

## **User Guide for Lifeline USA Cables**

- Consult your physician before beginning any physical training program or using any new physical training equipment. Do not perform exercises that cause injury or irritation to a pre-existing injury.
- Children (under the age of 16) must be supervised by an adult to use the Cables.
- Before use, make sure the cables are securely attached to the handles. If using one cable, attach the cable on the centre of the handle, if using two cables attach either end, leaving the centre free.
- Inappropriate use of the Cables may cause property damage, personal or other injury. Study all available training materials to ensure safe practise.
- Only use the Cables after wiping hands and equipment with dry cloth to remove wetness or oiliness or checking to ensure that the handles are not saturated with sweat.
- Establish a clear training environment for the Cables consisting of more than an arm/body's length in all directions.
- Inappropriate use of cables can lead to equipment malfunction and destruction:
  - o 1. Do not place the cables over abrasive surfaces
  - o 2. Cables must be checked before and after every use for scratches, cracks, cuts and abrasions. If any of these are found, discard the cable and replace it.
- Always use common sense when using Fitness Cables and TNT Cables
- The maximum pull for Fitness Cables and TNT Cables are three times the resting length.
- On the blue and black cables, you may need a partner to stretch the bands sufficiently to attach the handles (this depends on your level of strength).