



INSANITY

THE ASYLUM

AGILITY LADDER

Care and Safety Instructions

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damages to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Agility Ladder.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.

© 2011 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404

Beachbody, LLC, is the owner of INSANITY, INSANITY: THE ASYLUM, Beachbody, Team Beachbody, and all related designs, trademarks, and other intellectual property. If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

ASYINS1101

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Agility Ladder. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends you consult your physician before using this equipment or beginning this or any other exercise program. Using the Agility Ladder involves strenuous activity, so learning the proper use of this item is imperative. Remember, always listen to your own body. Take breaks, modify movements, or stop your workouts as necessary.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Agility Ladder, do not use it until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Watch the Beachbody workouts first to familiarize yourself with the moves prior to attempting the routines. Read and follow these essential use and safety instructions for proper use of the Agility Ladder and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing or factory defective or damaged parts.
4. **The Agility Ladder is NOT DESIGNED TO BE A WEIGHT-BEARING DEVICE. It should not be used as a ladder, stepladder, harness, or any other device that may be used to support any weight. Use of the Agility Ladder should be limited to that demonstrated in a Beachbody workout. Any use of the Agility Ladder that is inconsistent with its intended use can cause significant injury and/or damage.**
5. **Do not attempt any movements, activities, or exercises with the Agility Ladder that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent injury, disfigurement, and/or other permanent damage.**
6. **Always store the Agility Ladder in a secure, childproof area.**
7. The Agility Ladder is designed to be used in athletic activities. If you have any physical limitations or injuries, or have been inactive or sedentary for some time, you should consult a physician before using the Agility Ladder.
8. Clear your workout area of any obstructions, sharp objects, pets, people, and other distractions. You must perform all exercises on a clear, level, and bare surface to avoid any risk of tripping, stumbling, or other harm or damage. Using the Agility Ladder near other people or objects could cause significant injury and/or damage.
9. Ensure that the Agility Ladder lies flat on your workout surface. Use of the Agility Ladder when not flat may cause you to trip or stumble, and may lead to significant injury and/or damage.
10. Remove all jewelry, including rings, chains, and pins, before exercising or using the Agility Ladder.
11. Never wrap any part of the Agility Ladder around your feet, ankles, hands, wrists, head, neck, or shoulders. Never place your arms, head, neck, or shoulders through the rungs of the Agility Ladder.
12. Never twist, tie, or bind any part of the Agility Ladder.

13. Do not permanently or temporarily attach any part of the Agility Ladder to, or use the Agility Ladder with, any other equipment or materials of any kind.
14. Wear proper exercise shoes and exercise clothing (avoid loose or excess fabric).
15. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
16. Begin each move slowly and with control, to learn proper form, balance, and coordination.
17. Never perform an exercise move to the point at which you feel you may lose your balance or control.
18. Do not attempt to complete all the repetitions of an exercise if you are not able to perform them with proper form.
19. Breathe normally. Do not hold your breath during exercise.
20. Stop exercise immediately if you experience discomfort or pain.
21. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
22. Two or more persons should never use the Agility Ladder at the same time. Use by more than one person at a time could result in serious injury.
23. **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** This equipment is not recommended for children under 18 years of age.
24. The Agility Ladder IS NOT A TOY. If treated with care and seriousness, the Agility Ladder will give you fine service. Abuse can quickly ruin its usefulness.

DIRECTIONS: AGILITY LADDER GENERAL USE

- A. Unfold and untangle the Agility Ladder if needed.
- B. Lay the Agility Ladder flat on a flat surface. It is recommended that you use the Agility Ladder on a carpeted surface. If you use it on a harder surface, like a wood or tile floor, it is recommended that you lay the Agility Ladder over a plyometrics mat (not a movable rug, which itself can slip) to help reduce impact and avoid slipping.
- C. To modify or shorten ladder, simply fold over to 2 or 3 squares. Do NOT cut.
- D. **For additional information and tips watch "Ladder Drills" on your Beachbody DVD.**

CARE

- Do not store the Agility Ladder near sharp objects.
- Do not store the Agility Ladder near a heat source.
- Do not use any chemical to clean the Agility Ladder. Wipe it clean with a damp cloth.

