



DOOR ATTACHMENT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Door Attachment.

SETUP

1. Remove the Door Attachment from the box and check for possible shipping damage.
2. Your Door Attachment is now ready for use.

WORKOUT TIPS

1. Use a smooth and steady motion when performing each exercise.
2. Perform exercise routines to the best of your ability without strain.
3. Avoid holding your breath while exercising.

CARE

1. Hand wash Door Attachment in cold water with mild soap to clean. Dry thoroughly.
2. Avoid exposing Door Attachment to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
3. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Inspect the Door Attachment before each workout for nicks or tears. If present, do not use.
4. Ensure Door Attachment is securely in the door before beginning each exercise.
5. Perform exercises in a slow and controlled manner.
6. Stop and rest if you feel dizzy or short of breath.
7. Use product only as intended and demonstrated in the program.
8. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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