CAUTION

- This product is not a toy; children should be supervised by an adult when using any exercise product.
- Do not pull the tubing more than 3 times the original length of the tube to prevent exceeding the elastic limit of tube.
- Inspect the tubing regularly for cracks, tears or other damage. Discard product if worn or damaged.
- Keep tubing away from face when preforming exercises.
- Never release the tubing when it is under tension.
- Do not use in an area where tubing could strike others.
- Read all instructions carefully before using.
- NZ Manufacturing assumes no liability for accidents or damage that may occure with the use of this product.
- Consult a physician for precautions before using this or any other exercise device if you are not currently involved in a regular fitness program.

WARRANTY

Products are warranted against defects in materials and workmanship for 90 days from the date of purchase under intended usage.

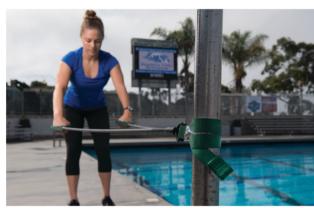
CARE AND MAINTENANCE

The latex tubing is sensitive to ozone and the ultraviolet rays of the sun. When a chalky texture developes on the tubing, a rubber treatment like Armorall will bring back a shiny black surface and serve to protect the surface from further degradation.

For in-water swim training products, rinse the tube with clean tap water to remove any chlorine to prolong product life.

MOUNTING





Since 1985 NZ Manufacturing has been producing the highest quality resistive exercise products for swim training, physical rehabilitation, sports training and general fitness.

For more information, contact us!



800-886-6621 • www.nzcordz.com





USAGE GUIDE



Gear for **STRETCHING**, **EXERCISING** and **TRAINING**

CONGRATULATIONS on your purchase of STRECHCORDZ® training equipement. Proper use and care will prolong the life of your STRECHCORDZ® products.

GETTING STARTED:

In an area with plenty of room to do all the exercises, select a sturdy anchor point such as a door, railing, closet rod or pole. Use the mounting loop as a slip knot around a pole or rod, use the door mount strap at the hinge side of a door, with closing towards you.

STRECHCORDZ® HANDLES & PADDLES:

Mount shoulder height for upper body exercises such as full swimmers pull, chest flys, tricep exercises such as bicep curls, overhead raises, shoulder shrugs or abdominal crunches.

STRECHCORDZ® LEGSTRAP:

Mount parallel to ankles. Always maintain proper form with every exercise you do. Focus on the muscle group you are training, and avoid bad form to finish a repetition.

Start Training with modest sets of 10-15 repetitions. As strength and muscle endurance improves, work up to sets of 20-30 repetitions.

