

WELCOME TO THE KAYEZEN TEAM



QUICK START GUIDE



Scan here for tutorials on how to set-up and use your system

KAYEZEN
VECTOR
WE BUILD RESILIENCE

ANCHOR

Using the Kayezen Multi-Anchor



TO A DOOR

Thread the **MULTI-ANCHOR** through the doorway on the hinge side. Pull the strap through and close the door.



TO A POST

Wrap the **MULTI-ANCHOR** around a post or rack. Thread the end through one of the loops. Pull the end to cinch the anchor tight around the post.



ATTACH

Using the Kayezen Carabiners



ATTACH

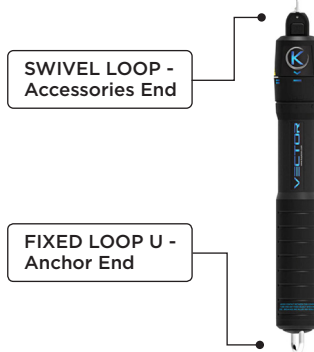
CARABINER to **MULTI-ANCHOR** through the loop closest to the anchor point.



Attach **VECTOR** at the Fixed Loop U end.



With a 2nd Carabiner, attach a Kayezen Accessory at the Swivel Loop end.



LONG AND SHORT STRAP HANDLE

The Long Handle length allows a variety of exercises at full extension using one or two handles. The Short Handle is ideal for smaller spaces.



CINCH STRAP

Quickly secures to shoulders, arms, hips, thighs, above knee or ankle level. Eliminates the need for multiple "heavy bands."



LONG TORSO STRAP

Has many uses for trunk stabilization, core work or movement control and is great for rotational athletes (golf, tennis, baseball).

⚠ WARNING VECTOR must be attached to an anchor point that is capable of resisting loads of at least 440 lbs / 200 kg. Connect the VECTOR to anchor points using only carabiners load rated for at least 12Kn or those supplied by Kayezen. Kayezen assumes no liability for damage or injury caused by carabiners supplied by any third party. Never let go of accessory until Cap Assembly is in a closed position. Never pull Kayezen VECTOR Tubes beyond Kevlar® stopping point. Keep hair, body parts and clothing clear of moving parts. Kevlar® is a registered trademark of E.I. du Pont de Nemours and Company

ADJUST

Dial in 3 levels of VECTOR resistance

▲ IMPORTANT: Each Kayezen VECTOR Tube contains a Kevlar "thread" that creates an endpoint when the VECTOR is pulled to full extension. To begin any exercise, start with the Cap pulled approximately 3 -5 inches away from the base. For your first pull with your VECTOR, turn the Cap to Level I and pull your system to full extension. For a **VECTOR Travel** you will reach this Kevlar endpoint when the Cap is pulled approximately 45 inches from the base and for a **VECTOR** that will be when the Cap is pulled approximately 60 inches from the base. Avoid hitting this Kelvar endpoint when you are training.



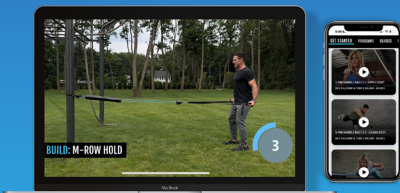
Your VECTOR internal discs are pre-configured with the following: **DISC 1** (4 LIGHT Tubes, 5 Lbs Resistance Each) / **DISC 2** (2 LIGHT Tubes, 5 Lbs Resistance Each) / **DISC 3** (2 HEAVY Tubes, 14 Lbs Resistance Each)



With the VECTOR Cap fully closed, turn the Cap to Level 1. Step back to where tension starts and pull (Single Arm Row) to feel the resistance. Step back until the Cap fully closes and repeat with Level 2 and Level 3.

TRAIN ANYWHERE, ANYTIME, IN LESS TIME.

Limitless training options to work out on your terms whenever, wherever you'd like.





THE KAYEZEN PHILOSOPHY

Our Name is Derived From the Word KAIZEN

KAI • ZEN

A mindset approach to one's personal, social, career or business that focuses on continuous improvement.

OUR MISSION

To help people build their physical and mental resilience

Contact the Kayezen Team Anytime at:

clientsuccess@kayezen.com

Follow us on social media:



⚠️ WARNING READ AND REVIEW ALL WARNINGS IN THE USER'S MANUAL BEFORE USING THE VECTOR.
THE FULL USER'S MANUAL IS AVAILABLE ON [KAYEZEN.COM](https://www.kayezen.com). ONLY USE WITH KAYEZEN CERTIFIED PRODUCTS.

LIMITED WARRANTY

Kayezen warrants its VECTOR and accessories for a period of one year and its Kayezen VECTOR Tubes for a period of 60 days from the initial date of purchase. The VECTOR and its array of accessory products and components have been designed and manufactured for ease of use in performing recommended exercises. Use of the VECTOR or its components and/or accessories with components or accessories by other manufacturers that have not been certified by Kayezen will void this warranty. Kayezen disclaims all other warranties, expressed or implied. This warranty does not cover product conditions caused by accident, misuse, abuse, or failure to follow instructions. The warranty is limited to repair or replacement of the product or its components only. This warranty is void if the failure of the product and accessories or any part or component thereof is due to (i) misuse, (ii) tampering, (iii) negligence, (iv) misapplication, or (v) abuse.