



# WEIGHTED GLOVES

## Care and Safety Instructions

### 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 weighted gloves.

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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### IMPORTANT!

Please read this entire pamphlet carefully and completely before using weighted gloves. 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 weighted gloves, 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. Always inspect the weighted gloves and all stitching on the gloves prior to and after every use for loose threads, scratches, nicks, holes, worn areas, abrasions, tears or cuts. If you find any defect or flaw, DO NOT USE THE WEIGHTED GLOVES, and contact Beachbody Customer Service for a replacement.
3. **Do not attempt any movements, activities, or exercises with the weighted gloves 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.**
4. Weighted gloves are for use only as directed in Beachbody workouts; they are not designed for any other use.
5. Before attempting any exercises, watch the workouts to familiarize yourself with proper form of all exercise moves.
6. Always work out with the weighted gloves 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.
7. Remove all jewelry, including rings, chains, and pins, before exercising and using the weighted gloves.
8. Make sure to test that both weighted gloves are securely and properly fastened around your hands prior to initiating any movement. Use of weighted gloves that are not securely and properly fastened could cause the gloves to come off and cause serious injury to you or others, as well as property damage.
9. Do not attach the weighted gloves to your wrists, ankles, feet, or any other body part; do not attach weighted gloves to any clothing or accessories.
10. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
11. Begin each exercise move slowly and with control to learn proper form, balance, and coordination.
12. Use smooth, controlled, rhythmic movements when using weighted gloves.

13. Carefully test each exercise move to verify that you can perform it properly with weighted gloves; do not perform moves with weighted gloves that are beyond your ability to stay balanced and in control.
14. Do not attempt to complete all of the repetitions of an exercise if you are not able to complete them with proper form.
15. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
16. Always wear suitable workout clothing and exercise shoes when exercising; avoid loose or excess fabric.
17. Remove weighted gloves immediately and stop exercise if you experience any pain or discomfort.
18. Never swing, toss, throw, or kick weighted gloves.
19. Weighted gloves 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, the weighted gloves will give you fine service. Abuse can quickly ruin their usefulness.
20. Always store the weighted gloves in a secure, childproof location when not in use.

### CARE AND STORAGE INSTRUCTIONS

1. Never expose the weighted gloves to, or store near, abrasive or sharp objects or surfaces.
2. Avoid exposure to extreme temperatures or excessive sunlight.
3. Store in a cool, dry, secure place.
4. To clean: washing is not recommended due to the porous nature of the weighted substance. However, wiping dirt or grit off the surface of the weighted gloves and setting in a well-ventilated area to dry can be very effective.
5. Never submerge weighted gloves in water, cleansing chemicals or any other substance.