



W A R N I N G



READ BOTH SIDES OF THIS ENTIRE PRODUCT INSERT BEFORE USE

By purchasing and or using HAVAK (previously known as HAVYK) product(s), you hereby acknowledge and agree to the following product disclaimers as well as any additional warnings that may accompany the product and or posted to our website.

WARNING: ALL HAVYK EQUIPMENT IS EXTREMELY DANGEROUS. Always CONSULT your healthcare professional BEFORE using this equipment as all exercise involves a risk of serious injury and or death. HAVAK equipment is purposely designed to be unconventional and unorthodox will elite level athletes and experienced fitness enthusiasts in mind. HAVAK products should only be used in a controlled and safe manner and in a controlled and safe environment. If uncertain as to how to operate / utilize any of our products, seek proper instruction and or supervision from accredited professional coaches or trainers familiar with their design before use or simply do not purchase our products

WARNING: These products may contain components and or be manufactured using processes that can expose you to chemicals which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

The **USER(s)** of this equipment acknowledges that they have read, understand and agree to this warning in its entirety, any and all warnings which may be located on the equipment itself as well as any additional and or updated disclaimers made available on the HAVAK website. The USER hereby CONSENTS to VOLUNTARILY engaging in the use of this equipment and **ASSUMES ALL RISK** associated with its use and waives any and all claims arising from its fabrication, use, misuse, abuse and or neglect, by themselves or others, including but not limited to damage to the product, surrounding persons and or property, up to and including serious personal injury or death. The owner and or user(s) of this equipment, also agrees that they, their personal representatives, administrators, heirs and assigns, hereby release, discharge and hold harmless HAVAK, its owners, designers, directors, fabricators, representatives and or any associates, from any and all claims or causes of action, known or unknown, for any direct or indirect injury, loss or damage resulting from or arising out of the use, misuse, abuse or neglect of the equipment.

BEFORE EACH USE always confirm that any and all hardware is securely fastened, any and all moving parts are operating properly, that there is no damage to the product, including but not limited to chips, cracks, dents, flaking, leaks, peeling, sharp edges and or tears and that the equipment shows no signs of abuse, misuse or neglect. If there is any loose or missing hardware, any damage and or any of potential problems of any kind DISCONTINUE use immediately and report all findings to the equipment's owner and or facility management.

ALWAYS USE EXTREME CAUTION when handling and or using this equipment. **ALWAYS KEEP** fingers, hands, feet and clothing **AWAY FROM** any and all **EDGES, HOLES and MOVINGS PARTS** as serious injury may occur. Never drop, hit, throw or strike the equipment or allow any object to make uncontrolled contact with the equipment, including but not limited to another piece of equipment, the floor, hard or sharp objects, personal items and or structures as damage and or injury may result. This equipment may contain lubricated and or moving parts and is designed for use on clean, smooth, hard surfaces such as properly maintained athletic rubber flooring and should never be used on an unclean surface or on any surface which may damage the equipment's components, finish and or moving parts OR which may possibly become permanently damaged or marked by the use, misuse, abuse, neglect and or lubricant of the equipment. Cleaning, standard maintenance and or lubrication of the equipment's parts may be required over time dependent upon use and environmental conditions. Equipment should NEVER be affixed to the user. Usage and or storage outdoors or exposing this equipment to uncontrolled environments and temperatures may accelerate corrosion and or material fatigue. **ALWAYS USE CAUTION** when handling this equipment OUTDOORS as it will become extremely hot to the touch.

HAVAK EQUIPMENT IS DESIGNED TO BE INHERENTLY UNBALANCED, UNSTABLE AND OR OVERSIZED AND IS THEREFORE EXTREMELY DIFFICULT TO CONTROL, HOLD and or LIFT. ALWAYS USE CAUTION AND PROPER TECHNIQUE. NEVER ATTEMPT TO ADJUST AND OR ALTER THE EQUIPMENT, OR ANY ADDITIONAL LOAD OR RESISTANCE WHICH MAY HAVE BEEN ADDED TO THE EQUIPMENT, WHILE IT IS IN USE. NEVER USE THE EQUIPMENT IN ANY MANNER NOT ORIGINALLY INTENDED. THIS EQUIPMENT IS NOT A TOY and is NEVER TO BE USED BY CHILDREN.

The method in which HAVAK equipment is produced is focused solely on its functionality and not on its appearance. Coatings are selected based on the desired durability, the intended use and the part's base material. Areas that are to be gripped / held will typically feature either a knurled or textured powder-coat finish while others areas may be left as raw steel or zinc plated. No finish, whether it be coated, dipped, painted, plated or otherwise, is impervious to damage or deterioration. Therefore the durability of any coating is determined by the amount of care, cleaning, use, mis-use and or environmental exposure it receives.

All reasonable efforts are taken to ensure a quality product appearance HOWEVER minor imperfection in finishing, materials, manufacturing and assembly processes (such as cosmetically inconsistent coatings and or small gaps between mated parts) and or shipping damage may occur. Any claims pertaining to these or any other imperfections must be made immediately upon receipt of the equipment as all exercise equipment is inherently subject to cosmetic damage such as dents, dings, scratches and or general wear as the result of use and the environment in which it is used.

All dimensions listed, including product length, width, height and weight are approximate. This included the physical weight of any component or entire unit, which are typically within 1~2 pounds of their listed / promoted weight. Equipment is warranted against manufacturer's defect for a period of 30 days. Any and all warranty claims must be made within this period and will be resolved at HAVAK's sole discretion. Warranties commence from the original date of purchase. HAVAK reserves the right to alter, discontinue or and modify any product design including but not limited to its dimensions, features, finishes, materials, specifications and or pricing without notice or obligation. All colors, dimensions, labels and or other feature and or measurement shown on HAVAK marketing material and or website are approximate and may vary.

HAVAK, its affiliates, associates, directors, designers, owners and or representatives are not certified and or licensed medical care providers and represent that they have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any exercise equipment on any known or unknown medical condition. This equipment is not intended to diagnose, prevent, treat, or cure any medical condition, disease or issue.



DANGER



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CABLE handle and LINK XL

The HAVAK CABLE handle and LINK XL (herein referred to as "ATTACHMENT(S)") are designed for use with common barbells and belt / cable connected weight stack equipment. Always inspect all equipment before connecting to or otherwise using with these ATTACHMENTS as their condition and or under-maintained state may affect and or otherwise damage the ATTACHMENT or the user. Always use properly designed and rated carabiners / snap clips when connecting the ATTACHMENTS. Always use the ATTACHMENTS in a smooth manner, never in jerking, snapping or yanking type motion. As the ATTACHMENTS are extremely versatile, always ask an experienced or trainer professional before attempting any new usage

HOOK, HOOK XL and LINK

The HAVAK LINK, HOOK and HOOK XL (herein referred to as "PLATES") are designed to create instability when in use, whether through the own oscillating (aka swinging) movement and or via their adding / connecting of accommodate resistance items (such as bands, chains, etc). The amount of oscillation each PLATE creates is directly related to the amount and direction of movement the barbell experiences, the speed in which the barbell is moving as well as both the weight and PLATE hole selected to connect to the barbell. Due to the number of variable involved in their use, these PLATES are for advanced level users. Always make sure that the PLATES are properly secured to the barbell being used with properly sized collars. These PLATES are not to be considered 'bumper plates' and should not be treated as such. dropping or mishandling of any kind may result in product and or personal / property damages including barbells, equipment, floor, persons, etc.

SCEPTER (previously known as the HAVYKbatt)

The HAVAK SCEPTER (herein referred to as the "SCEPTER") is designed for use as a both a tool for BodyTempering® as well as a strength implement similar to that of a short barbell and or 'Indian club'. BodyTempering® is not chiropractic, massage, occupational therapy, orthopedics, physical therapy, physiotherapy, and or rehabilitation (rehab) in any way. There is no scientific data and or research studies that confirm any claims made by those who have experienced, practice and or utilized BodyTempering® principles or similar techniques and or any related equipment. For more information on BodyTempering® visit BodyTempering.com. When using the SCEPTER for barbell and or indian club exercises, ALWAYS HANDLE WITH the UTMOST CARE, always use its locking collar, additional collars as needed as well as standard lifting safety precautions. When loading and unloading added resistance, do so in a BALANCED and EVEN manner with the SCEPTER safely on the ground. ALWAYS USE the included collar in addition to properly secured and sized safety clips / collars when using any additional load with the SCEPTER. Never drop the SCEPTER as serious damage to its finish and or structure, as well as any surrounding equipment, flooring, and person(s) and or property may occur.

SLDR (previously known as the HAVAKslider or HAVYKslider)

The HAVAKsldr (herein referred to as "SLDR") is designed to move omni-directionally (= forwards, backwards, side-to-side and rotate simultaneously) and is therefore inherently and CONSTANTLY UNSTABLE. ALWAYS USE the lower center area as your sole point of contact. NEVER use, stand on, and or apply any pressure on or near the outer edge(s) or plates of the SLDR at any time. The SLDR is designed for use on clean, smooth, hard surfaces and moves in an arcing, curved motion (as per image right →) than a perfectly straight line. Always test how the SLDR functions on a discrete portion of the floor before full use, to avoid unwanted damage to and or marking of the floor. Moving the SLDR on a rough, textured and or unclean surface or forcing it to travel in a straight, linear motion may result in an "un-smooth" feel or motion, cause damage to the SLDR and or resulting in the slider tipping over. The SLDR is NOT A SKATING DEVICE and should never be affixed to the user. Never drop the SLDR as serious damage to its finish and or structure, as well as any surrounding equipment, flooring, and person(s) and or property may occur. The SLDR contains multiple moving parts which are pre-lubricated. MAX LOAD per SLDR is 150 LBS.



TRIAD (adjustable, fixed, quick, stealth) and TRIAD XL (previously known as the HAVYKbell, HAVYKgrab and HAVYKtriad)

The HAVAK TRIADs (herein referred to as the "TRIAD") are designed to allow for both dumbbell and kettlebell usage, however they are not traditional dumbbells or kettlebells. The TRIADs contains multiple peripherally placed handles which dramatically alters the distribution and handling characteristics of the weight. This makes the TRIAD unbalanced and significantly more difficult to control, grip and or handle. The graduated grip sizes also makes handling the TRIAD more difficult than a traditional barbell, dumbbell and or kettlebell. As a result, far less weight is required for an equal or greater training effect. That said, ALWAYS HANDLE WITH the UTMOST CARE and always use the utmost in lifting safety precautions, especially when using the TRIAD for lifting, weighted and or balanced based exercises. Become accustomed to the TRIAD's design and movement before performing any exercise requiring heavier loads, especially those that are overhead, rotational and or swinging in movement and or nature. Whenever adjusting any added weight plates, always place the TRIAD on the ground or a safe, secure and sturdy surface. Always fully secure the required barbell collar or included loading + lockings pins before any and all lifts. Never attempt to adjust or change the load or loosen any collars, loading and or locking pins when in use. Never drop the TRIAD as serious damage to its finish and or structure, as well as any surrounding equipment, flooring, and person(s) and or property may occur.

ALL EXERCISE EQUIPMENT IS INHERENTLY DANGEROUS. USE IS ENTIRELY VOLUNTARILY WITH THE USER(S) ASSUMING ALL RISK ASSOCIATED WITH ITS USE AND WAIVES ANY AND ALL CLAIMS ARISING FROM ITS FABRICATION, USE, MISUSE, ABUSE AND OR NEGLECT, BY THEMSELVES OR OTHERS, INCLUDING BUT NOT LIMITED TO DAMAGE TO THE PRODUCT, SURROUNDING PERSONS AND OR PROPERTY, UP TO AND INCLUDING SERIOUS PERSONAL INJURY OR DEATH. ALWAYS CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS EQUIPMENT AND AN ACCREDITED PROFESSIONAL COACH OR TRAINER FAMILIAR WITH THE EQUIPMENT BEFORE ANY USE

**If you disagree with any aspects of this warning,
your sole remedy is to discontinue use of and or not purchase HAVAK products**

USE AT YOUR OWN RISK