INSTRUCTIONS FOR USE

1. **Position** the **Total Body Band** on the floor with the **TBB logo facing up**.
2. **Insert** each foot into the ankle cuffs, ensuring the **TBB logo faces outward**, away from your body.
3. **Secure** the cuffs with Velcro, adjusting for a **comfortable fit** (not too tight).
4. **Grip** the handles, begin your workout, and **HAVE FUN!**

IMPORTANT GUIDELINES

Logo Alignment: Always ensure the **TBB logo faces outward** for proper use.
Band Positioning: Check that the bands are **free of twists** from ankles to handles for smooth movement and optimal performance