



B-LINES® RESISTANCE BANDS

Care and Safety Instructions

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the B-LINES Resistance Bands. 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 this or any other exercise program. Some of the workouts utilize adjustable resistance bands and handles. Using these pieces of equipment involves strenuous activity, so learning and practicing the proper use and care of each of these items is imperative. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

LATEX WARNING

B-LINES Resistance Bands are made with natural rubber latex (NRL), which may cause minor to life-threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and even loss of consciousness. These reactions, anaphylaxis, or any of these symptoms or conditions could be life-threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction.

B-LINES RESISTANCE BAND ASSEMBLY



A. Insert each end into the opening in the notch of a comfort-grip handle. Be sure the smooth side of the handle is facing up while attaching the band, not the open side of the handle.



B. Gently but firmly tug the band to ensure that it has snapped securely into place within the notched cup of the handle.



C. Wrong way.

The resistance level increases with higher-number bands. Additional bands can be purchased separately or in kits. B-LINES® handles work with all B-LINES bands, but should not be used with equipment not supplied by Beachbody.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about B-LINES Resistance Bands or any Beachbody equipment, do not use the equipment until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Watch the Beachbody® workouts first to familiarize yourself with the moves prior to attempting the routines. Read and follow these essential use and safety instructions for proper use of the B-LINES Resistance Bands and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing, factory-defective, or damaged parts.
4. Always inspect the bands, handles, and all stitching on the handles prior to and after each use to ensure that there are no loose threads, fraying, chips, cracks, scratches, worn areas, discoloration, tears, nicks, abrasions, punctures, kinks, or cuts. If you find any flaw or defect, DO NOT USE the resistance bands and contact Beachbody Customer Service for replacements. Damaged parts can be dangerous.
5. Prior to each use of the resistance bands, check to ensure that each band is securely attached to the handles. Failure to ensure that the band is securely attached to the handles may cause the band to slip, snap, or recoil, which may lead to significant and permanent injury to your eyes, face, and/or body.
6. **Do not attempt any movements, activities, or exercises with B-LINES Resistance Bands that are not specifically demonstrated in Beachbody workouts. Any use other than as instructed may lead to serious and permanent eye injury, disfigurement and/or other permanent injury, and/or property damage.**
7. **Never pull the handles toward your face or head. As with any other resistance bands, always use extreme caution to protect your eyes when using the resistance bands. You may wish to wear protective eye wear, such as safety goggles, to prevent serious damage if you lose your grip on the handles, or the resistance band breaks, snaps, or recoils. You may also wish to wear additional protective gear to protect and prevent serious damage to other sensitive areas.**

8. Never release or adjust the handles and/or resistance bands while they're under tension! Sudden release or adjusting will cause the band to snap toward you and can cause significant injury, disfigurement, or death.

9. These resistance bands are designed to be used in athletic activities. If you have any physical limitations or injuries, or have been inactive or sedentary for some time, you should consult a physician before using the bands.
10. Only exercise or use the resistance bands on a clear, even surface; ensure that you have removed all obstructions, pets, sharp objects, and other things and distractions (including other people) from the surface and workout area prior to use.
11. Protect the resistance bands and yourself by keeping away from sharp objects. Remove all jewelry, including rings, chains, and pins, before exercising and using resistance bands. Note: Use with long or sharp fingernails can lead to damage or injury.
12. Do not stand on or place your foot through the resistance band handles. Never wrap the bands around your neck, mouth, head, shoulders, or torso.
13. Test the B-LINES® Resistance Bands' resistance carefully in each new position to ensure that the handles are securely attached to the bands; begin all exercises slowly.
14. Use smooth, controlled, rhythmic tension when pulling and releasing the resistance bands to avoid any snapping, yanking, or recoil.
15. Begin each exercise slowly, especially if you are new to exercise or out of condition, in order to build coordination, strength, and stamina safely. Beginning each exercise move slowly and with control will also help you to learn proper form, balance, and coordination.
16. Breathe naturally; do not hold your breath during exercise.
17. Never perform a move to the point at which you feel you may lose your balance or control.
18. Stop exercising immediately if you experience discomfort or pain.
19. Do not attempt to complete all the repetitions of an exercise if you are not able to perform them with proper form.
20. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
21. The resistance bands are not designed for outdoor use or permanent installation.
22. Do not stretch the band to more than 2 / times its length.
23. Always wear suitable clothing when working out, e.g., a track suit and training shoes; no bare feet, flip-flops, sandals, or heels.
24. Two people should NEVER use a resistance band at the same time! Use by more than one person at a time could result in serious injury.
25. **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.**
26. **THE RESISTANCE BANDS ARE NOT TOYS OR PLAYTHINGS.** If treated with care and seriousness, the resistance bands will give you fine service. Abuse can quickly ruin their usefulness.

CARE AND STORAGE INSTRUCTIONS

- To clean, wipe with a clean damp cloth.
- Do not use soap or chemicals on resistance bands.
- Do not use or store resistance bands near abrasive or sharp objects.
- Do not expose the resistance bands to extreme temperatures.
- Do not store resistance bands in direct sunlight or near any heat source.

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 B-LINES Resistance Bands and/or Comfort-Grip Handles.

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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