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. Throw reps if needed. Keeping it out of the sun and away from your cleats (or on average of 3-5 days a week during periods of time off)

J-Band™ Care information

1. Exercises are to be done PRIOR to throwing (or on average of 3-5 days a week during periods of time off)
2. One set of 25 repetitions per exercise (Exercises 2 & 3 involve using the breath while stretching in 30 second increments)
3. Quality over Quantity
4. Maintain proper technique, alignment, etc
5. Keep pace fluid in both directions
6. Keep arm, body, and mind relaxed
7. Keep long, fluid breathing patterns
8. Walk closer to the fence to reduce tension
9. Work to the point of fatigue rather than failure.