

[For Orders outside US or Canada](#)

[For Orders from Canada](#)

[US Shipping-Handling Information](#)

Orders outside US or Canada

Thank you for letting us assist you with your international resistance band training needs.

As an international order obviously shipping will be more expensive and therefore we will need to get an exact quote on shipping cost before we can finish processing your order.

To help us better assist you in determining what your shipping cost will be we need you to assist us by emailing us at international@resistancebandtraining.com the following information.

Your full name

Your “Exact Address”

What your total order will be

If you are not sure on what to order - Email what your needs and interest are and someone from our support staff will follow back up with you within 24 hours.

Once we have your complete order we will check shipping cost and submit an invoice through paypal for you to complete payment. You do not need a paypal account to be able to complete your payment.

Please Note: We are only able to hold your order on lay away for 1 week, so please submit your payment as soon as you receive it.

Once we receive your payment we will ship your products within 3 business days using UPS or USPS depending on which way is the safest and least expensive for you. Understand our primary goal is to get your product to you safely and as quick as possible and will therefore choose the best shipping process to achieve this.

Thank you for your assistance and we look forward to providing you the highest quality resistance band products available.

Sincerely

Dave Schmitz

www.Resistancebandtraining.com

Canada Orders

Thank you for choosing us for your resistance band training needs.

We are happy to inform you that shipping cost for Canadian residences is the same as for US residences. Therefore feel free to order directly on line through our shopping cart.

Please note however that we are not able to control the duty cost that can be incurred once your package arrives at your local UPS facility.

Therefore we recommend you contact your local UPS facility and check to see what the additional costs will be and inquire if there will be any additional fees.

Again thank you for trusting us for your resistance band training needs.

Sincerely

Dave Schmitz

www.Resistancebandtraining.com

US Shipping and Handling

All US and Canada shipping will occur through either UPS, USPS or Speedy (Local Shipping Only). Our shipping rates are based on dollar amount versus weight due to the high degree of variability in each package and the labor cost associated with weight based shipping.

Our present shipping rates are as follows:

\$0 – 49.99	\$12
\$50 – 99.99	\$15
\$100 – 124.99	\$17
\$125 – 149.99	\$18
\$150 – 174.99	\$20
\$175 – 199.99	\$22
\$200 – 224.99	\$24
\$225 – 249.99	\$26
\$250 – 274.99	\$28
\$275 – 299.99	\$30
\$300 – 349.99	\$32
\$350 – 399.99	\$34
\$400 – 450.00	\$36
\$450 – 500.00	\$38
\$500 – up	\$40

All shipping rates are handled automatically through our online shopping cart system. If you have concerns or questions in regards to this you can contact us at support@resistancebandtraining.com

Please understand that our goal with shipping is to cover our cost as a business. We are constantly reassessing our shipping and handling process to see how we can save money for our customers.

Thank you for letting us assist and service you with your resistance band training needs.

Sincerely

Dave Schmitz

www.resistancebandtraining.com