

Resources

JAEGER SPORTS

J-BANDS™ LONGEVITY AND CARE



YOUR J-BANDS™ WILL LAST IF YOU PRIORITIZE BAND CARE

ADD REPS INSTEAD OF OVERSTRETCHING

If you need more out of the J-Bands™ Exercise Routine, add reps not tension.

KEEP YOUR BANDS OUT OF THE ELEMENTS

When your J-Bands™ are not in use, keep them in your bag and out of the elements and weather.

PRIORITIZE YOUR BAND CARE

If you want your J-Bands™ to last, they will. Take care of them like your other equipment and they will take care of you.