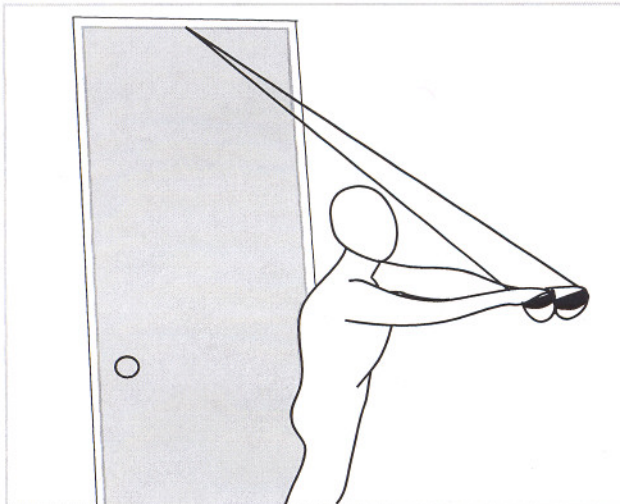
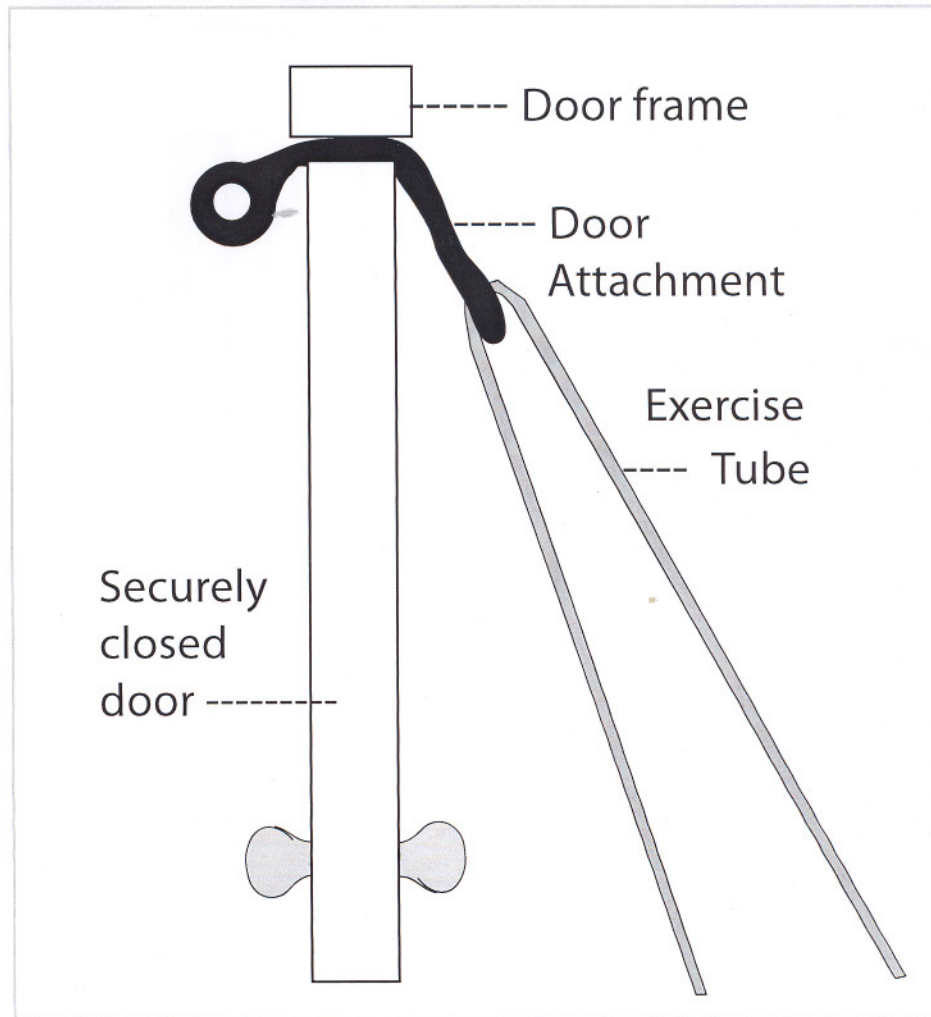


How to use your Theragear Door Attachment



Put your Fit-Tube or Fit-Band through the looped end of the Theragear Door Attachment.

Place the Door Attachment in the frame of a secure doorway, with the circular foam end facing away from where you will be exercising, and close the door.



The Theragear Door Attachment allows for extra resistance and eliminates the need for a partner.

Always make sure the door is closed securely before exercising.

**For FREE exercises visit
www.theragear.com**