

## Band Utility Strap (BUS) Instructions

### Attaching BUS to the HINGED side of a door Jamb

Place the 2 inch plastic piece of the BUS into the hinge side of the door jamb and securely close the door and lock it. Once the BUS is in place, attach the band to the 10 inch plastic piece by wrapping one end of the band around and pulling it through itself. This is similar to how you would attach a band to a round pipe.

Make sure the band stays firmly in contact with the plastic tube while training.

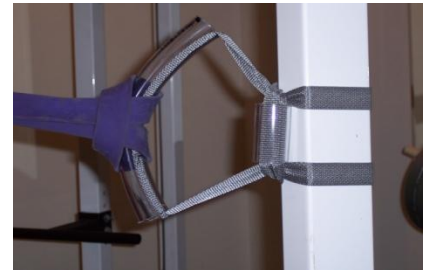


### Attaching BUS to a squat Rack

When you attach the strap to a squat rack or some other type of stable structure, make sure you feed the larger plastic end through the strap as shown in the picture.

Once in place, attach your band like you would if this were a regular pipe system. Once in place the strap should not migrate if firmly attached on.

Always make sure the structure that the BUS is attached to will not tip over when the pressure of the band is applied during training.



### **Band Utility Strap Recommendations**

1. Allow only 1 person to train off a single utility strap at one time
2. Always attach the BUS into the hinged side of the door
3. Make sure the door being used with the BUS is locked when training is occurring
4. The BUS is designed to only be used as a band attachment site. Using it for any other purpose is not recommended.
5. The band utility strap will work with all bands except XXL Grey and Mega Black Bands

[Review Band Utility Strap Video](#)