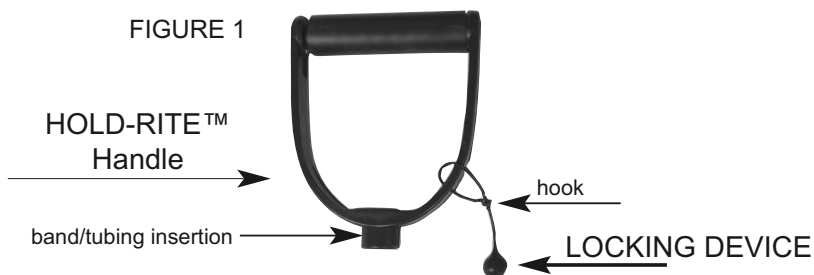


HOLD-RITE™ HANDLE

ASSEMBLY INSTRUCTIONS

- ▲ Accessory attachment for exercise bands and tubing
- ▲ HOLD-RITE™ Handle provides better grip for unilateral or bilateral strengthening exercises
- ▲ Adds versatility to resistive exercise session

FIGURE 1



EXERCISE ROUTINE

The actual exercise routine should be determined by a doctor, therapist, coach, or trainer. This exercise routine should include number of reps and sets, times per day and times per week.

DETERMINING APPROPRIATE EXERCISE BAND AND TUBING RESISTANCES

Have your doctor or therapist select an exercise band/tubing for your present stage of rehabilitation. The exercise band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

HOW TO ASSEMBLE THE HOLD-RITE™ HANDLE

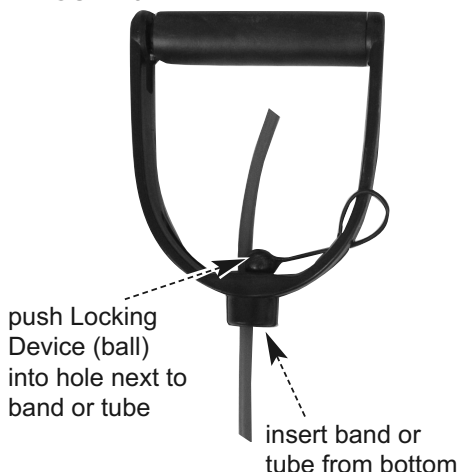
STEP ONE:

Locking device comes hooked around handle.



FIGURE 2

FIGURE 3



STEP TWO:

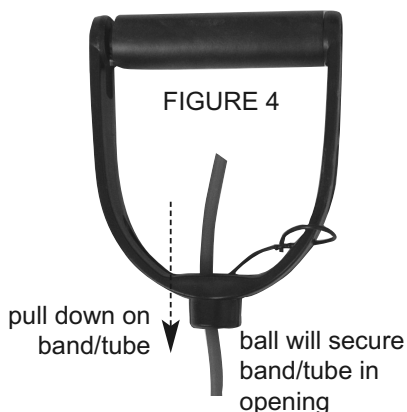
Insert exercise band/ tube from the bottom of handle and stick locking device (ball) into the insertion area from the top. See Figure 3.

FIGURE 4

STEP THREE:

Pull on exercise band/ tube or push down on Locking Device (ball) to secure band or tube.

See Figure 4.



STEP FOUR:

Repeat Steps 1 through 3 for other handle.

STEP FIVE:

To release and remove exercise band/tube, pull up on Locking Device (ball). Slide material out.



FIGURE 5

WARNING

- Avoid using exercise band/tubing in areas where product could accidentally strike others.
- Read directions and carefully follow exercise instructions at all times.
- Inspect the band/tubing before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the band/tubing is securely attached to Hold-Rite™ handles before any exercise is performed.
- Never tie multiple strength bands/tubings together!
- Avoid looking directly at the exercise band/tubing while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).