after using equipment and never touch your face or eyes during use.*
- *Wear gym shoes and snug work out clothing when using resistance bands.*

WORKOUT BASICS:

- *Train smarter by going to [EAFitnessEquipment.com](https://www.EAFitnessEquipment.com) to access to the Elite Athlete Foundations Workout Guide and links to new fitness articles and videos that will be posted each month.*
- *It is recommended to have a certified trainer or coach assist you in learning proper technique and progression.*
- *Always perform a warm-up and never use heavier resistance than is appropriate for you.*
- *Practice suggested exercises by performing movements without resistance bands first, then use the lowest recommended resistance bands to develop proper technique.*
- *Once you have developed proper technique, choose the resistance that is optimal for your strength training.*

POWER BAND CARE:

Inspect resistance bands for cuts or scraps before use. If cuts or scraps are present, do not use power bands. Discard and purchase replacement bands at [EAFitnessEquipment.com](https://www.EAFitnessEquipment.com)

Clean power bands using warm water with dish soap on a microfiber rag. Wipe down the bands with the soapy rag, rinse off in warm water and dry.

Store resistance bands in a dry area at room temperature, to increase lifespan. Hanging them on a wall a great way to store power bands to ensure they dry.



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Use the Elite Athlete Power Band Resistance Chart and recommendations in the [Elite Athlete Strength Training Guides](#) to help you choose the right band to achieve optimal resistance. Always follow the safety guidelines and make sure bands are anchored securely.

Double up the band making two loops or anchor the band in the middle holding both ends to double the amount of resistance of a single band.

ELITEATHLETE	<u>40 - 100LBS</u>
ELITEATHLETE	<u>30 - 80LBS</u>
ELITEATHLETE	<u>20 - 65LBS</u>
ELITEATHLETE	<u>14 - 50LBS</u>
ELITEATHLETE	<u>8 - 35LBS</u>
	<u>5 - 25LBS</u>
	<u>2 - 15LBS</u>



Elite Athlete Fitness Power Bands are ideal for improving athletic performance and functional fitness, they are custom designed to have the most precise resistance levels. Power Bands also use variable linear resistance which can be adjusted by fractions of a pound making them more versatile. The more a power band is stretched, the greater it's resistance. You can adjust the resistance easily using a variety of resistance adjustments. Examples below are ways you can adjust your resistance to optimize your training. EAFitnessEquipment.com has more ways to adjust the resistance and detailed tutorials of how.

Add an extra loop around your foot.



Adjust your grip by holding the band making it shorter.



Pull band around a second anchor like under your foot.



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Never miss a workout!!!
Elite Athlete Power Band Kits are easy
to use at home or when traveling.

Door Anchors make it easy to set up
anywhere there is a secure door.

**Loop the power band securing it to
the loop on the door anchor.**

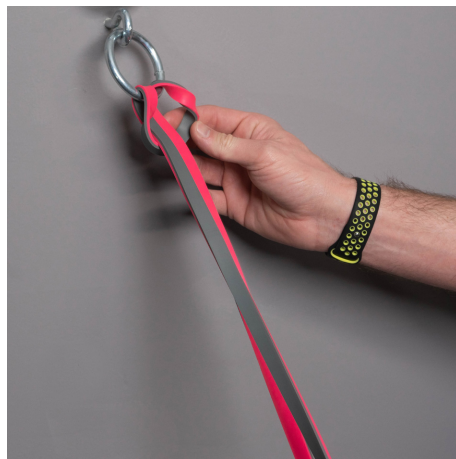
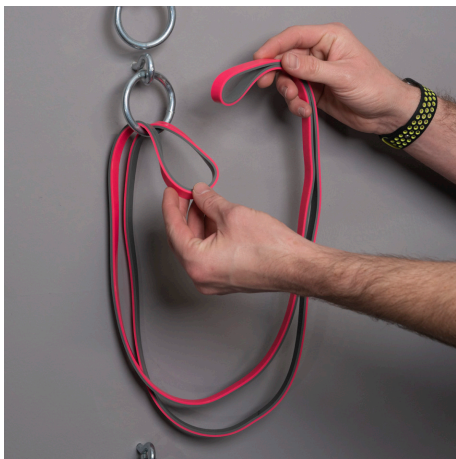
**Place foam ball on other side of door
and close the door securely with the
loop end sticking out at the desired
location on door frame. Make sure
the door will not be opened during
use.**

**Adjust the location along the door to
get the optimal angles of resistance
for each exercise.**



**Power Bands are not limited to being anchored by door anchors and can be attached to any secure object that
will not damage the bands. Some commonly used anchors are hand rails, power racks and kettle-bells.**

Looping power bands around rings, hand rails, power racks and other sturdy anchor points is easy. Pull one end a couple inches around the ring or other secure anchor, then pull the other end through the inside of that loop and pull tight till the power band is snug. Always test how secure the anchor your band is looped on, before using it to exercise.



Elite Athlete Fitness Equipment will continue to publish more advanced and specialized workout guides and videos to keep you progressing to the next level of strength, speed and performance.

[Subscribe](#) to access workout guides, articles and videos.

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**Elite Athlete Fitness Equipment offers strength training clinics and discounts for teams
and schools, ask your coach to contact us at [EAFitnessEquipment.com](#)**

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