



# DUMBBELLS

## Care and Safety Instructions

### IMPORTANT!

Please read this entire pamphlet carefully and completely before using dumbbells. 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 this equipment involves strenuous activity, so learning and practicing the proper use and care is imperative. Remember, always listen to your own body and 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 dumbbells, do not use them until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. **Do not attempt any movements, activities, or exercises with the dumbbells 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 injury, disfigurement and/or other permanent injury, and/or property damage.**
3. Before attempting any exercises, watch the workouts to familiarize yourself with proper form of all exercise moves.
4. Always store dumbbells in a secure, childproof location. Leaving dumbbells on the floor is a hazard for tripping or stumbling, and can cause severe injury and/or property damage.
5. Always work out with dumbbells 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 and exercise.
6. Remove all jewelry, including rings, chains, and pins, before exercising.

7. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
8. Begin each move slowly and with control to learn proper form, balance, and coordination.
9. Use smooth, controlled, rhythmic movements when using dumbbells to help avoid injury.
10. Carefully test each exercise move to verify that you can perform it properly with dumbbells; do not perform moves with dumbbells that are beyond your ability to stay balanced and in control.
11. Do not attempt to complete all of the repetitions of an exercise if you are not able to complete them with proper form.
12. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
13. Always wear suitable workout clothing and exercise shoes when exercising; avoid loose or excess fabric.
14. Stop using dumbbells immediately if you experience any pain or discomfort.
15. Never drop, toss, swing, throw, or kick dumbbells.
16. Dumbbells are NOT TOYS OR PLAYTHINGS. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, these dumbbells will give you fine service. Abuse can quickly ruin their usefulness.

## **CARE AND STORAGE INSTRUCTIONS**

- Store dumbbells in a dry, secure, and childproof place.

## **LIMITED LIABILITY**

Under no circumstances shall Product Partners, 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 dumbbells.

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 Product Partners, LLC, has been advised of or should have known of the possibility of such damages.

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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](http://TeamBeachbody.com). For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to [Beachbody.com](http://Beachbody.com).

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