



Resistance Band System Is The Perfect Gym In A Bag

Welcome To Si Boards

You are about to Jump Into The Next Generation with us. We thank you for your support and sincerely hope you enjoy our training products. Please take a few moments to become familiar with your new Resistance Band System before use. Safety and great training are our top priority.

Resistance Band System Precautions And Care

The Resistance Band System can be used on Original Boards, the Ultimate Fitness Board and as a travel gym. Take caution in using these bands and follow these guidelines to keep your bands and straps in good condition.

Resistance Bands

- This product contains **latex**. DO NOT USE if you have a latex allergy.
- This is not a toy. Supervise children at all times.
- Do not stretch the bands beyond 300% of the resting length. Bands that are 16" and can be stretched up to 48".
- Do not store the bands in UV light, extreme temperatures or with oils or solvents.
- Hand oils and lotions will deteriorate the band life.
- These bands have not been treated for chlorine. Use in the pool will deteriorate the bands quicker. Always rinse off any chlorine after pool use.
- Always check the resistance bands for cracks, tears, cuts, splits or any abnormal condition before using. Check the band at resting length and at a stretched length. Do not use a damaged band.
- Check the plastic clips at the end of the resistance bands for breaks and security around the band. Do not use a band if the clip or attachment site is damaged.
- With continued use the latex bands should be replace yearly.

Straps And Handles

- Check all strapping material for well secured stitching and integrity. Do not use a strap if it is torn or the seams are not secure.
- Check the integrity of the o-rings in the strap and at the weld.
- Ensure the resistance band clip is secured to the O-ring. Do not use the band if the clip will not completely close and secure to itself.



How To Use The Resistance Band System

The Resistance Band System is designed to loop around a stable object and provide a clip-in system for resistance training. The bands also clip into a chain linked fence or wire cable. The long loop straps will fit around a 5 inch diameter pole.

Attach To A Stable Object

Step 1: Ensure you have a stable object to secure the long loop strap. Do not use a post/attachment site that is not completely stable.

Step 2: Wrap the non-metal side of the long loop strap around the post. Thread the metal o-ring through the other end of the loop strap and pull the metal o-ring tight. The strap should now be secure.

Step 3: Attach the resistance band to the metal o-ring. Then attach the handle or foot strap to the other end of the resistance band.

Step 4: Adjust the length of the resistance band by clipping into one of three metal o-rings. **Remember not to stretch the resistance bands beyond 300% of resting length.**

Step 5: Add more resistance by attaching multiple bands to one handle or metal o-ring.



Use The Bands Independently

Step 1: Attach the long loop strap at one end of the resistance band. Attach the handle at the other end of the resistance band.

Step 2: Step inside the long loop strap end and secure it around your foot. Hold on to the handles and now you can complete exercises with bands attached from your feet to hands.

Step 3: Attach a loop strap to sports equipment such as a bat, stick or racquet and use on a fence post or Si Board.

Step 4: Attach a carabiner or snap hook between the long loop strap and the handle o-rings. Use this strap system to assist you in stretching. Do not use the resistance bands for stretching.



Warranty

Si Boards products are guaranteed against manufacturing defects and flaws. This does not include damage caused by using the products for anything other than its intended purpose. Any alteration to the product will void the warranty. All Balance Boards, Power Rope Balls, Creator Kits and Resistance Band Systems have a 1 year limited warranty. All Medicine Balls and Half Balls have a 5 year limited warranty. Please contact us if you have questions.

About Us

Si Boards, Inc was created by Elysia Tsai, M.Ed., ATC. Elysia is a Certified Athletic Trainer and helps athletes compete at their best. As a sports medicine professional she knows the importance of versatile and well built equipment. Our product line of balance training systems, unbreakable medicine balls and power rope balls are the most unique in function and allow skill progression for all levels.

Si Boards is located in beautiful southern California where our products are handmade. All materials and vendors are from the USA. Our vision is to help all people become active, compete with vigor and age with healthy and strong bodies. We believe in exceptional customer service, quality material and fine details, continued education for all and giving back to the community. We love what we do and being able to share the world of balance training and sports performance with you.

Connect With Us

Stay connected with our newsletter and share your story on Facebook, Twitter, Instagram and YouTube. #siboards and @siboards is where you can find us. We have a ton of instructional videos on YouTube (and a few kookie ones as well). We love hearing your stories and look forward to expanding the Si Boarder community.

Thanks for jumping into the next generation with us!

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