

BALLETBAND

Basic Instructions & Safety Information

STRETCHING & EXERCISE DISCLAIMER

Not all stretching and exercise is suitable for everyone. To reduce risk of injury, consult your doctor before beginning to use Balletband or any other stretching exercise product and or program.

The instruction presented herein is in no way intended for medical counseling.

IMPORTANT SAFETY INFORMATION

Please review the following safety information prior to using Balletband.

- Caution: This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.
- Exposure to latex may result in the development of an allergy. Allergic reactions to natural rubber and latex can manifest by skin rash, hives, nasal and eye irritation, asthma and shock. If you or anyone you know experience allergic reaction symptoms after using a Balletband, discard the Balletband immediately and contact your health care provider.
- Balletband is **not a toy** and **should not be used by anyone under the age of 13**.
- Do not ever apply or use a Balletband in close proximity of other people, only use a Balletband when there is a minimum 15 feet (4.5km) of empty space around you with nobody present..
- Balletband is designed to be used multiple times but should only ever be used on a smooth surface to prevent nicks or cuts from forming on the band. You should routinely check your Balletband for nicks and cuts in the rubber as even a small nick or cut anywhere in the rubber will eventually lead to a 100% tear in the band. For safety reasons, any damaged Balletband should be discarded immediately.
- Use of a Balletband is at your own risk.

Straddle Stretch

Sit on the floor and place your legs in the butterfly position (Fig. 1).

Loop one end of the Balletband around the center of either foot (Fig.1)

Pull the Balletband across your back and just above your hips to loop the other end around your opposite foot (Fig.2)

Slowly extend your legs into the straddle split stretching position (Fig.3)

Return legs to butterfly position (Fig. 1) remove band one foot at a time.



Fig.1



Fig.2



Fig. 3

Positional Stretch

Loop the Balletband under the foot of the leg you would like to stretch and while keeping that leg straight stretch the Balletband diagonally across your back to the opposite shoulder (Fig. 1)

Loop the Balletband around your shoulder (Fig. 2)

Slowly raise your leg in the arabesque position allowing the resistance in the Balletband to elevate and stretch your arabesque leg (Fig. 3) hold for as long as desired.

You can carry your leg to a la seconde or croisé positions using the same application and hold to stretch as desired (Fig. 4 & 5)

Return leg to standing position (Fig. 1) remove band from shoulder.



Fig. 1



Fig. 2



Fig. 3

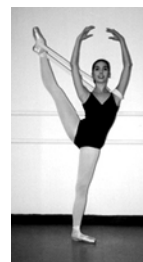


Fig. 4



Fig. 5

Questions or comments?

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