



EZ CURL BAR

Safety, Assembly, and Care

IMPORTANT!

Read this entire pamphlet carefully and completely before using the EZ Curl Bar. Do not discard this pamphlet. Failure to review and follow these safety and use 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 the EZ Curl Bar or beginning this or any other exercise program. Using the EZ Curl Bar requires strenuous physical activity, so learning and practicing the proper use and care of this equipment is imperative. If you experience any discomfort or pain while using the EZ Curl Bar, immediately discontinue use and consult your physician. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

The EZ Curl Bar is a serious piece of fitness equipment that should ONLY be used to perform the exercises as specifically demonstrated in the Beachbody workout routines. Using this equipment involves the risk of potential personal injury or property damage. Therefore, the user assumes all risks in the use of the EZ Curl Bar.



ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about any part of the EZ Curl Bar, do not assemble or use it 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 to familiarize yourself with the moves prior to attempting the exercises and routines. Read and follow these essential use and safety instructions for proper use of the EZ Curl Bar 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 EZ Curl Bar, including the bar, weights, and spring collars, prior to each use to ensure there are no cracks, broken pieces, sharp edges, or other damage. If you find any flaw or defect, DO NOT USE any of the equipment and contact Beachbody Customer Service for a replacement. Damaged parts can be dangerous.**
5. Prior to each use of the EZ Curl Bar, check to make sure all parts are correctly and securely attached, tightened, and secured, and are operating correctly. Failure to ensure that all parts are attached, tightened, and secured may cause significant and permanent injury, as well as property damage.
6. **Do not attempt any movements, activities, or exercises with the EZ Curl Bar that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent bodily injury, disfigurement, and/or other permanent damage.**
7. **Do not use the EZ Curl Bar with weights unless you have secured the weights on the bar with the spring collars as instructed. Failure to secure the weights on the bar with the spring collars may cause the weights to slide off the bar while in use and cause serious and permanent injury and property damage.**
8. Never place more than 100 pounds (45.36 kg) of weight on either side of the barbell—you should never use the EZ Curl Bar with more than 200 pounds (90.72 kg) of weight.
9. The EZ Curl Bar is designed to be used in athletic activities. Particularly if you have any physical limitations or injuries, or have been inactive or sedentary for some time, you should consult a physician before use.
10. The EZ Curl Bar is designed to be used only with the weights and spring collars you receive with the barbell. Use of the EZ Curl Bar with any other weights, spring collars, or other equipment that did not come with the EZ Curl Bar or is not demonstrated in a Beachbody workout may cause the equipment to break or cause injury and/or property damage.
11. Clear your workout area of any obstructions, people, pets, sharp objects, and other distractions prior to using the EZ Curl Bar, except for any equipment as may be specifically demonstrated in the Beachbody workouts. Always work out with the EZ Curl Bar on a clear, level, bare surface to avoid risk of tripping, stumbling, or other harm. To the extent you are using the EZ Curl Bar with other equipment as demonstrated in a Beachbody workout, always clear your workout area of any nonessential equipment before beginning a move or routine.
12. Always store the EZ Curl Bar and all equipment in a secure, childproof area.
13. Remove all jewelry, including chains and rings, before exercising or using the EZ Curl Bar.
14. Test the EZ Curl Bar carefully before each use to ensure that the weights are securely attached to the bar.

15. Do not use the EZ Curl Bar with uneven weights—ensure that there is an equal amount of weight on each side of the barbell before attempting to lift.
16. Always ensure your hands are dry when using the EZ Curl Bar; sweaty or wet hands could cause you to lose your grip on the EZ Curl Bar, which may cause serious injury or property damage.
17. 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 moving slowly with control will help you learn proper form, balance, and coordination. Ensure you are using the proper amount of weight—do not try to use too much—to avoid injury. Do not arch your back while lifting the EZ Curl Bar.
18. If needed, practice each move without the EZ Curl Bar and/or without adding any weights to the curl bar to learn proper balance and coordination.
19. Never attempt to pick up the EZ Curl Bar without following proper form as demonstrated in the Beachbody workouts.
20. Always use both hands when picking up the EZ Curl Bar.
21. Do not swing or bounce while using this equipment—always use smooth, controlled movements.
22. Do not perform exercise moves that are beyond your ability to stay balanced and in control.
23. Always warm up and stretch before using equipment.
24. Stop exercising immediately if you feel discomfort or pain.
25. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
26. Breathe naturally; do not hold your breath during exercise.
27. Rest adequately between sets and/or routines.
28. If at any time you feel that you are in danger of losing your balance or control, safely lower the EZ Curl Bar to the floor with bent knees and a straight back. Do not attempt to complete all repetitions if you are not able to complete them with proper form.
29. If you feel you are unable to perform an exercise safely, DO NOT attempt that exercise. Contact Beachbody for safe modifications. This is NOT a substitution for working closely with your physician as part of your fitness regimen.
30. Always wear suitable clothing when working out. Avoid loose-fitting or excess fabric and always wear proper shoes to protect your feet when using the EZ Curl Bar.
31. Do not drop, swing, kick, or throw any pieces of the EZ Curl Bar equipment.
32. Two or more persons should NEVER use the EZ Curl Bar at the same time. Use by more than one person at a time could result in serious injury.
33. The EZ Curl Bar is not a toy. **KEEP ALL PARTS OUT OF REACH OF CHILDREN AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** This equipment is not recommended for children under 18 years of age.

EZ CURL BAR ASSEMBLY DIRECTIONS

- A. Carefully unpack your EZ Curl Bar from the shipping package.
- B. Keep all parts on the floor during assembly (do not lean them against or place them on a table or other raised surface).
- C. When adding weight to the curl bar, select the desired *matching* weights and slide them onto each side of the ends of the bar by placing the bar through the circular hole in the middle of the weight.
- D. Slide the end spring collars snugly against the plate(s) on each side. Check to ensure that the spring collars are securely attached to prevent the weights from sliding off the bar.
- E. Always make sure the amount of weight on both sides of the bar is equal.
- F. Never use more than 100 pounds (45.36 kg) of weight on either side of the EZ Curl Bar.



CARE

- Do not expose the EZ Curl Bar to excess moisture as it may compromise the structural parts.
- To clean the EZ Curl Bar, simply wipe the bar, spring collars, and weights with a damp cloth and dry with a clean dry cloth.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any of its 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 EZ Curl Bar.

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.

ANY QUESTIONS?

If you have any questions about any of these directions or warnings, please contact Beachbody's Customer Service or your Team Beachbody® Coach for clarification. We want your questions or concerns to be answered to your complete satisfaction.