Workout Reminders

1. Quality over Quantity
2. Keep arm, body, and mind relaxed
3. Be sure to fasten the clip to a chain link fence, not round
4. Keep pace fluid in both directions
5. Keep pace fluid in both directions
6. Keep pace fluid in both directions
7. Work to the point of fatigue rather than failure.
8. Walk closer to the fence to reduce tension
9. Place o

BE SURE that the silver clip is NEVER in alignment with your face or head. The J-Band™ is not a toy and should not be used in any way other than the exercises that it is designed for. The J-Band™ is NOT to be stretched more than one to two feet of its original length — even for the strongest of students. Increase reps if needed.

Important Notice and J-Band™ Care information

BE SURE to place clip so it is not in alignment with head, eye, or chest. The J-Band™ is not a toy and should not be used in any way other than the exercises that it is designed for. The J-Band™ is NOT to be stretched more than one to two feet of its original length — even for the strongest of students. Increase reps if needed.

Keeping it out of the sun and away from your cleats (when not in use) will help maximize the longevity and safety of your J-Band™.