

# CHIN-UP ASSIST

## Care and Safety Instructions

### BASIC USAGE

The Chin-Up Assist is a training tool designed to allow users to practice and work their way up to doing unassisted chin-up bar exercises as featured in this fitness program. By offsetting some of the weight your muscles must support, the Chin-Up Assist allows you to spend more time on your chin-up bar before your muscles fatigue. This translates into longer, more effective workouts that will get you into great shape, above and beyond "the bar."

### BALANCING YOUR WORKOUTS

It is important to work and develop your muscles evenly. Muscle imbalances in the body can cause minor or severe pain, as well as promoting unnatural movement and posture habits that can lead to injury. Imbalances also create inefficiency in the body, actually reducing functional strength. To avoid imbalances in your long-term workout with the Chin-Up Assist, alternate the foot with which you step into the stirrup. Use your left foot on some days, and your right foot on others.

For your safety, always make sure your free foot rests on top of the foot secured in the stirrup. This will help you maintain your balance and prevent your standing foot from kicking out of the stirrup.

### CARE AND STORAGE INSTRUCTIONS

- To clean, wipe with a clean, damp cloth.
- Do not use soap or chemicals on the Chin-Up Assist.
- Do not use or store the Chin-Up Assist near abrasive or sharp objects.
- Do not expose the Chin-Up Assist to extreme temperatures.
- Do not store the Chin-Up Assist in direct sunlight or near any heat source.

### 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 Chin-Up Assist.

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.

### IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Chin-Up Assist. 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

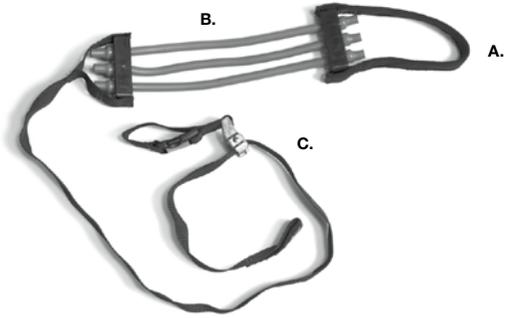
Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using this equipment or beginning this or any other exercise program. Using the Chin-Up Assist involves strenuous activity, so learning the proper use of this item is imperative.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

### LATEX WARNING

The resistance bands used with the Chin-Up Assist are 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.

# CHIN-UP ASSIST

## Helps build strength as you work your way up to unassisted chin-ups.



### THE CHIN-UP ASSIST INCLUDES:

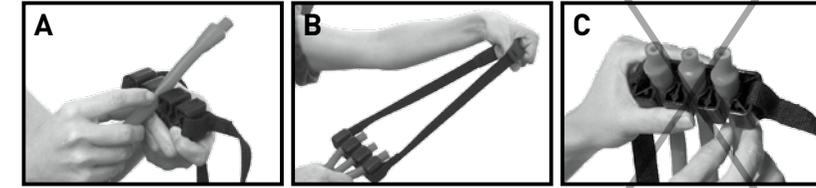
- A.** One slip-resistant foot stirrup with patented 3-in-1 resistance band pocket
- B.** Three 16-inch resistance bands (60 lbs. peak resistance each)
- C.** One bar attachment, comprised of a high-density support strap with 3-in-1 resistance band pocket and a bar attachment

### ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Chin-Up Assist, including the resistance bands, foot stirrup, or bar attachment, or any Beachbody® equipment, do not use the equipment until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Read and follow these and other essential care and safety instructions contained in the packaging for proper use of Chin-Up Assist and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing or factory-defective and damaged parts.
4. **Always inspect all parts of the resistance bands, foot stirrup, and bar attachment, including all stitching, prior to and after each use to ensure that there are no loose threads, chips, cracks, scratches, worn areas, discoloration, tears, nicks, abrasions, punctures, kinks, or cuts. If you find any flaw or defect, DO NOT USE the Chin-Up Assist, and contact Beachbody Customer Service for a replacement. Damaged equipment can be dangerous.**
5. **Prior to each use of the Chin-Up Assist, check to ensure that the resistance bands are securely attached to the foot stirrup and bar attachment, and are securely anchored in the ports as directed. Failure to do so may cause the bands to slip, snap, or recoil, which may lead to significant and permanent injury to your eyes, face, and/or body.**
6. **Do not attempt any movements, activities, or exercises with the Chin-Up Assist that are not specifically outlined in the Care and Safety Instructions. Any use other than as instructed may lead to serious and permanent eye injury, disfigurement and/or other permanent injury, and/or property damage.**
7. **Do not use the Chin-Up Assist if you weigh more than 300 pounds.**
8. **Never pull any part of the resistance bands or other parts of the Chin-Up Assist toward your face or head. As with any other products that utilize resistance bands, always use extreme caution to protect your eyes when using the Chin-Up Assist. You may wish to wear protective eyewear, such as safety goggles, to prevent serious damage if you remove your foot from the foot stirrup, or a resistance band breaks, snaps, or recoils. You may also wish to wear additional protective gear to protect and prevent serious damage to other sensitive areas.**
9. **Never remove your foot from the foot stirrup or remove the bar attachment from the chin-up bar while the resistance bands are under tension! Sudden release will cause the bands or other parts of the Chin-Up Assist to snap toward you and can cause significant injury, disfigurement, or death.**
10. Always check with the manufacturer of your chin-up bar to ensure that using the Chin-Up Assist will not cause the bar to fail or become dislodged while in use.

11. The Chin-Up Assist 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 Chin-Up Assist.
12. Only exercise and use the Chin-Up Assist in a clean, uncluttered, and level area; ensure that you have removed all obstructions, pets, sharp objects, and other things and distractions (including other people) from the workout area prior to use.
13. Always ensure that the bar attachment is securely in place on the chin-up bar before using the Chin-Up Assist.
14. Always ensure that the chin-up bar with which you use the Chin-Up Assist is secure and will not damage the Chin-Up Assist. If used with the P90X® Chin-Up Bar, the Chin-Up Bar MUST be fastened with the door "J" bracket. Do not attempt to use the Chin-Up Assist with the P90X Chin-Up Bar without securing the Chin-Up Bar to the door frame using the door "J" bracket.
15. Always ensure that the chin-up bar with which you use the Chin-Up Assist doesn't have any sharp or rough areas that could damage any part of the Chin-Up Assist.
16. Always use two or more resistance bands with the Chin-Up Assist; never use only one resistance band with the Chin-Up Assist.
17. Always use a chin-up bar that can SAFELY HOLD three times the peak force exerted during equipment use.
18. Do not swing or bounce while using the Chin-Up Assist, and always keep your feet in line with your body while using the Chin-Up Assist.
19. Never release or adjust any part of the Chin-Up Assist when it is under tension or in use.
20. Never pull resistance bands or Chin-Up Assist so that the stretched bands line up with your face or other sensitive parts of your body. Doing so is dangerous and may cause significant and permanent injury to your eyes, face, and/or body.
21. Never adjust the foot stirrup higher than three feet from the ground.
22. Protect the Chin-Up Assist and yourself by keeping away from sharp objects. Remove all belts and jewelry, including rings, chains, and pins, before exercising and using the Chin-Up Assist. Note: Use with long or sharp fingernails can lead to damage or injury.
23. Never wrap any resistance band, the foot stirrup, support strap, or any other part of the Chin-Up Assist around your neck, mouth, head, shoulders, or torso.
24. **Always test the resistance bands' resistance carefully in each new position to ensure that (a) the bands are securely attached to the foot stirrup and the bar attachment, and (b) the bar attachment is attached to the chin-up bar.**
25. Use smooth, controlled, rhythmic tension when using the Chin-Up Assist to avoid any snapping, yanking, or recoil of the resistance bands.
26. 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 moving slowly with control will help you to learn proper form, balance, and coordination.
27. Attach resistance bands to the foot stirrup and the bar attachment only as directed.
28. Other than attaching to a chin-up bar as directed, do not temporarily or permanently attach any part of the Chin-Up Assist to, or use the Chin-Up Assist with, any other equipment or materials of any kind.
29. Do not perform exercise moves that are beyond your ability to stay balanced or in control.
30. Always warm up and stretch before using equipment.
31. Stop exercising immediately if you experience discomfort or pain.
32. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
33. The Chin-Up Assist is not designed for outdoor use or permanent installation.
34. Do not stretch any resistance band more than 2-1/2 times its length.
35. Wear suitable clothing and shoes when working out, e.g., a tracksuit and training shoes; no bare feet, flip-flops, sandals, or heels; avoid loose clothing.
36. Two or more people should NEVER use the Chin-Up Assist at the same time! It may result in serious injury.
37. **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** The Chin-Up Assist should not be used by individuals under the age of 18 without adult supervision.
38. **THE CHIN-UP ASSIST IS NOT A TOY OR PLAYTHING.** If treated with care and seriousness, the Chin-Up Assist will give you fine service. Abuse can quickly ruin its usefulness.

### RESISTANCE BAND ASSEMBLY



**A.** Insert the end of each resistance band into the opening in the notch of the 3-in-1 resistance band pocket. Be sure each end protrudes from the smooth side of the band pocket, not the ribbed side.

**B.** Gently but firmly tug each of the bands to ensure that they have all snapped securely into place within the notched cups of the band pocket.

**C.** Wrong way.

When the foot stirrup is set to the maximum height of 3 feet, the Chin-Up Assist provides about 35 pounds of assistance per band. If you're using all three cables, this is equivalent to just over 100 pounds.

To avoid overstretching the cables, **NEVER adjust the foot stirrup higher than 3 feet from the ground.** Doing so will cause premature cable wear and could cause the cables to fail.

It's always a good idea to place a protective pad on the floor under your chin-up bar to prevent or minimize the chance of injury.