



Versa-Tube® Jr.

Power Systems Product Safety Notice

Stretch tubing and bands offer a dynamic training environment for a variety of exercises at a range 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 every time you use your stretch tubing and bands.

- Inspect the tubing or bands before 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 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 may cause it to 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 their 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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Biceps Curl

Step on tubing so that it runs underneath the arches of your feet and firmly grasp the ends while maintaining a slight bend in the knees.

Starting position: Arms are extended at side of body with palms facing forward. Knees are slightly bent. For best result, a small amount of tension should be felt in tubing prior to start of exercise.

Action: Bend arms raising hands up to shoulders. To properly target the bicep keep your upper arm still during this movement. Pause briefly when hands are at or near shoulders. Finish exercise by lowering hands back to starting position in a controlled manner.



Triceps Extension

Starting position: Firmly grasp end of tube with hand of arm being exercised. Position hand above head with elbow slightly bent. With other arm grasp tubing behind back at point where a slight tension is elicited in tubing.

Action: Extend hand overhead until arm is fully extended. Pause briefly at full extension before slowly returning to the starting position. It is important to keep the opposite arm as steady as possible to elicit a smooth increase in resistance during the exercise.



Side Raise

Step on the tubing so that it runs underneath the arches of your feet and firmly grasp the ends while maintaining a slight bend in the knees.

Starting position: Hands straight down at sides with a slight bend at elbows.

Action: Slowly lift arms up and away from body in a smooth fluent motion keeping palms down towards floor until arms are approximately parallel with floor. To reduce risk of joint impingement, avoid raising arm above shoulder level. Pause briefly, then slowly lower arms back to side completing exercise.



Seated Row

Starting from the floor, wrap the tubing around your feet, so that it comes up the outside of your legs.

Starting position: Grasp ends of tube with elbows bent slightly and palms of hands facing towards floor. Shoulders are back and torso is erect.

Action: Using the muscles in back and arms, pull hands towards middle of your chest, keeping palms facing floor. Torso should be upright or tilted back 5-15 degrees. Pause briefly when hands are even with chest and then slowly return to starting position.

Variation: Turn palms inward so that they face. Pull hands towards navel. This targets the lower muscles of the back.



Triceps Kickback

Stand with tubing securely positioned under the arch of the foot that is on the same side as the arm to be exercised.

Starting position: Stagger legs, placing leg with tubing 12 to 18" in front of back leg. Torso should have a slight forward lean of approximately 30 to 45 degrees. Tubing is firmly grasped with palms facing towards body and hand even with thigh.

Action: Maintain forward lean and while keeping elbow straight extend arm backwards. Hand should not contact thigh or buttocks as it moves. When desired tension is felt in the triceps and rear deltoid, pause briefly, then lower arm back to starting position.



Lunge

Step on tubing so that center of tube runs underneath the arch of the foot of the leg to be exercised. Grasp handles with hands.

Starting position: With each end of tube firmly grasped position hands at shoulder level with palms facing forward. Elbows should be at sides of body directly below hands. Feet are shoulder width apart.

Action: Step backwards with leg without tubing. This facilitates lowering of hips as knees begin to bend. Continue to lower hips directly towards floor until the knee of the front leg is at 90 degrees. For safety keep knee aligned directly above the area between ankle and toes. Thigh will be parallel to floor. Pause briefly then contract quadriceps to extend leg. As hips rise support will shift to ball of front foot. When this occurs bring rear leg directly under hips. The repetition is finished when both legs are centered under hips and individual is standing upright.

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