



# Home Gym Kit

Setup, Workout Tips and Care & Safety Guide. Please read before setting up or using.

## Push-up Bars

### SETUP

1. Remove the Push-Up Bars from box and check for shipping damage.
2. See enclosed instructions for assembly.

### WORKOUT TIPS

1. Use the Push-Up Bars on a flat surface.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routines to the best of your ability without strain.
4. Avoid holding your breath while exercising.

### CARE

1. Dry the Push-Up Bars with a towel after use.
2. Use a damp cloth to clean the Push-Up Bars.
3. Avoid exposing the Push-Up Bars to heat or excessive sunlight.
4. Store in a cool, dry place.

### 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 doctor before using the Push-Up Bars.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. 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.

## Resistance Tube

### SETUP

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

### WORKOUT TIPS

1. Initially follow the exercises presented in the Exercise Guide without the Resistance Tube in place. Once proficiency is developed with each movement, use the Resistance Tube.
2. Always use the Resistance Tube in an open area free of furniture or other items that could get in the way while exercising.
3. Keep chin parallel to floor with head directly over shoulders, chest lifted, eyes focused forward.
4. Use a smooth and steady motion when performing each exercise.
5. Perform exercises to the best of your ability without strain.
6. Avoid holding your breath while exercising.

### CARE

1. Dry the Resistance Tube with a towel after use.
2. Hand wash the Resistance Tube in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing the Resistance Tube to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.

### 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 Resistance Tube before each workout for nicks or tears. If present, do not use.
4. Ensure the Resistance Tube is secure under your foot/feet and (or) in your hands before beginning each exercise.
5. Avoid looking directly at the Resistance Tube during exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the exercise guide.
9. This product is made with natural latex that has been known to cause allergies in certain people.



**WARNING:** Wearing Protective Sports Eyewear (goggles or glasses made with polycarbonate or Trivex lenses) is always recommended when working with resistance cords (tubing) or bands.



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## Speed Jump Rope

### SETUP

1. Remove the Speed Jump Rope from box and check for shipping damage.
2. How to adjust instructions: Stand in the middle of the rope with one foot. Extend the top of the handles to armpit height, then unscrew cap of either handle. Pull out rope, separate plastic clip. Move clip on the rope to desired length. Push plastic clip together to lock in place. Test rope to make sure desired length is achieved before cutting off excess rope.
3. Ensure that the handle is secure to the rope prior to beginning your workout.
4. Your Speed Jump Rope is now ready for use.

### WORKOUT TIPS

1. Always use the Speed Jump Rope in an open area free of furniture or other items that could get in the way while exercising.
2. Use a smooth and steady motion when jumping rope.
3. Perform rope-jumping activities to the best of your ability at the desired speed.
4. Avoid holding your breath while exercising.

### CARE

1. Dry the Speed Jump Rope with a towel after use.
2. Wipe the Speed Jump Rope with a damp cloth to clean. Air dry.
3. Avoid exposing the Speed Jump Rope to heat or excessive sunlight.
4. Store in a cool, dry place.

### 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 doctor before beginning the workout.
3. Perform exercises in a controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended.
6. Keep the Speed Jump Rope away from children and pets.

## Ab Wheel

### SETUP

1. Remove the Ab Wheel from the box and check for possible shipping damage.
2. Assembly instructions for Ab Wheel configuration included in Exercise Guide.

### WORKOUT TIPS

1. Always use the Ab Wheel on a flat surface and in an open area free of furniture or other items that could get in the way while exercising.
2. Use a smooth and controlled motion when performing each exercise.
3. Perform all exercises selected from exercise guide to the best of your ability without strain.
4. Avoid holding your breath while exercising.

### CARE

1. Dry the Ab Wheel with a towel after use.
2. Use a damp cloth to clean the Ab Wheel.
3. Avoid exposing the Ab Wheel to heat or excessive sunlight.
4. Store in a cool, dry place.

### 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 doctor before using the Ab Wheel.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.

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