



Link Strap Instructions and Recommendations

The **Link Strap** is designed to eliminate having to link bands directly together and more importantly unlink them after training. The Link Strap can be used to link together all bands except Micro Orange, Super Micro yellow, Mega Black and XXXL Grey. It is important to watch the training video provided below before utilizing the Link Strap. This strap is not designed for any other use except as demonstrated in video.



- Make sure the logo (soft) side of the link strap lies against the band
- The link strap should wrap around the bands at least 3 full revolutions
- Always reposition the link strap on the band setup after training to avoid excessive wear on the bands during repeated training sessions
- 2 bands linked together provide for 4 yards of training

We strongly recommend you watch this video prior to using the **Link Strap**

[Link Strap Instructional Video](#)