

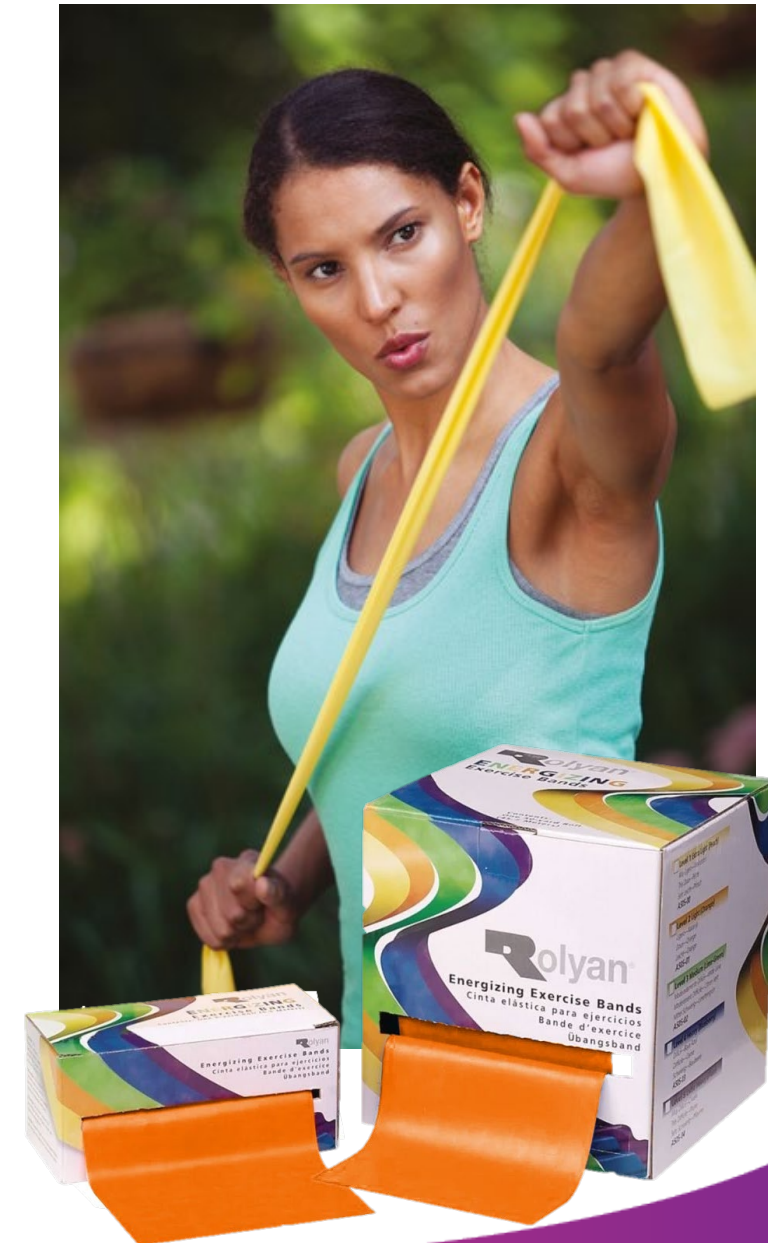
# Rolyan Exercise Bands - Use & Storage Instructions

## Use:

After use, lay the band flat to dry and when dry apply talcum powder.

## Storage:

- Storage should not exceed 95% relative humidity.
- Store in temperatures between 40 - 110°F (5 - 45°C).
- Do not store exercise bands near sources of copper or copper alloys.
- Do not allow exercise bands to come into contact with oils, solvents, or grease.
- Do not expose to direct sunlight, including during washing and drying.



# Rolyan Exercise Bands - Cleaning & Disinfecting Instructions

## Cleaning:

- For general cleaning, hand wash using a mild soap and warm water. Rinse well to remove all soap and lay band flat to dry.
- Do not use washing machines and dryers to clean bands.
- Do not use strong detergents
- After use in chlorinated water, rinse the band thoroughly with clean water, and lay flat to dry. Apply talcum powder when dry.

## Disinfecting:

- Do not use alcohol-based sanitizers to disinfect the band, it can degrade the latex or polyisoprene.
- To disinfect the bands, the manufacturer recommends a lactic acid-based sanitizer, or one based on colloidal silver.