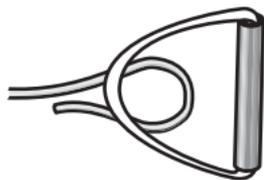
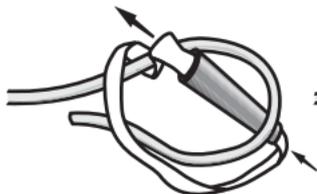


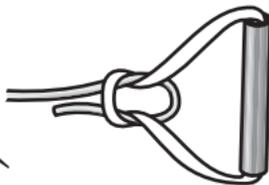
Securing tubing bands to EzChange Handles



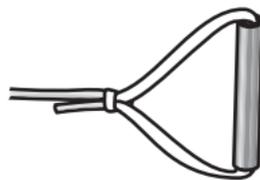
1. Make a loop with the end of the tube and place the web strap on top of it.



2. Take the handle underneath the looped tube and pull the handle up through tube.



3. With both pieces of the tube in one hand and the handle in the other - pull in opposite directions to tighten the web strap.



4. Make sure the tube is secured tightly to the web strap and that the tail is at least 1" long.

To Disengage Handle

Precautions - Read before use



Pull both ends of the tube in opposite directions - then slide the web strap off the tube.

1. BEFORE EACH USE, always inspect tubing for nicks, cuts, abrasion, or excessive wear. Replace tubing immediately if any of these signs appear.
2. Never stretch tubing more than twice its unlooped, relaxed length.
3. Tubing life varies with usage, storage and manufacturing conditions. Always store tubing in a cool, dark area, away from large electrical output devices.
4. If you experience pain, always contact your therapist or doctor before proceeding. Perform exercises only as directed by your health care or fitness professional.
5. Never stretch tubing towards the face.

(800) 544-7257



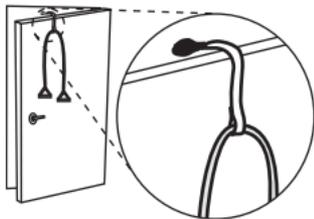
4055 Oceanside Blvd Ste L,
Oceanside CA 92056-5821
Fax: (800) 577-3725
www.prepakproducts.com
C0017 rev D SM 11.12



Using Web Anchor Straps

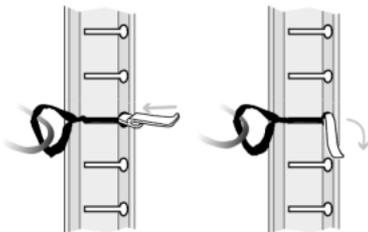
Attach tubing to any standard door or to PrePak's Web-Slide Exercise Rails.

When using a door



Place PrePak Products Web Anchor strap over the top or along the hinged side of the door so that when closed, the rubber tip is on the opposite side of the door. Make sure the door is closed securely before beginning exercise routines.

When using PrePak's Web-Slide Exercise Rail



Slide selected exercise device containing *PrePak Products Web Anchor strap* into any of the "easy slide" anchor slots of the Exercise Rail. Insert the "Safety Slide" (*see illustration*) and begin exercise routine.