

## Double Versa-Tube

The Power Systems brand Double Versa-Tube doubles the resistance and equally distributes it to both sides of the body. It primarily focus' on upper body and is especially effective in strengthening the rotator cuff. The unit consists of two 48" latex resistance tubes attached to padded handles.

**Foot Position:** Standing in a split stance with one foot in front of the other about hip width apart, securely place a tube under each foot.

### Double Arm Raise

**Starting Position:** Split stance, contract abdominals, keep back straight and knees slightly bent. Holding a handle in each hand, the hands are down at the sides with the palms facing back.

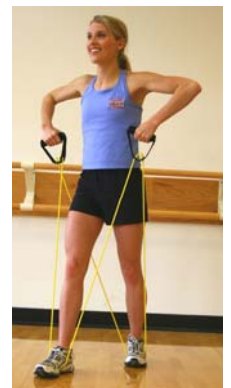
**Action:** Slowly lift arms up and out, away from the body. Keep the shoulders pressed down and the neck relaxed. Do not raise the arms higher than shoulder height. Hold and slowly return to the starting position.



### Upright Row

**Starting Position:** Split stance or wide side by side stance. Hold a handle in each hand. Hands are down at sides with palms facing back. Contract abdominals, keep back straight, shoulders pressed down and neck relaxed.

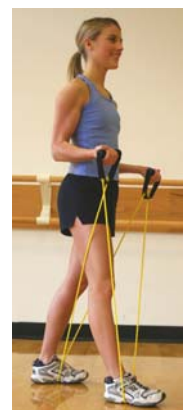
**Action:** Slowly pull hands up the front of the body to chest height. Elbows are bent and pointing out to the sides. Elbows should go no higher than shoulder height. Squeeze shoulder blades together and hold. Slowly return to the starting position.



### Bicep Curl

**Starting position:** Split stance or wide side by side stance. Hold a handle in each hand. Hands are down at sides with palms facing forward. Contract abdominals, keep back straight, shoulders pressed down and neck relaxed.

**Action:** Keeping the elbows on either side of the ribcage, contract the biceps, bend the elbows and bring hands up to the front of the shoulders. Palms are facing the shoulders. Pause and slowly return to the starting position.



## **WARNING**

### **Power Systems Product Safety Notice**

Stretch tubing and bands offer a dynamic training environment for a variety of exercises at a variety of difficulty levels. Serious injury can occur when not used properly.

Power Systems brand stretch tubing and bands are intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions each and every time before using your stretch tubing and bands.

- Inspect the tubing or bands prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the band to break. Pay particular attention to high stress areas where tubing and bands are connected to door attachments or handles.
- DO NOT use tubing if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Power Systems brand tubing and bands contain latex rubber.
- Avoid exercises that involve stretching the tubing or bands in a manner that it may snap toward the head/face and cause injury to the eyes.
- Never tie two pieces of tubing or bands together.
- Never use tape of any kind to attach tubing or bands to stationary objects, or to shorten the length of the tubing or band.
- Never stretch tubing or bands more than three times its resting length.
- Avoid prolonged exposure to sunlight and water. If using tubing or bands in chlorinated water, special care is required. After each use in chlorinated water, rinse thoroughly with tap water to remove any traces of chlorine. Allow to air dry completely, and then dust with talcum powder.
- Keep tubing away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- Stretch tubing and bands are not toys. Children should only use with adult supervision.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stretch tubing and bands should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- **POWER SYSTEMS, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. POWER SYSTEMS WARRANTS THAT THE DESIGN OF THE STRETCH TUBING AND BANDS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH STRETCH TUBING AND BANDS, THE INDUSTRY USING THE STRETCH TUBING AND BANDS AND AT THE TIME OF SALE, THE STRETCH TUBING AND BANDS SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE STRETCH TUBING AND BANDS OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.**

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