

Resistance Tube Safety

- Learn the proper way to use a resistance tube. **Attend an orientation session.**
- It takes only a few seconds to inspect a resistance tube, so do it before every use. Look for cracks in the latex or white areas in colored tubes, and look for signs of weakness in and around the handle.
- Wear good shoes. When doing workouts that require stepping on the tube, make sure you are wearing shoes with nonabrasive soles to avoid damaging the tube. Never use the tube with bare feet.
- Check the floor to ensure the surface is non-abrasive surface. This could damage the tube.
- Don't look directly at the tube while performing your exercises.
- Ensure you have the correct tube; shortening a tube for more tension will reduce the life of a tube.
- Don't overstretch the tube. Everything has a breaking point. As a rule of thumb, **never extend a tube more than twice its resting length.**
- Storing and using tubes in hot places or in direct sunlight can weaken the tubes. Avoid moisture, and don't use them in or near pools. Don't store the tube in your car.
- Don't tie the tube down; this creates areas of friction on the tube that will weaken it.
- Remove rings, watches, bracelets, and other jewelry that might rub on tubes, causing damage.
- Keep your distance from other exercises to ensure safety for all.
- Never release a resistance tube while under tension. A release under tension can cause the tube to snap back toward the user.
- Begin all exercises slowly to ensure tube strength.
- Avoid jerking the tube.
- Do not place the resistance tube handles over feet. They can easily slip off and strike the user.
- Do not exercise with resistance tubes on uneven surfaces.
- Resistance tubes are not toys and should never be used for any activity other than the specific exercises they were designed for.