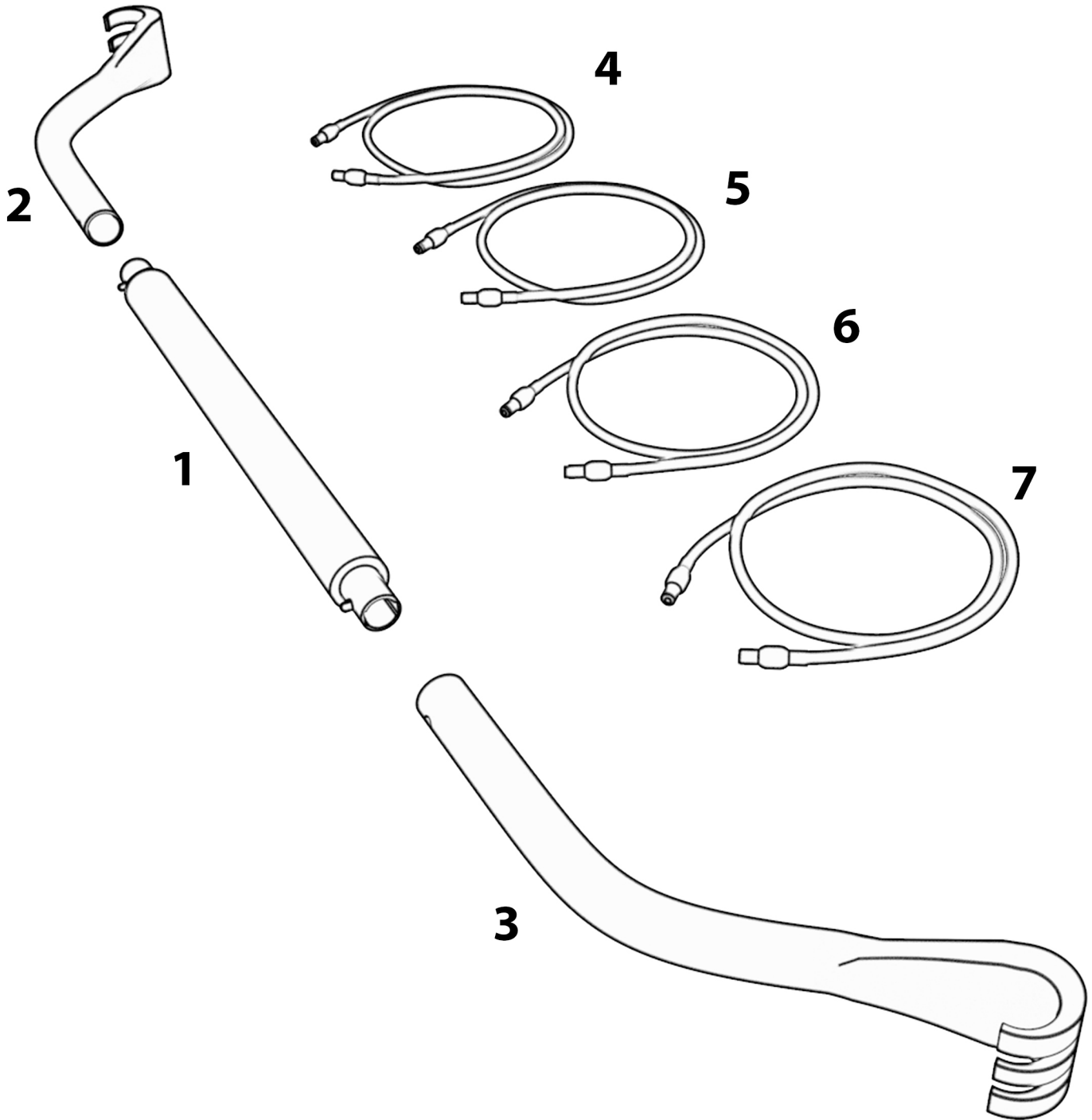


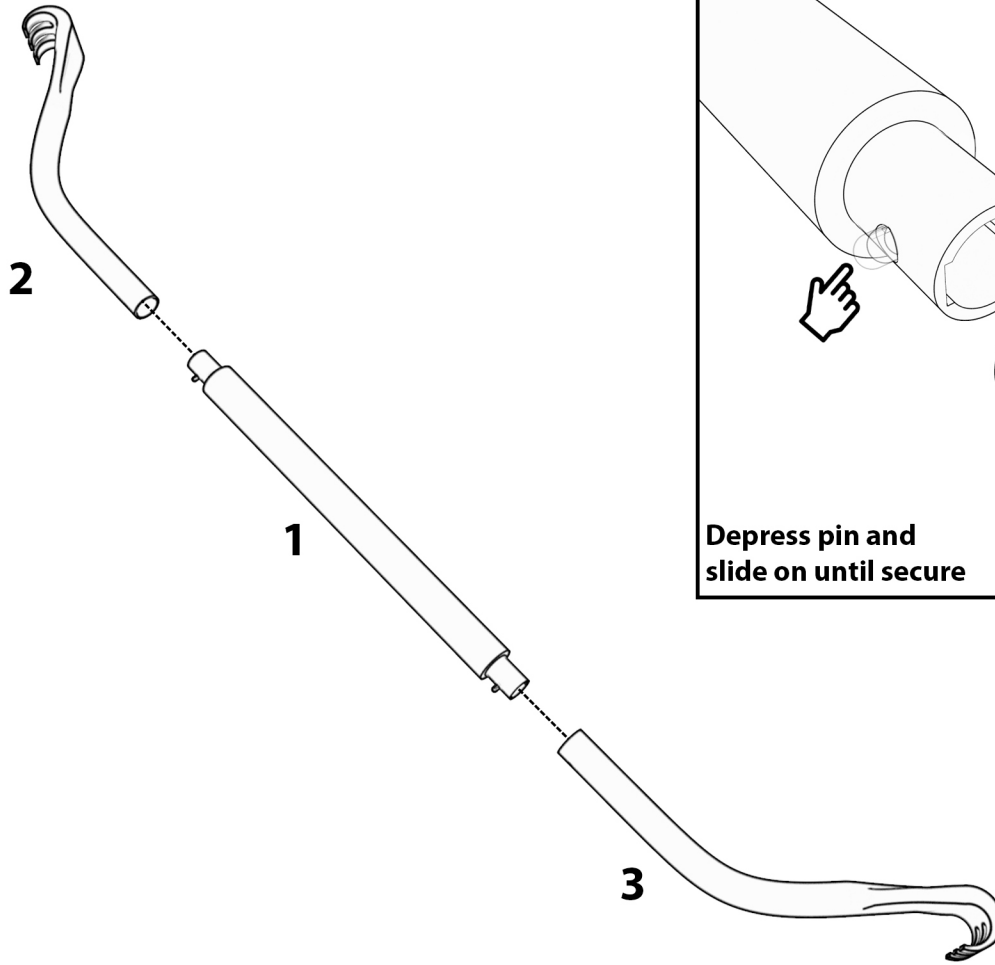
SYNERGEE
RESISTANCE BOW



No.	Description	Qty
1	Main Bow Frame	1
2	Upper Bow Hook	1
3	Lower Bow Hook	1
4	10lb Resistance Band (Yellow)	1
5	20lb Resistance Band (Red)	1
6	30lb Resistance Band (Blue)	1
7	40lb Resistance Band (Black)	1

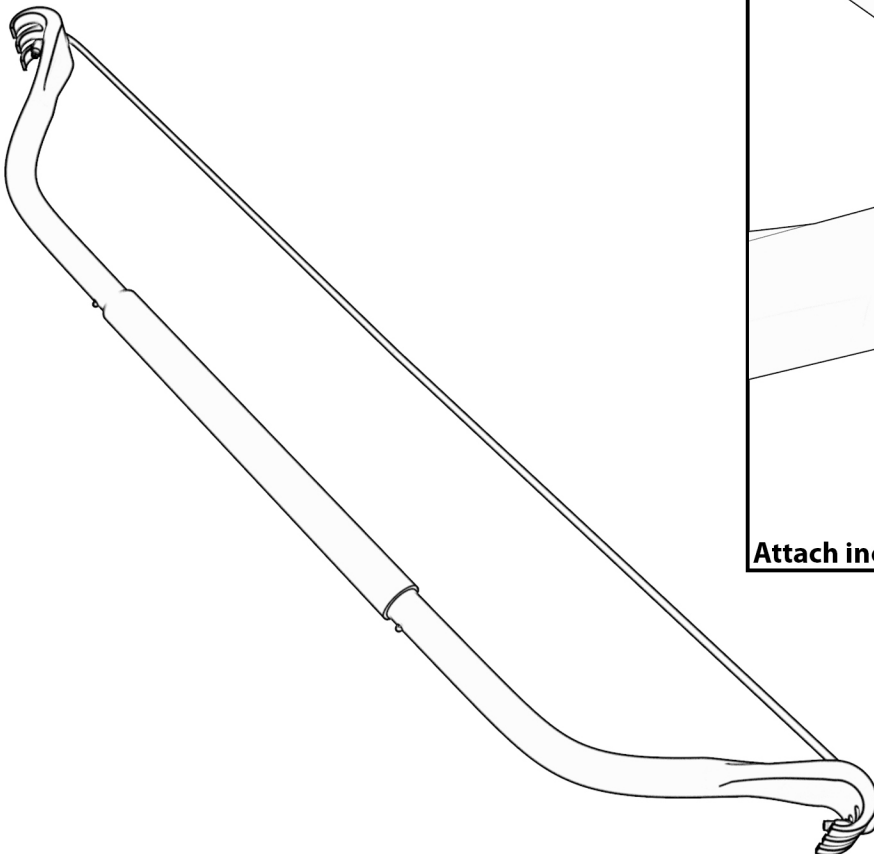
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
CUSTOMERCARE@IHEARTSYNERGEE.COM OR 1.855.217.7136**

1.



Depress pin and
slide on until secure

2.



Attach included resistance band(s)

WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED PROPERLY.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee Resistance Bow. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

Follow these precautions to ensure you use your Synergee Resistance Bow safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product away from moisture and dust.
- 5.** Assemble the bow properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the product has been repaired.
- 6.** Make sure all locking mechanisms are properly secured before using the unit. Ensure adjustment pins function properly and they are fully engaged before use.
- 7.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 8.** Do not use this equipment to exhaustion: stop exercising and step away from the equipment if you feel faint, dizzy, or in pain.
- 9.** Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.