



ANKLE WEIGHTS

Care and Safety Instructions

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Ankle Weights. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using this equipment or beginning any exercise program. Using this equipment involves strenuous activity, so learning and practicing proper use and care is imperative. Remember to always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the ankle weights, do not use them until you have contacted Beachbody® Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Always inspect the ankle weights, including all stitching, prior to and after every use for loose threads, scratches, nicks, holes, abrasions, tears, or cuts. If you find any defect or flaw, DO NOT USE THE ANKLE WEIGHTS, and contact Beachbody Customer Service for a replacement.
3. **Do not attempt any movements, activities, or exercises with the ankle weights that are not specifically demonstrated in Beachbody® workouts. Any use other than as instructed and any use contrary to these safety instructions may lead to serious injury, disfigurement and/or other permanent injury, and/or property damage.**
4. Before attempting any exercises, watch the workouts to familiarize yourself with proper form of all moves.
5. Clear your workout area of any obstructions, sharp objects, furniture, pets, or other distractions prior to exercise.
6. Make sure to test that both ankle weights are securely and properly fastened around your ankles prior to initiating any movement. Use of ankle weights that are not securely and properly fastened could cause the ankle weights to come off and cause serious injury to you or others, as well as property damage.
7. Carefully test each move to verify that you can perform it properly with ankle weights.
8. If you are not able to lift or lower the ankle weights in control and with proper form according to the Beachbody® workouts, stop the exercise immediately, remove the ankle weights, and perform that move without them.
9. Do not perform any move to the point that you feel you may lose your balance or control.
10. Always wear suitable exercise clothing and exercise shoes when working out; avoid loose or excess fabric.
11. Remove all jewelry, including rings, chains, or pins, prior to working out.
12. See a physician immediately in the event of chest or stomach pains, nausea, dizziness, palpitations, or breathing difficulty.
13. The Ankle Weights are not intended for any use other than as ankle resistance, as directed in Beachbody workouts.
14. Do not attach Ankle Weights to wrists, hands, feet or any other body part; do not attach Ankle Weights to any clothing or accessories.
15. The Ankle Weights are NOT TOYS OR PLAYTHINGS. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, the Ankle Weights will give you fine service. Abuse can quickly ruin their usefulness.
16. Never swing, toss, kick, or throw Ankle Weights.
17. Always store Ankle Weights in a secure, childproof location when not in use.

CARE AND STORAGE INSTRUCTIONS

1. Never expose the Ankle Weights to, or store the Ankle Weights near, abrasive or sharp objects or surfaces.
2. Avoid exposure to extreme temperatures or excessive sunlight.
3. Store in a cool, dry, secure place.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Ankle Weights.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.

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If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.