



USER GUIDE

LET YOUR BODY BE
YOUR WEIGHT

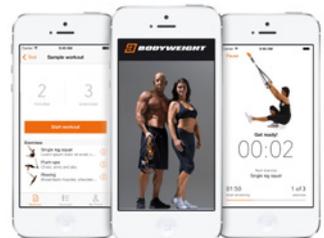


IMPORTANT SAFETY GUIDELINES

The Bodyweight® training system is constructed with the highest quality and designed to provide the ultimate bodyweight workout.

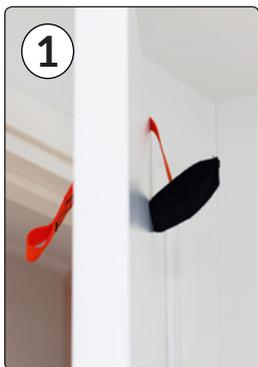
- Ensure you always protect The Bodyweight® training system from potential damaging elements when the unit is not in use. Keeping The Bodyweight® training system exposed to sunlight, damp conditions, and extreme heat and cold temperatures for prolonged periods can weaken the nylon and metal components.
- Never attach The Bodyweight® training system to a sharp edged anchoring point. Repetitive rubbing against a sharp edge can potentially weaken or tear the nylon material. If the components shows signs of wear and tear, immediately replace the components.
- Always perform a warm-up of 5 -10 minutes prior to using The Bodyweight® training system. (Examples: Jogging or other dynamic movements).
- Download the Bodyweight® training app to access more than 120 exercises and instruction videos. Create your own workout routine or train with one of the already made routines included in the app.

Download the Bodyweight® training app from App Store or Google play.



MONTAGE AT HOME

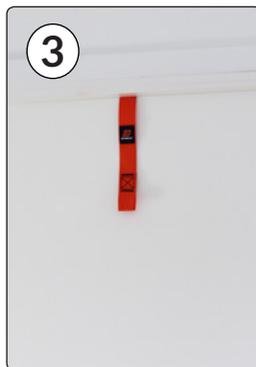
1. Place the door anchor over the door. Not at the same way the door goes.



2. Put the "Training in progress" sign on the door-handle outside.



3. Close the door. The anchor will then be locked.



4. Attach the straps by using the cabiner. Use the buckles to slide the straps.

6. Remember to never open the door when using the Bodyweight® Training system.



5. Attach the handles. The Bodyweight® Training system is ready to use!

7. Buy the Bodyweight® Ceiling Mount on www.bodyweightband.com



WHAT IS IN THE BOX?

Congratulations on investing in your personal Bodyweight® training system. With your Bodyweight® training system you can workout whenever and wherever you want.

We have further developed technology and function of the older suspension training equipment and created the Bodyweight® training system.

Here you see what's included in the Bodyweight® training system.

1. Handles with foot loops 2. Straps 3. Door anchor 4. Outdoor anchor



5. Bag /backpack for band 6. Training app 7. Broschure 8. Door hanger