

How to use the TubeGuard™



Step 1

Position the TubeGuard on the floor logo face down.



Step 2

Place resistance tubes you are going to use in the centre along the length of your TubeGuard.



Step 3

Fold the furthest edge back over the tubes, and hold the edge flat on the surface with your fingers.



Step 4

Using your thumbs, fold over the edge nearest to you so that the Velcro strips are aligned. Press the Velcro strips together to fasten.



Step 5

Your resistance tubes are now safely held together and protected from damage.