

# XCELER8 BANDS

## QUICK START GUIDE

### INSTRUCTIONS: ATTACH STRAPS AND BANDS



- ✓ WRAP AND SECURELY VELCRO THE STRAPS IN PLACE 3-4 INCHES ABOVE THE KNEE.
- ✓ MAKE SURE THE THIGH STRAP RINGS FACE OUTSIDE THE THIGHS, NOT INWARD.
- ✓ ATTACH CLIPS SIDE TO SIDE, ON THE FRONT & BACK.

**ANY QUESTIONS OR CONCERNS:** [info@xceler8athletics.com](mailto:info@xceler8athletics.com)

# ANKLE RESISTANCE



When using the ankle straps, place the open strap around the lower leg, slightly above the ankle.

The straps should be securely fastened but a tad loose to allow for rotation during training movements.

**\*PLEASE NOTE: ANKLE STRAP RESISTANCE SHOULD NOT BE USED FOR RUNNING STRAIGHT LONGER THAN 30 YARDS.**

## GETTING STARTED

Before performing any exercise, drill or workout, whether through our Peak Performance videos or your own exercises/drills, we recommend performing one set with the yellow bands to get comfortable with the resistance.



If you choose to add resistance to your ankles, it is recommended that you start with Green Bands on the front and back of the thigh straps and the Yellow Band attached to the ankle straps .

# TRAINING VIDEOS

For the Peak Performance online video training series, click the link below  
[xceler8athletics.com/peak-performance](https://xceler8athletics.com/peak-performance)

**WARRANTY REGISTRATION**  
[xceler8athletics.com/warrantyregistration](https://xceler8athletics.com/warrantyregistration)

**CONTACT US**  
[info@xceler8athletics.com](mailto:info@xceler8athletics.com)

**DISCLAIMER**  
**WARNING DO NOT USE IF**  
**ALLERGIC TO LATEX!**  
**SEE BACK COVER FOR MORE**  
**INFORMATION**



# GET FEATURED!

POST A STORY OR GRAM USING OUR  
PRODUCT. BE SURE TO TAG US:

**@XCELER8\_ATHLETICS**

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## TRAINING VIDEOS

[xceler8athletics.com/peak-performance](https://xceler8athletics.com/peak-performance)

### DISCLAIMER

#### WARNING: DO NOT USE THIS PRODUCT IF ALLERGIC TO LATEX

User(s) assume the risk of injury resulting from the use of this exercise product. Keep this exercise product and all exercise equipment away from young children. This exercise product is not intended for use by young children under the age of 13. Children under the age of 18 should use this exercise product under strict adult supervision. Never wrap the resistance bands or thigh and ankle straps around your neck, mouth, head, shoulder, or torso. Avoid exercises that involve stretching the resistance bands in a way that the tubing may snap toward the head, possibly causing injury to the head and eyes. If participating in exercises where the band could snap back toward the head, wear protective eyewear. Consult your physician prior to using this exercise product or any other exercise equipment. If you experience any sharp pain, shortness of breath, dizziness, or light-headedness when using this exercise product, stop immediately and contact your healthcare provider.

### BEFORE YOU BEGIN

Never use this exercise product unless it has been thoroughly inspected for damage or defects. If this exercise product is damaged or defective, do not use it and immediately return the product to XCELER8 ATHLETICS® for a replacement. Do not modify the this product in any way or use attachments not recommended by the manufacturer.

### CARE

Never store this exercise product where there may be extreme temperatures or in direct sunlight or near direct heat sources. Do not use soap or chemicals on the resistance bands and strap; to clean wipe with a clean damp cloth or babywipe.