



DO YOU LOVE THE VITL KIT?
BECOME A CERTIFIED VITL TRAINER!



MOVEMENT OPTIMIZATION

RESISTANCE BAND TRAINING INSIGHTS

CONTINUEING EDUCATION UNITS



STROOPS.COM



VITL KIT™

DISCLAIMER

The following guidelines should be observed when using this product:

- Always consult your physician before participating in any physical activity.
- Read all instructions, special product care, and warnings before using this product.
- Inspect the fabric and attachments for wear-and-tear or other damage prior to each use. DO NOT USE IF DAMAGED. REPLACE IMMEDIATELY.
- Neither manufacturer nor distributor assumes liability for accidents or damage that may occur with the use of this product.

PRODUCT CARE & WARNINGS

1. Store in a dry location.
2. USE UNDER THE SUPERVISION OF A RESPONSIBLE ADULT.
3. This product can be dangerous if used incorrectly.
4. Do not use this product for purposes other than described by the instructions.
5. Read all instructions before use.
6. Do not use Slastix as a rope or stretch to its maximum.
7. Do not protective sleeve from the Slastix for any reason.
8. Avoid repetitively stretching Slastix to the point of "jolting".
9. For maximum results, the manufacturer's recommended replacement period is 12 months, or as soon as the band loses elasticity or shows signs of wear.
10. Manufacturer makes and issues no warranties with regards to this product, expressed or implied, and expressly disclaims all implied warranties, including but not limited to, the implied warranties of the MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

CONTENTS

- TWO - CONTOUR HANDLES
- FOUR - SLASTIX
- TWO - FOOT STRAPS
- TWO - ANCHORS
- ONE - XL SWIVEL BELT
- FIVE - DOTS

CONTACT

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EMAIL: INFO@STROOPS.COM

ALL-IN-ONE TRAINING SOLUTION

(VITL)



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VITL KIT

The VITL Kit contains the basics from Stroops. The kit allows you a variety of training options. It is great for personal use or fitness classes. Build muscle or do an intense full body circuit. The VITL Kit is comprehensive and portable. No matter how you choose to use it, you will see great results.

SET UP

- 1 ATTACH SLASTIX TO STURDY ANCHOR.**
 - 2 CLIP SLASTIX TO THE ATTACHMENT OF YOUR CHOICE.**
 - 3 PERFORM DESIRED EXERCISE.**
- TIP:** MORE EXERCISES CAN BE FOUND AT STROOPS.COM OR YOUTUBE.

SAFETY



FOR FREE VIDEOS
ON THIS PRODUCT
GO TO:

[STROOPS.COM/
VITL/](http://STROOPS.COM/VITL/)

- OR -

EXERCISES

1.



2.



3.



SHOWN ABOVE

1. INCLINE PRESS
2. PISTOL SQUAT
3. MOUNTAIN CLIMBERS

FIND FREE WORKOUTS AND FITNESS INFORMATION AT
STROOPS.ACADEMY



STROOPS.COM/ACADEMY/

