



Angles90
The worldwide's first dynamic training grip
Patent Pending

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Instructions Angles90

This instruction is valid for:
Angles90 (all versions inclusive)

Read online:
www.angles90.com/instructions

SAFETY INSTRUCTIONS:

- Read all the following content of this instruction before using Angles90
- Follow the later mentioned guidelines regarding security in order to not risk to harm third parties in any form.
- Use Angles90 how it is suggested and prescribed and not for any other usages.
- If you hand over Angles90 to someone, always tell him/ her to read the instructions first as well.
- For harms arising out of not adhering to instructions, both the consumer's right for product guarantee and liability claim could become null.

GENERAL USAGE RULES:

- Angles90 can **only be used for certain pull exercises**. All exercises for back can be done, which simultaneously are activating both the biceps AND the back muscles. Examples are pull/chin-ups, deadlifts, rows, lat-pull downs or shrugs.
- All other exercises, **including every push-exercise like benchpressing are excluded from the conform use**.
- The product can therefore only be added to barbells, dumbbells with plates that have a height less than 7cm/2.75inches, pull-up bars, and any other bar at back-training machines which let you train back and biceps at the same time (like a rowing- or lat-machine).
- The products may not be suitable for women, or in general for people with small hand palms (lower width than 8cm/3inches with (thumb excluded)).
- For pull-up bars whose side ends are fixed into a wall or simply not open, the maximum bar diameter for adding Angles90 is 5cm/2 inches.



Warnings



If used improperly, Angles90 can cause light to middle-severe injuries not only at the user's body, but also to third parties. Please take therefore the following points very seriously.

- **Max weight per handle: 180kg (396 lbs)**
- **The provided carabiner CAN NOT be used for to attach the handles to a training machine or to do exercises with your whole bodyweight. ONLY the attachment of the grips itself and ONLY for the specific bodyweight A90 carabiner exercises on the website are possible.**
- Angles90 must be added/ looped at any training equipment with one of the following methods in picture 1, **red circle** or picture 2, **yellow circle**.
- Before every usage control the sling **for possible clefts** or any other signs that it could break. Communicate such disfunctions immediately to our company.
- Angles90 can only be used from one person during a workout and **cannot be left in a gym** without supervision/ control.
- If you add Angles90 to training not fixed training equipment like barbells or lat-machines, **always focus on keeping the bar in an exact horizontal position** in order to not run the risk that the sling could slip to the side while training.
- Children **below the age of 16 years are not allowed** to use Angles90. Adolescents between 16 and 18 years can only use it if supervised/ watched by an adult.
- **Spare parts** like single handles or slings can only be used if they were provided and integrated by Angles90 itself. Otherwise the product is not considered to be from Angles90 anymore with all its following implications.
- The usage of Angles90 on **trees or similar is prohibited**.
- **The fissure/ seam of the sling cannot be cleaned with cleaning agents.**
- The product must be kept away from fire and **hot objects like bars that are exposed to the sun** for long hours.
- The usage of Angles90 is prohibited on **rusty and/ or wet training equipment**.
- Adding Angles90 to **dashing/ gutsy or pointed/ spiky objects** like damaged training equipment or rocks is prohibited.
- Before actually start moving weight/ start doing an exercise, test whether Angles90 was correctly and therefore safely added to the equipment by **slightly pulling the handle with little resistance**.
- Angles90 must be attached at least **10cm/ 4inches within any open end of a bar**, for example if one does lat pull downs. This is especially important if the end of the bar is not horizontal anymore like a typical lat-machine bar.
- For exercises at which the direction of moving the weight is vertical (like at pull-ups, deadlifts or barbell rows), the respective bar must be moved parallel to the floor.
- The parts of a bar to which Angles90 gets attached **cannot be inclined more than 30 degrees**. Barbells with a Z-form can only be used if Angles90 gets attached at its corners.
- **Flat/ slippery/ glossy surfaces of bars** where Angles90 gets attached can only be used with extreme attention on fixing the product properly.

- Swinging yourself with the Angles90 on any training equipment is prohibited (exception: slight swinging allowed if added to a slack line)

Please be aware that the company Angles90 is not taking responsibility for any damages that occur because of not adhering to the rules of this instruction.

Picture 1



Picture 2



Picture 3



PROPER USAGE WHILE TRAINING:

- Proper usage of Angles90 consists of using one handle per hand and never two hands per handle.
- You are grabbing the handle properly if the font of the handle (the Angles90 logo) goes into your hand palm.
- Bars which possess a foam-rubber material as surface, should not be used always on the exact same position for adding Angles90.
- In the best case the two handles should be attached with a distance of your shoulder width.
- Training without ordinary/ conventional warm ups and with excessive training routines can harm the consumer's health.
- Only at bars who provide a rubber-surface Angles90 can be added without one of the proper looping-methods in picture 1 and 2 – always by paying extreme attention on safety aspects.
- Never try to draw/ pull through the sewed part of the sling through the slits in the middle of the handle.

Step 1: You grab the handles correctly if their respective logo is positioned outwards. In other words, the handle parts that don't have the logo on it are facing towards each other. Moreover, as explained above, lay your thumb on the handle-end which has no slit.

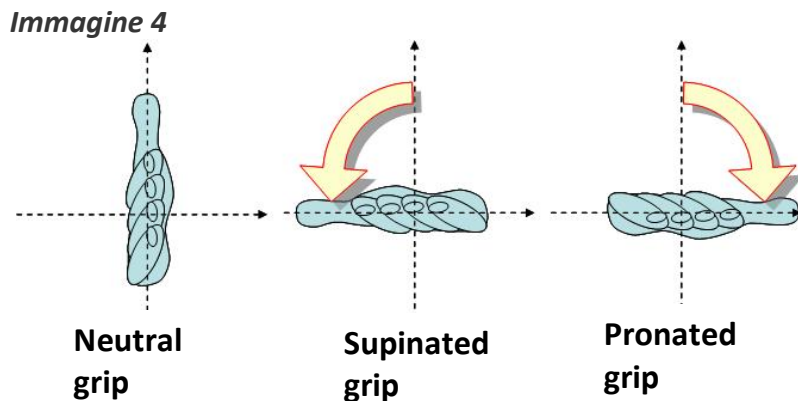
Step 2: Now attach the handles with a distance of your shoulder width to the equipment like explained above according to pictures 1 and 2.

Step 3: If you want to shorten the sling, take the sewed part which lays between the two middle-slits and put it inside the side slit (picture one, blue circle). A second and third way of shortening the sling is shown in the picture 2 (yellow circle) and picture 3 (black circle). The latter one, however, should be considered as a last option.

Step 4: Grab the handle from the outside part/ the part, where the logo is and put your middle finger in through the sling. The thumb can - but doesn't have to - be laid on the end of the handle. In any case, embrace/grab the handle strongly.

Step 5: Once you attached Angles90 and then grabbed the handles as described, pull slightly before beginning with the actually intended exercise weight in order to test whether you attached them correctly.

Step 6: Now you have basically two options on how to pull/ move the weight during the exercise: You either do it with the so-called neutral grip (the grip which is positioned at an angle of 90 degrees in respect to the bar) (see picture 2 or 4). The second option is to rotate the handle during the exercise by starting in the pronated grip and end the movement in the supinated grip (picture 4).



How to grab Angles90?

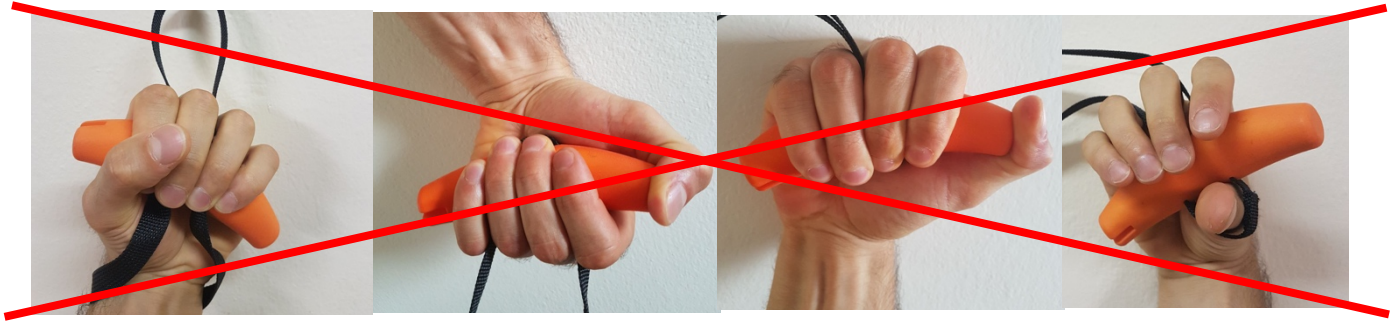
3 versions (= „gp’s“): Since you can move the sling from one side to the other, you can change the way how the handle is positioned in your hand.

ERGO option (picture 1 and 3) – The ends of the handle are directed downwards. This means the handle is basically imitating our hand palm’s basic form. In this case more strain will be put on the middle of the hand palm and less on the sides which are weaker by nature. This ergonomic grip option is suitable for many repetitions with relatively light weight.

POWER option (picture 2) – Here the ends of the handles are looking upwards and are therefore imitating one half of a gymnastic ring. So it is supporting the usually weaker side parts of the hand palm. The result is an overall increase in power when lifting weights. Suitable for few reps/ high weight.

GRIP option – Instead of putting the middle finger through the sling, it is also possible to put the RING- or ZEIGEFINGER in there. This implicates a focused activation of the forearm muscles and an overall bigger effort when training.

The product **MUST NOT** be used as follows:



As training
straps

By putting more
than one finger
through the sling

Putting no finger
through the sling

Putting finger(s) on the
underside of the handle

Product care and maintenance

For cleaning the handle use a dampish cloth. Do not use chemical detergents as they can cause damages to the products which can also harm the products function, not only its appearance. The sewed must not get in contact with any wet object, neither with water.

The product needs to be checked before every usage for damages (especially the sewed part of the sling) and may not be used by damages.

Defects within the guarantee time need to be reported immediately to info@angles90.com or need to be repaired professionally outside of guarantee time. Until the repair the device may not be used!

Please be aware that the company Angles90 is not taking responsibility for damages arising from not only from improper usage, but also from improper maintenance and product care.

Guarantee

The guarantee time is one year and begins with the day of the order confirmation date. Please keep that as a proof of the purchase and with it as a guarantee claim.

The following guarantee regulations are valid:

The manufacturer guarantees free removal of defects which are due to material defect or factory defect. With assessment of damage the buyer is obliged to announce this immediately to the manufacturer. Damages as a result of improper usage, wrong assembly and wrong installation, **nonobservance of the user manual** and wear and tear through normal use do not fall under this guarantee.

Independently the guarantee and any warranty expires, if the product:

- is converted arbitrarily.
- is loaded with more than the given maximum load limit.
- is not used for the deliberate purpose.
- is added to a training equipment improperly or added to not suitable equipment

The following wearing parts are excluded from the guarantee: The logo on the handle, the colour of the handle and potentially arising scratches which occur from normal usage.

The manufacturer is not liable for causal damages or secondary damages of every kind, unless such a liability limitation is expressly prohibited by the legislator. It is the decision of the manufacturer to fulfil the guarantee by repair or by spare delivery. Further claims do not exist.

With unauthorized guarantee entry the manufacturer reserves the right to carry out the return not prepaid. In case of a guarantee case please immediately get in contact with our service team (info@angles90.com).

We will tell you the exact return process.

To protect the product in case of a repair or return, we ask you to keep the original packaging for the duration of the guarantee time. Please contact in any case beforehand our service team. Accruing repairs after the end of the guarantee time including the shipping costs are fee-based. Your legal rights are not limited by this guarantee.

Disposal

Please pay attention to an environmentally disposal of the packaging according to local regulations! Follow for the disposal of the device the local disposal regulations.

Training exercises

Find exercises of Angles90 on different training equipment both on the website, youtube and social media channels.

Contact

Should you have further questions, you may find them on the website. If not, do not hesitate to contact Angles90 through info@angles90.com.

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