

# WEAR BANDS

by Functionwear



## User's Manual

# WearBands® Components



**Socks**



**Belt**



**Rear Belt Attachment**



**Front Resistance Bands**



**Rear Resistance Bands**

**WEARBANDS®**  
**USER MANUAL AND INSTRUCTIONS**

**ATTENTION! PLEASE READ FIRST!**

- Only use the WearBands® System (WearBands®) with the WearBands® socks and shoelaces (if requested).
- Only use WearBands® as a complete system incorporating the socks, resistance bands and belt together and only use with genuine WearBands components.
- WearBands® is not recommended for people under the age of 12 or who are not able to comfortably wear the system using the lightest resistance band level. People under the age of 18 should not use WearBands® without adult supervision.
- Be sure to consult your health care professional before beginning this or any type of exercise program.
- Always check equipment for worn or damaged parts, and if any are discovered, replace them with WearBands® parts *before using the system*.
- **NEVER RELEASE OR LET GO OF THE RESISTANCE BANDS WHILE UNDER TENSION.** Sudden release under tension will cause the bands to snap toward you and potentially cause significant injury, disfigurement or death.
- Please refer to the Care Instructions for further information on properly maintaining your WearBands® System.
- **CAUTION – THIS PRODUCT CONTAINS LATEX.** If you have allergies to latex, do not use WearBands®.
- **PLEASE READ ALL LIMITED WARRANTY AND LIMITATION OF LIABILITY LANGUAGE AT THE END OF THE USER MANUAL.** BY USING THE PRODUCT YOU ARE CONSENTING TO BE BOUND BY THE WARRANTY AND LIABILITY TERMS AND CONDITIONS.

Please refer to the Care Instructions on the following page for further information on properly maintaining your WearBands®.

## **BEFORE YOU BEGIN**

Please check to make sure you have all of the WearBands® components (*see Components on inside front cover of this manual*) and that they are free of damage. Please call us at 703-409-0910 if any of the components are missing, damaged or you have any questions.

Please carefully read “*How To Put On and Remove The WearBands® System™*” and “*Using WearBands® for the First Time*” before using the system.

### **CARE AND MAINTENANCE OF WearBands®**

- Do not leave bands and socks out in the sun.
- Store bands after each use in the pouches provided.

# HOW TO PUT ON AND REMOVE THE WEARBANDS® SYSTEM

## PUTTING ON THE WEARBANDS® SYSTEM

### 1) PUT ON THE WEARBANDS® SOCKS (FIGURE 1)



FIGURE 1

2) **PUT ON YOUR SHOES OVER THE WEARBANDS® SOCK**

Put on your shoes over the WearBands® sock, making sure to pull the front strap over the tongue of your shoe (FIGURE 2).

**\*\*NOTE:** If you choose to wear your WearBands® without shoes, please proceed to **Attach the WearBands® resistance bands to belt's front ring and rear attachment ring** on Page 5.



FIGURE 2

You may leave the front strap over the tongue of your shoe (FIGURE 3) or thread the front strap under the first row of your shoelaces and pull up (FIGURE 4). *FIGURE 4 is the recommended configuration* (see the WearBands System Set Up video for a demonstration)).



FIGURE 3



FIGURE 4

**3) ATTACH THE WEARBANDS® RESISTANCE BANDS TO THE FRONT BELT RING AND REAR ATTACHMENT RINGS.**

(A) Attach resistance bands to front belt ring

- Clip the two *shorter* front resistance bands (found in the pouch marked “F”) to the front belt ring (FIGURE 5 AND 6).



FIGURE 5



FIGURE 6

(B) Attach resistance bands to rear attachment ring.

- Clip the two *longer* rear resistance bands (found in the pouch marked “R”) to the rear attachment (FIGURE 7 and 8)

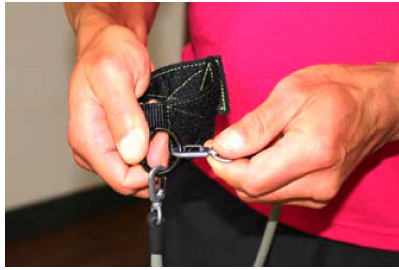


FIGURE 7

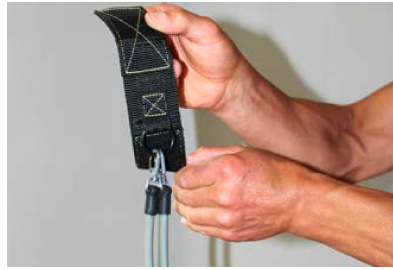


FIGURE 8

**(4) PUT ON THE WEARBANDS® BELT (WOMEN)**

NOTE: MEN may proceed to **Put on the WearBands® belt (MEN)** on page 9.

**\*\*\*Belt Configuration For Women\*\*\***

You will note that there is a rectangular pad on the front of the belt, which we call the front spacer (Figure 9).



FIGURE 9



This pad is primarily useful for men, and is removable. We therefore recommend that women remove this pad. The pad is affixed to the inside of the belt by Velcro and can be easily removed by pulling on the Velcro straps (See Figure 10-14).



FIGURE 10



FIGURE 11



FIGURE 12



FIGURE 13



FIGURE 14

With the pad removed, the belt, *unlike for men*, can be positioned with the rings Facing *down*, which is recommended for women (Figure 15).

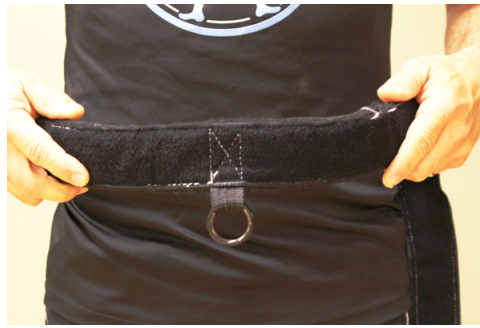


FIGURE 15

Women will typically find that positioning the belt slightly lower than the waist, *just over the hip bones*, will provide the most comfortable fit when the resistance bands are attached. However, the belt should still be secured as tightly as is comfortable. It may take a little experimentation to find the position that is right for you (FIGURE 16)

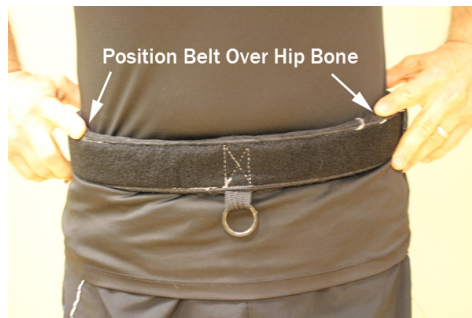


FIGURE 16

- With the circular belt rings facing **DOWN** (and the front belt ring facing forward), thread the belt through **both** belt buckle rings, and simply pull over and around and tighten for a snug fit using the belt's Velcro (Figure 17 and 18).

- Make sure the belt is on snugly to prevent too much slippage when the resistance bands are engaged. If the belt is pulled down too far for comfort when the bands are engaged, remove the bands *per the Removing the WearBands® System instructions below (Page 17)*, and put the belt on more tightly until a comfortable position is found.



FIGURE 17



FIGURE 18

#### **(5) PUT ON THE WEARBANDS® BELT (MEN)**

NOTE: Women may proceed to **Putting on the rear attachment** on page 11.

- With the circular belt rings facing **UP**, thread the belt through *both* belt buckle rings, and simply pull over and tighten for a snug fit using the belt's Velcro (Figure 19 and 20).
- Make sure the belt is on snugly to prevent too much slippage when the resistance bands are engaged. If the belt is pulled down too far for comfort when the bands are engaged, remove the bands *per the Removing the WearBands® System instructions below (Page 17)*, and put the belt on more tightly until a comfortable position is found.



FIGURE 19



FIGURE 20

NOTE: For waist sizes greater than 44 inches, please follow these instructions for securing the belt.

- Thread the belt *in between* the two belt buckle rings and pull tight for a snug fit (Figure 21).



FIGURE 21

## (5) PUTTING ON THE REAR ATTACHMENT.

After the belt has been snugly secured, you may attach the rear attachment in one of two ways.

### Alternative 1

- With the front spacer (front ring only for women) facing forward and centered (FIGURE 22):

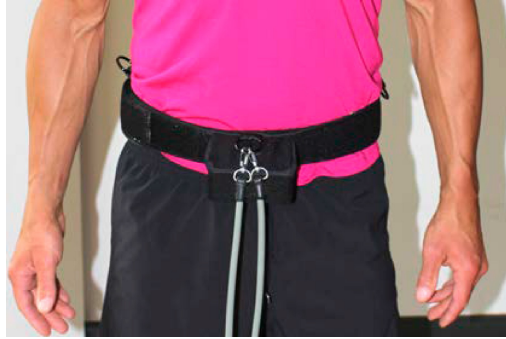


FIGURE 22

- Reach behind you and secure the rear attachment to the belt using the Velcro on the attachment. Make sure the rear attachment ring is facing **DOWN** (FIGURE 23,24,25).

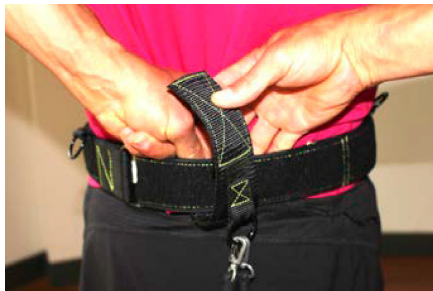


FIGURE 23



FIGURE 24

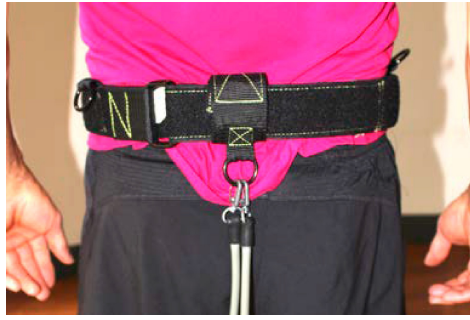


FIGURE 25

### **Alternative 2**

- After snugly securing the belt, spin the belt around until the front center circular ring (above the spacer) is positioned directly in the center of the small of your back (Figure 26).

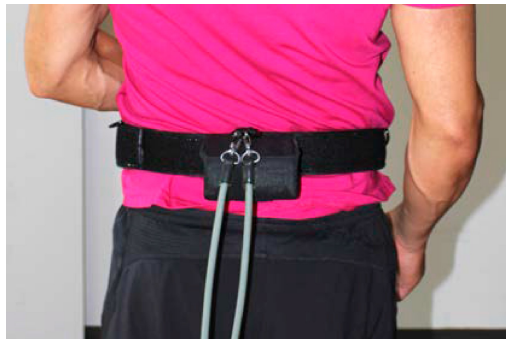


FIGURE 26

- With the ring on the rear attachment facing **DOWN**, place the bottom flap of the rear attachment *underneath* the belt.
- Wrap the top flap of the rear attachment over the top of the belt and secure it behind the belt to the Velcro on the bottom flap of the rear attachment (Figure 27 AND 28).



FIGURE 27



FIGURE 28

- The rear attachment should be securely attached and aligned with your naval (Figure 29).



FIGURE 29

- Spin the belt around until the front center ring (the ring above the spacer) is positioned at your navel (*the rear attachment should now be centered at your lower back*) (Figure 30 and 31).

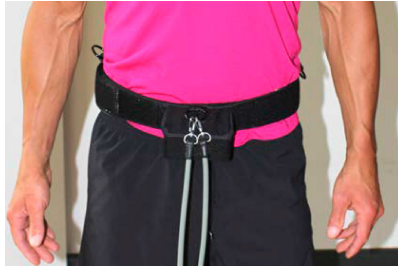


FIGURE 30 (Front)

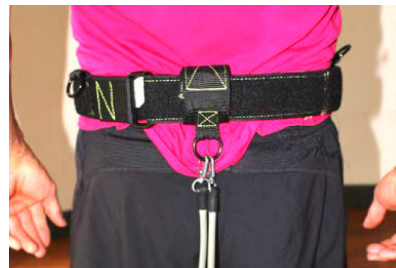


FIGURE 31 (Rear)

**(6) ATTACH RESISTANCE BANDS TO THE FRONT AND REAR WEARBANDS® SOCK RINGS.**

- Kneel down on one knee to reduce the resistance on the bands (*Never attach the bands while they are under resistance*) (Figure 32)



FIGURE 32



- Maintaining a firm grip on the band, attach one of the front band clips to the ring on the front sock (Figure 33 and 34).



FIGURE 33



FIGURE 34

- *While on your knee*, reach back and take the rear band from the same side and attach to the rear clip of the sock (Figure 35 AND 36).



FIGURE 35



FIGURE 36

- Switch knees and attach the front and rear bands in the same manner described and shown in Figures 35-38 above.
- Slowly stand up, which engages the tension of the resistance bands, until you are in a fully upright position (Figure 37 and 38).



FIGURE 37



FIGURE 38

YOU ARE NOW READY TO TRAIN LIKE YOU HAVE NEVER TRAINED BEFORE, WEARING YOUR BANDS!

## REMOVING THE WEARBANDS® SYSTEM

- 1) Kneel down on one knee to release the tension on the sock (**Never detach the bands while they are under resistance**). Unclip the front and rear clip from one sock ring, switch to the other knee *to keep tension out of the bands*, and unclip the front and rear clip from the other sock rings (Figure 39-41).



FIGURE 39



FIGURE 40



FIGURE 41

## USING WEARBANDS® FOR THE FIRST TIME

The WearBands® system is an entirely new way of training your muscles. Unlike typical resistance training, which usually isolates individual muscle groups, WearBands® trains your muscles as they naturally work together during dynamic movement. Even using the lightest resistance bands, you will feel the difference after just a few minutes. You will need some time to adjust to this type of resistance training.

- 1) *We strongly recommend* starting with the lightest level resistance band (the *green* band) until your body adapts to truly functional movements under variable resistance.
- 2) Start by walking. Walk with the bands until you feel like you are *walking normally*. Do not let the bands control your natural movement. You should control the bands and they should follow your natural movement.
- 3) Once you are walking naturally with the bands, do some light jogging and multi-directional movement until you feel that you can move naturally without being inhibited or altered by the bands.
- 4) *Don't overdo it when you begin training, and give your body some time to adjust to true functional training under variable resistance.* You may feel that even the lightest bands are exerting a lot of resistance when you first put them on. Give your body time to adjust by following the recommendations above. This initial feeling should go away after a short time moving with the system, and should diminish even more after you have worn the system a few times. ***If the level of resistance causes pain in any way, remove immediately.***
- 5) Remain on the lightest (green) bands for several workouts (and

even longer if you feel this level of resistance is adequate for your workout). Limit the time and intensity of your workouts until you understand the impact WearBands® is having on your body and the recovery time needed between workouts. Though WearBand's® light bands may look unassuming, they will fatigue your body like any resistance workout, and maybe faster than you imagine. **Be smart. Take it slow. The results will come.**

- 6) **Please refer to the resistance band chart on the inside back cover of this manual. This chart shows the color-coded bands from lightest to heaviest resistance.**

AFTER TAKING THE PROPER TIME TO ADJUST TO THE NEW FEELING OF TRUE FUNCTIONAL TRAINING UNDER VARIABLE RESISTANCE, YOU'LL BE READY TO FUNCTIONALLY TRAIN IN A WAY YOUR BODY WAS INTENDED TO MOVE.

## CHOOSING YOUR RESISTANCE BAND LEVEL

### What is the ideal level of resistance for me?

The WearBands® System™ is designed to provide constant *light* resistance training in a fully functional way *without altering form*. Generally speaking, the user should choose a resistance level that *maximizes resistance without altering form* (after the user has grown accustomed to the system). You should never feel like the bands are altering your natural movements. If you do, reduce the resistance band level until you no longer feel your form is being altered.

**Please refer to the resistance band chart on the inside back cover of this manual. This chart shows the color-coded bands from lightest to heaviest resistance.**

As long as the band level is not altering your form, you can choose different resistance levels depending on your workout. For longer workouts designed to improve endurance, lighter bands may work best. For shorter workouts designed to improve strength and explosiveness, a heavier band may be preferred. But again, you do not want the bands to alter your natural movements, and ***if you feel any pain at any time, stop immediately and remove the system per the instructions in this User Manual.***

## LIMITED WARRANTY AND DISCLAIMERS

READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR WEARABANDS® SYSTEM (THE “PRODUCT”). BY USING THE PRODUCT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

### Limited Warranty

Functionwear, LLC (“Functionwear”) warrants to the original purchaser of THE Product (“Customer”) that for a period of 90 days from the date of purchase that the Product (“Warranty Period”) will be free from significant defects in materials and workmanship (“Limited Warranty”).

This Limited Warranty does not apply where (1) the Product has been subjected to accident, abuse, misuse, neglect, improper storage or handling, abnormal physical stress, lost merchandise, damage from the elements or abnormal environmental conditions, normal wear and tear, use contrary to any instructions in the WearBands® User Manual or (2) the Product been reconstructed, repaired or altered by any person other than Functionwear or one of its authorized representatives.

The information in the WearBands® User Manual is distributed on an “AS IS” basis without warranty. While care has been taken in the preparation of this User Manual, Functionwear will not have any liability, express or implied, to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions contained in the User Manual.

## Customer's Exclusive Remedy For Defective Products

The Customer's exclusive remedy for any Product not conforming to the Limited Warranty (a "Defective Product") is set forth below.

Customer shall notify Functionwear in writing at info @wearbands.com, or, in the absence of email, to Functionwear, LLC, P.O. Box 408, Glen Echo, MD 20812, of any alleged claim or defect within 30 days from the date Customer discovers, or upon reasonable inspection should have discovered, such alleged claim or defect (but in any event before the expiration of the applicable Warranty Period).

Functionwear, upon receipt of alleged claim of defect, will provide Customer with the proper shipping address for returning the Product. Shipping shall be at Customer's expense and risk of loss.

Upon receipt, Functionwear, LLC will inspect and test the Product, and if to its reasonable satisfaction, it determines that the Product is a Defective Product, Functionwear will in its sole discretion, and at its expense, either (i) repair or replace such Defective Product, or (ii) credit or refund the price of such Defective Product less any applicable discounts, rebates or credits.

If Functionwear elects to repair or replace the Defective Product, it will ship to Customer, at Functionwear, LLC's expense and risk of loss, the repaired or replaced Product to the address specified in writing by the Customer.



## **DISCLAIMER**

EXCEPT FOR THE EXPRESS LIMITED WARRANTY SET FORTH ABOVE, THERE ARE NO OTHER WARRANTIES, REPRESENTATIONS OR CONDITIONS OF ANY KIND, EXPRESS OR IMPLIED, WHETHER ARISING BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE, WITH RESPECT TO THE SYSTEM SUPPLIED HEREUNDER INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. ALL SUCH WARRANTIES ARE HEREBY SPECIFICALLY DISCLAIMED AND FUNCTIONWEAR, LLC SHALL NOT BE LIABLE IN THIS RESPECT. NO STATEMENT, CONDUCT ITS BEHALF, IN ADDITION TO OR BEYOND THIS LIMITED WARRANTY, SHALL CONSTITUTE A WARRANTY.

## **LIMITATION OF LIABILITY AND EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.**

CUSTOMER RECOGNIZES AND ACKNOWLEDGES THAT THERE ARE RISKS OF PHYSICAL INJURY FROM EXERCISE AND USE OF THIS PRODUCT. CUSTOMER SHOULD CONSULT A PHYSICIAN BEFORE PERFORMING ANY EXERCISE PROGRAM. IT IS CUSTOMER'S RESPONSIBILITY TO EVALUATE HIS OR HER MEDICAL AND PHYSICAL CONDITION, OR THAT OF CUSTOMER'S CLIENTS, AND TO INDEPENDENTLY DETERMINE WHETHER TO PERFORM ANY EXERCISES WHILE USING THE PRODUCT. BY VOLUNTARILY UNDERTAKING EXERCISE WHILE USING THE PRODUCT, CUSTOMER ASSUMES THE FULL RISK OF ANY INJURIES (INCLUDING DEATH) AND WAIVES AND RELEASES FUNCTIONWEAR, LLC FROM ANY CLAIM FOR DAMAGES OR LOSS WHICH CUSTOMER MAY SUSTAIN AS A RESULT DIRECTLY OR INDIRECTLY FROM (I) CUSTOMER'S FAILURE TO USE THE PRODUCT IN ACCORDANCE WITH THE USAGE AND SAFETY INSTRUCTIONS INCLUDED WITH WEARBANDS® USER MANUAL OR (II) CUSTOMER'S USE OF A VISIBLY DAMAGED OR DEFECTIVE PRODUCT.

FUNCTIONWEAR, LLC SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE PRODUCT, PROPERTY DAMAGE, LOSS OF USE, EARNINGS, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE PRODUCTS, ADDITIONAL COSTS INCURRED BY CUSTOMER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT.

THIS EXCLUSION APPLIES REGARDLESS OF WHETHER SUCH DAMAGES ARE SOUGHT FOR BREACH OF WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, OR STRICT LIABILITY IN TORT OR UNDER ANY OTHER LEGAL THEORY. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

# The WearBands® Training System

## Resistance Bands





**[www.wearbands.com](http://www.wearbands.com)**  
**[info@wearbands.com](mailto:info@wearbands.com)**  
**Follow Us at “wearbands” on**

