



STRENGTH BAND

Care and Safety Instructions

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Strength Band. 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 that you consult your physician before using the equipment or beginning this or any other exercise program. Some of the workouts utilize resistance bands. Using these pieces of equipment involves strenuous activity, so learning and practicing the proper use and care of each of these items is imperative. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

LATEX WARNING

The Strength Band is made with natural rubber latex (NRL), which may cause minor to life-threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and even loss of consciousness. These reactions, anaphylaxis, or any of these symptoms or conditions could be life-threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Strength Band, 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 for the Strength Band and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing, factory-defective, or damaged parts.
4. Always inspect the Strength Band prior to and after every use for scratches, nicks, holes, worn areas, abrasions, discoloration, tears, punctures, or cuts. If you find any defect or flaw, DO NOT USE THE Strength Band, and contact Beachbody Customer Service for a replacement. Damaged parts can be dangerous.
5. **Do not attempt any movements, activities, or exercises with the Strength Band that are not specifically demonstrated in Beachbody® workouts. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent eye injury, disfigurement and/or other permanent injury, and/or property damage.**

- 6. Never pull the Strength Band toward your face or head. As with any other resistance band, always use extreme caution to protect your eyes when using the Strength Band. You may wish to wear protective eyewear, such as safety goggles, to protect your eyes from serious damage. You may also wish to wear additional protective gear to prevent serious damage to other sensitive areas.**
- 7. Never release the Strength Band when it's under tension! Sudden release can cause the band to snap and can cause significant injury, disfigurement, or death.**
8. The Strength Band is designed to be used in athletic activities. If you have any physical limitations or injuries, or have been sedentary for some time, you should consult a physician before using the band.
9. Use extreme caution when using the Strength Band to prevent any damage or injury. Any improper use may cause the band to snap back, potentially injuring the eyes and face, or causing other serious injury.
10. Always store the Strength Band in a secure, childproof location.
11. Only use the Strength Band on a clear, level surface; ensure that you have removed all obstructions, people, pets, sharp objects, and other distractions from your workout space prior to use.
12. Never attempt to walk, run, hop, or jump while the Strength Band is attached to your legs or ankles, as your ability to do any movements other than as directed in a Beachbody workout is greatly limited; any use other than as instructed may cause injury. Remove the Strength Band as directed in the workouts and store in a secure, childproof area.
13. Protect the Strength Band and yourself by keeping away from sharp objects. Remove all jewelry, including rings, chains, and pins, before exercising. Note: Use of the Strength Band with long or sharp fingernails can lead to damage and injury.
14. Never wrap the Strength Band around your head, neck, mouth, shoulders, or torso.
15. Use smooth, controlled, rhythmic tension when using Strength Band to avoid any snapping, yanking, or recoil.
16. Begin each exercise slowly, especially if you are new to exercise or out of condition, in order to build coordination, strength, and stamina safely. Beginning each exercise move slowly with control will also help you to learn proper form, balance, and coordination.
17. Breathe naturally; do not hold your breath during exercise.
18. Stop exercising immediately if you experience discomfort or pain.
19. Never perform a move to the point at which you feel you may lose your balance or control.
20. Do not attempt to complete all of the repetitions of an exercise if you are not able to perform them with proper form.
21. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
22. Always wear suitable workout clothing and exercise shoes; avoid loose or excess fabric.
23. Never stretch the Strength Band to more than 2-1/2 times its length.
24. Two or more persons should NEVER use a Strength Band at the same time. Use by more than one person at a time could result in serious injury.

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25. The Strength Band is NOT A TOY OR PLAYTHING. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, the Strength Band will give you fine service. Abuse can quickly ruin its usefulness.

CARE AND STORAGE INSTRUCTIONS

1. Never expose the Strength Band to or store the Strength Band near abrasive or sharp objects or surfaces.
2. Avoid exposure to extreme temperatures or excessive sunlight.
3. Periodically dust the Strength Band with talcum powder for best results.
4. Do not use soap or chemicals on the Strength Band.
5. Store in a cool, dry, secure place.

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 damage 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 Strength Band.

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.

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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.