



Blood Flow Restriction Training Band Cleaning Instructions

Cleaning

(B)STRONG BELTS are meant to be hand-washed and air-dried ONLY. Placing in a washing machine and dryer is strictly prohibited and will void the limited warranty. Allow (B)STRONG BELTS to completely dry before using again. When wet, the hook and loop has limited strength and may break down faster. Stitching similarly loses strength when wet and may degrade faster. While a few rain droplets won't hurt them, always begin use of the (B)STRONG BELTS in dry conditions.

Disinfecting

Aside from hand washing in a soapy solution, (B)STRONG BELTS may be wiped down with a disinfectant wipe along all surfaces. A solution of water and 10% bleach can also serve to disinfect the belts, but be aware that the bleach may affect the coloring on the bands.

If you have any questions, please reach out to:

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