LANE GAINER™ SWIM BELT

PRODUCT MANUAL

POB 130462 • Ann Arbor, MI 48113 800-443-8946
www.lanegainer.com

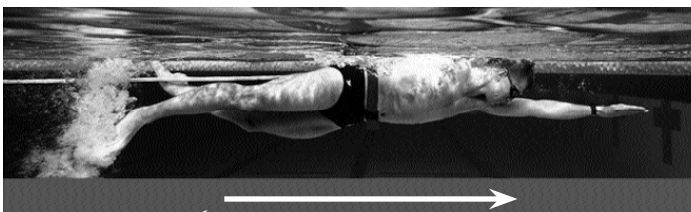## READ BEFORE USE
Wear Eye Protection

Post for all Users

Product Care Instructions
and Safety Warnings

Tubing should be inspected for tears and defects before each use.
Replace tubing if defects are found. Note expiration dates.
Replace tubing whenever it appears dry, worn, cracked or chaffed.

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Item# 305 (5200)

Post for all users. Thank you for purchasing Lane Gainer™ products.

The Lane Gainer™ Swim Belt Short Model is designed for resisted "in-place" swims and wall push-off drills. Length and tension of tether may be varied by adjusting size of tubing loop below six hole guide. Please follow these simple steps to promote product safety and longevity. Natural latex is adversely effected by three common elements in the swimming environment; ultra violet rays, heat and chlorine. These elements will eventually crystallize tubing, deteriorating its elasticity and overall strength to the point that **tubing can break**. The best way to prolong the life of the tubing is to rinse off chlorine by using clear water, dry the tubing and store it in a cool dark place.

Recommended elongation is not more than two and half times the tubing's relaxed length. When mounting tubing be sure the fixture is stationary and sturdy. See your physician regarding your fitness to start an exercise program. See your physician immediately if allergic reaction from natural latex occurs.

Tubing should be inspected for tears and defects before each use. Replace tubing if defects are found. Replace tubing when it appears dry, worn or chaffed. The double knots that attach tubing to accessories should be cut off and retied on a regular basis. For information call: 734.913.0044