

# **LANE GAINER™ R&R SWIM BELT**

## **RESIST & RELEASE CONTRAST TRAINING PRODUCT MANUAL**

**POB 130462 • Ann Arbor, MI 48113 800-443-8946  
www.lanegainer.com**

**READ BEFORE USE  
Wear Eye Protection // Secure Underwater**

### **Post for all Users**

#### **Product Care Instructions and Safety Warnings**

Tubing should be inspected for tears and defects before each use.

Replace tubing if defects are found. Note expiration dates.

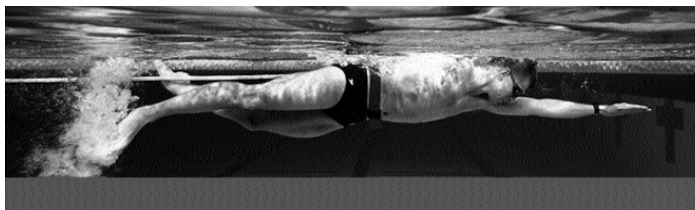
Replace tubing whenever it appears dry, worn, cracked or chaffed.

Attach and secure this tether UNDER WATER only. Submerged lane anchors are best.

Do NOT secure to starting blocks - Spring-back could cause injury!

# **LANE GAINER™ R&R SWIM BELT**

## **RESIST & RELEASE CONTRAST TRAINING**



Resisted Swim // Release // Full Speed Swim

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**Item# 313**

**Post for all users.** Thank you for purchasing Lane Gainer™ products.

The Lane Gainer R&R Swim Belt™ is designed for resisted and release swims. The R&R swim belt is designed to recruit extra muscle fibers during a resisted swim and then break-away from the tether allowing swimmer to “swim out” utilizing the extra recruited fibers at full speed. Stretch of tether may be varied by adjusting size of tubing loop below six hole guide. Attaching more or less velcro to belt’s tail will determine at what amount of tension the belt releases from tether. Attach and secure this tether to lane anchors UNDER WATER only. Do NOT secure to starting blocks - Spring-back could cause injury! Keep Release-Weight on tether at all times.

Please follow these simple steps to promote product safety and longevity. Natural latex is adversely effected by three common elements in the swimming environment; ultra violet rays, heat and chlorine. These elements will eventually crystallize tubing, deteriorating its elasticity and overall strength to the point that **tubing can break**. The best way to prolong the life of the tubing is to rinse off chlorine by using clear water, dry the tubing and store it in a cool dark place.

When affixing tubing be sure the fixture is stationary, sturdy and UNDER WATER. Spring-back will occur if not under water. See your physician regarding your fitness to start an exercise program. See your physician immediately if allergic reaction from natural latex occurs. Tubing should be inspected for tears and defects before each use. Replace tubing if defects are found. Replace tubing when it appears dry, worn or chaffed. The double knots that attach tubing to accessories should be cut off and retied on a regular basis. For information call: 800-443-8946 or [www.LaneGainer.com/Safety](http://www.LaneGainer.com/Safety)