

# VRS CLiPs

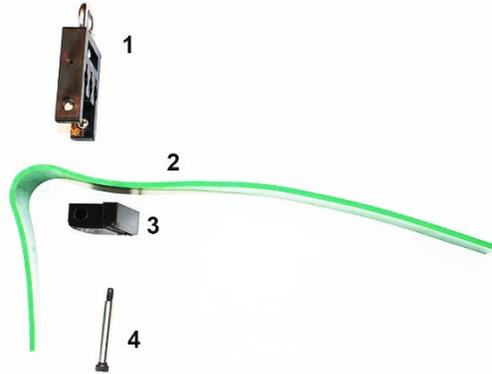
Congratulations on getting a pair of ALLN-1 VRS Clips, the most versatile resistance band fitness accessory developed.

The VRS Clip is designed so that you can easily add resistance to your exercises and equipment, with customizable interchangeable resistance bands that can be customized to your unique training needs.

**Additional instructions and videos can be found at [www.TC.Help](http://www.TC.Help)**

## VRS Clip PIECES

1. VRS Clip Housing
2. VRS Resistance Band
3. VRS Lock Block
4. VRS Bolt



## GETTING STARTED

When using your VRS Clips, always remember that it should only be connected to the metal eyelet or bolt. These are the only two connection points on the VRS Clips designed to use for exercise purposes. **Always check to make sure the locknut on the eyelet bolt is securely fastened so that it does not slip off.**

UNLOCKED POSITION



## VRS Clips

**Step 1:** Start by selecting a long loop resistance band that you'd like to cut or repair. For these instructions we'll use the ALLN-1 Medium Heavy Resistance Band.

**Step 2:** Cut the resistance band to your desired length, **making sure to leave approximately 3 inches of space at the end of the band** that will not be used. *Adjust the resistance band to your desired length while in the UNLOCKED POSITION*

**Step 3:** Place VRS Resistance Band on top of the VRS Lock Block, making sure the band is on top of the letters VRS. Insert the VRS Lock Block into the VRS Clip Housing and secure it in place by inserting the VRS Bolts and tightening it.

LOCKED POSITION



**Step 4:** Using a small amount of pressure, pull the VRS Lock Block down to lock the VRS Resistance Band in place.

**Step 5: IMPORTANT!** This is critical to perform correctly because it functions as one of the primary locking mechanisms. *When the band is pulled during use, the tension force will be directed toward the hole end of the tension block and cause the top of the tension block to lock tighter against the VRS Clip housing.*

**Before Each Use**

**Always perform a Pull-Tighten-Test (PTT):**

Firmly secure the resistance band in place around the VRS Tension Block. Remove as much space as possible between the resistance and tension block by pulling on the resistance band. After tightening, slide the short end of the resistance band through the lower slot as shown in the illustration.

The PTT Step is critical to perform correctly because as the resistance band is pulled during use, it will get “thinner” toward the top of the tensioner, and if not securely fastened against the tensioner could slip free. To prevent this from happening, pull on the band as hard as you believe you’ll be using it, to simulate actual use, then tighten accordingly.

*LOCKED POSITION*



Repeat these steps at the other end of the resistance band, or as necessary.



We continuously update our products and instruction online so please visit [VRSClips.com](http://VRSClips.com) for more details and training ideas.