

While this is a wonderful product that will accelerate growth in your dance education, the Weigh Belt should be used with caution to avoid muscle injury. Please start out with only a small amount of the full weight that the belt can hold. You can build up to the rest as your goal. Distribute the weight evenly in the belt/around your body so that one side is not heavier than the other. For example, one pouch on each hip and one in front and back of the belt, for a total of 4 pounds evenly distributed. Same would hold true for doing shoulder work but we highly recommend using very little weight at first as the neck and shoulder muscles are easy to pull. Draping the weight belt over your shoulders and doing small up/down and back/front movements is enough to encourage new muscle strength and stretch this area.

The Oasis and the makers of the Weight Belt cannot be held responsible for any injury you may obtain as a result of incorporating the Belt into your practice regimen. By purchasing this item and signing the bottom of this form, you agree you have read these instructions and understand the cautions we impart, including but not limited to all the items stated and assumed. It is always recommended to consult a physician when beginning any new physical activity.

Care of your belt: When your belt needs washing, remove the weight pouches and hand wash the belt in cold water with a mild detergent. Rinse detergent out thoroughly and hang up to dry. Do not machine wash, bleach or tumble dry your weight belt.

I hereby release Kira's Oasis, Kathleen Jacobson, Kira LaFave, JSL Management & SummitQwest, from any and all claims for injuries or loss which I may sustain while using my Weight Belt at my own risk in any activity connected with the Weight Belt.

Signature

Date

Printed Name

Member #