



Training Handle Instructions and Recommendations



Training handles are designed to be used with the following bands:

Orange
Red
Black
Purple

To attach the handles onto the band, press down on the carabineer clip and slide the band onto the carabineer before allowing the clip to close. Make sure to position the band onto the wide end of the carabineer to insure the band has enough surface area on the carabineer. Also make sure the clip does not pinch down onto the band.

We recommend that prior to transitioning to a different exercise that uses training handles, clients take some of the band tension off to avoid the handle snapping back in case the handle accidentally slips out of their hands during the transition. This is accomplished by stepping back or stepping towards the band attachment site before transitioning into the next exercise.

[Review Training Handle Instructions](#)