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## HOW TO TAKE CARE OF YOUR LIGHTNING EQUIPMENT

- BE SURE THAT YOU HAVE THE PROPER SIZE.YOUR GEAR MUST FIT EASILY.NEVER FORCE YOUR *LIGHTNING* EQUIPMENT ON OR OFF.
- DO NOT USE WITH BREAKING AND GRAPPLING TECHNIQUES. DO NOT HIT HEAVY BAGS OR SHIELDS.
- KEEP YOUR NAILS SHORT.LONG NAILS MAY TEAR YOUR EQUIPMENT OR MAY CAUSE INJURIES.
- WASH YOUR EQUIPMENT FREQUENTLY WITH WATER AND SOAP.SWEAT AND SKIN OIL MAY CAUSE DAMAGE.
- DO NOT EXPOSE YOUR EQUIPMENT DIRECTLY TO SUNLIGHT. HEAT,OR COLD FOR AN EXTENDED PEPIOD OF TIME.
- DO NOT REINFORCE YOUR EQUIPMENT WITH ANY ADHESIVE TAPES.THIS MAY CAUSE DEFORMATION AND TEARS.
- WHEN YOU STORE YOUR EQUIPMENT, DO NOT HAVE THE STRAPS FASTENED.THIS MAY CAUSE EQUIPMENT TO BECOME DEFORMED.KEEP YOUR EQUIPMENT IN A PLASTIC BAG AND DO NOT PUT ANY PRESSURE ON IT.