





BEACHBODY®

B-LINES® Resistance Bands Instructions and Safety

RESISTANCE BAND ASSEMBLY

- A.  Insert each end into the opening in the notch of a comfort-grip handle.

- B.  Tug the band to ensure it has snapped securely into place.

Resistance level increases with higher number bands. Additional bands can be purchased separately or in kits. One set of handles works with all bands.

Light Resistance

- **Teal (B1)** 5 lb. weights
- **Purple (B2)** 10 lb. weights
- **Pink (B3)** 15 lb. weights

Standard Resistance

- **Magenta (B4)** 20 lb. weights
- **Orange (B5)** 25 lb. weights
- **Red (B6)** 30 lb. weights

Heavy Resistance

- **Yellow (B7)** 35 lb. weights
- **Green (B8)** 40 lb. weights
- **Blue (B9)** 45 lb. weights
- **Black (B10)** 50 lb. weights

SAFETY

This resistance band is designed to be used in athletic activities. If you have any physical limitations, injuries, or have been inactive or sedentary for some time, you should consult a physician before using the band. **KEEP OUT OF REACH OF CHILDREN.**

- **Never release the band while under tension! Sudden release will cause the band to snap toward you and can cause significant injury, disfigurement, or death.**
- Inspect the band and handles before and after every use for scratches, nicks, cracks, or abrasion spots.
- Test the band's resistance carefully in each new position and begin all exercises slowly as directed.
- Don't put resistance band handles on your feet.
- Don't exercise or use the resistance bands on an uneven surface.
- Stop exercising immediately if you experience discomfort or pain.
- The resistance band is not designed for outdoor use or permanent installation.
- Don't perform moves that are beyond your ability to stay balanced and in control.
- Do not stretch the band more than two-and-a-half times its length.

This band is a well-designed exercise tool. **IT IS NOT A PLAYTHING.** If treated with care and seriousness, it will give you fine service. Abuse can quickly ruin its usefulness. Beachbody® is not responsible for any immediate or consequential damages resulting from any abuse whatsoever or from any failure to follow these instructions.

CARE and STORAGE

- Do not store band in direct sunlight or near any heat source.
- To clean, wipe band with a clean damp cloth.
- Do not use soap or chemicals on band.
- Do not use band near sharp objects.

WARNING: Band is made with Natural Rubber Latex (NRL), which may cause minor to life-threatening allergic reactions. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure; difficulty breathing; swelling of the throat, tongue, and nose; and even loss of consciousness, and could be life threatening if left unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction. Call 911 if this occurs.

If you are a member of the TeamBeachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

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