

## PERFORMANCE:

NO AR recommends that each user should use the appropriate bungee according to their weight (workload), to be able to obtain the ideal elasticity during their movements.

Every action always opposes a reaction, and it is very important that this balance always exists.

**Example:** If a weight weighing 75 kg ends up using a system assembled with elastics specified for a workload of 50-65 kg, this will cause repetitive stress over time, dramatically reducing the lifespan of the product.

To help resolve this situation, we recommend using a 10 kg bungee together to complete the workload and increase the strength of the assembly.

**Obs: Do not use the 10 kg bungee individually.**

## ENDURANCE:

Resistance to breakage cannot be mistaken with workload. The bungee resists 10 to 15 times the specified workload.

## STRECHING:

Its maximum stretch can reach up to 120% or more than its original size.

## SIZES:

NO AR bungees are normally manufactured in measures of 80 and 100 cm in length but depending on the height of the anchor point we can produce in other special measures.

contact:

- @no.ar.danca.aerea
- (11) 99448-1709
- no.ar.danca.aerea@gmail.com
- www.noardancaaerea.com

## MANUAL (bungee) EXTENSOR ELA

# NO AR

- ELA 10 - 10 Kgs (complementary)
- ELA30/45 - 30 to 45 Kgs ( yellow details ).
- ELA50/65 - 50 to 65 Kgs ( red details).
- ELA65/80 - 65 to 80 Kgs ( blue details ).
- ELA80/105 - 80 to 105 Kgs ( green details ).

Specially developed to be used for the practice of Bungee Dance / Workout / Pilates and all similar activities, which requires these movements with maximum safety.

Mounted in a cylindrical shape using several cores of virgin latex fibers, which guarantee stability, elasticity and durability during a long repetitive use.

External finish is composed of resistant textile cover for protection, handling and exposure to UV rays.

Workload and breakage varies depending on the model to be used. The bungee, comes with two steel carabiners at its both ends.

**WE ARE NOT RESPONSABLE FOR THIS PRODUCTS  
DAMAGING DUE LACK OF SWIVEL USE**

CERTIFIED LAB TESTED

## EXTENSORS MODELS

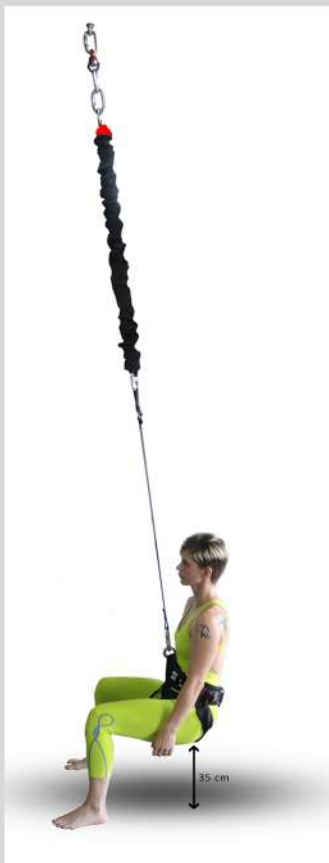


Figure 1. Seated Front anchor point

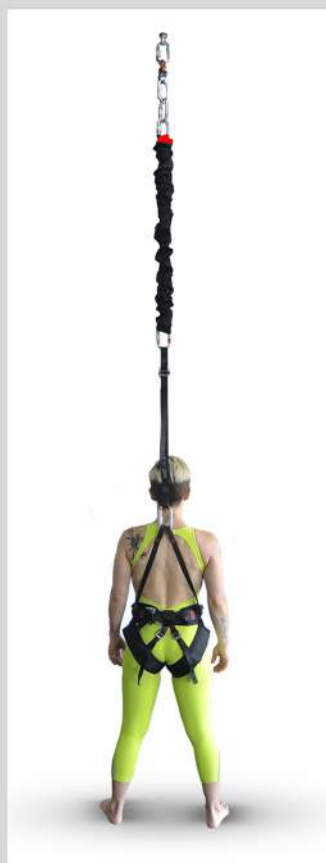


Figure 2. Back anchor point

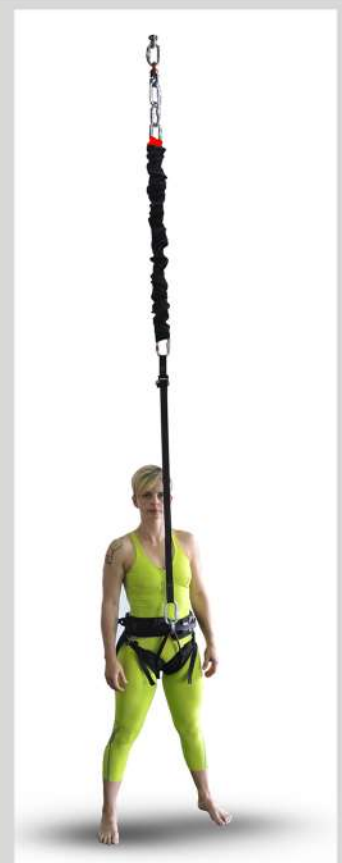


Figure 3. Frontal anchor point

When using the extensor, some points must be observed in order to use it correctly. Attention! Failure to follow these recommendations may cause the extensors lifespan to drop dramatically.

- A)** Always place the swivel at the highest point of the system so that the turning movements do not force the extensor to twist.
- B)** Always adjust the height of the system, taking into account that when sitting a space of at least 35 cm to the ground (figure 1).
- C)** When adjusting the front and back stitch, the extender must have a certain amount of tension so that it is always working (Figure 2 and 3).
- D)** Always choose the extensor indicated for your weight. If the decision is for a lower load, know that it will be working above the requirement, thus decreasing its lifespan.
- E)** Do not hold the extensor with your hands during practice, as this will damage the elastic strands of your frame.
- F)** Always use the colored end of the extender (yellow, red, blue or purple) up as shown in the pictures above, so that you will have a double protection against friction when using the NO AIR 10 kg extenders.

## GENERAL INFORMATION

This Technical Manual provides essential instructions for the proper use and maintenance of the **EXTENSORS ELA**. It is important to emphasize that a specific previous training is essential for the use of this product.

### Temperature:

This product must be used at a temperature between +5 C° and +60 C°.

### Cuts and abrasion:

Avoid friction on abrasive surfaces and sharp edges during use.

### Chemical products :

All chemical products, corrosive materials and solvents can be dangerous, because they can suffer a reaction with the raw material of the product. In case of doubts, get in touch with our technical department.

### Exposure to UV rays:

Despite the high resistance of polyester to the action of UV rays, it is recommended not to leave this product exposed to sun light for a long time.

## STORAGE AND TRANSPORT:

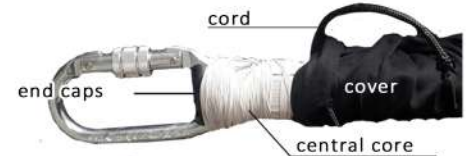
During transportation and storage, observe the following conditions:

- Keep these bungees in their original packaging or in bags other than the pond type.
- Cleansed.
- Dry.
- In an airy place.
- Under room temperature,
- Protected from the sun or direct sources of light.
- Protected from corrosive or aggressive substances.
- Far from the ground, mainly cement.

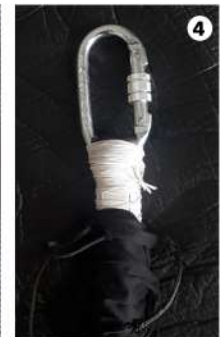
## EVALUATION OF HARNESS INTEGRITY

For greater security of your extender, we recommend that you prepare an inspection form for each product, in this way you can follow the lifespan of your equipment. It is also worth noting that this procedure is recommended every 15 days for users who use the equipment on a daily basis, and should include:

- 1) Remove the cover that covers the extender by releasing the cordeletes that fix it firmly in the carabiners of its ends, and periodically check the state of the elastics.
- 2) Make sure that the main core does not present its damaged core wires. If this situation is proven, please photograph and send us for analysis.
- 3) If the secondary wires that surround the nubel, which has the function of maintaining its cylindrical shape, are damaged or out of position, please photograph and send us for analysis.
- 4) Check the condition of the end caps (rubber covered). They serve to protect friction with the use of accessories.
- 5) Check that carabiners are rust-free and that they close easily when used.
- 6) After doing this, re-insert the elastic inside the cover and secure it at its ends with its color deletes through two moorings, very firmly, as they are part of the safety of the extender, in case there is a possible rupture.



Example of how to remove the protective cover for periodic verification



Example of protection of extremities



Example of a healthy extensor core



Exemple of damaged core strings



Example of secondary core string out of its place

## CLEANING AND HYGIENIZATION:

### Inspection:

To conserve your product and maintain its useful life, we recommend that you **ALWAYS** wash your equipment and especially if it was used near aggressive environments.

Excessive transpiration of the body can also gradually compromise the metal parts.

This is a reason for it to be washed periodically.

### Cleaning:

Textile products should be washed and rinsed by hand only with clean and abundant water (maximum temperature of 30 ° C) and with a soft brush, if necessary.

### Drying:

In the final phase of drying, a clean white cloth (without any chemical interference) can be used to remove excess water and then allow it to dry slowly in the shade in a well-ventilated place.

## MAINTENANCE, MODIFICATION OR ALTERATION:

Any modifications, alterations or repairs without the consent of the manufacturer are totally forbidden, implying the cancellation of the guarantee and the extension of the responsibility of the company on the product.

## LIFESPAN:

The **UNUSED** lifespan is 3 years from the date of manufacture for textile products and metal components. The lifespan of a product is the term that expresses the period in which this product maintains its physical and mechanical characteristics without considering any type of wear or use. Severe wear or low maintenance can limit this lifespan to a single use.

## WARRANTY:

This product is guaranteed for six months against any manufacturing defect.

Are excluded from this guarantee:

- Normal wear.
- Modifications or alterations.
- Bad stored.
- Lack of maintenance or cleaning.
- Use for another use to which the product was not intended.