



HANGING AB STRAPS

Care and Safety Instructions

IMPORTANT!

Read this entire pamphlet carefully and completely before using the Hanging Ab Straps. 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 Hanging Ab Straps or beginning this or any other exercise program. Some of the workouts utilize resistance bands. Using the Hanging Ab Straps requires strenuous activity, so learning and practicing the proper use and care of each of these items is imperative. If you experience any discomfort or pain while using the Hanging Ab Straps, 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.



2 CANVAS AB STRAPS



2 CARABINERS

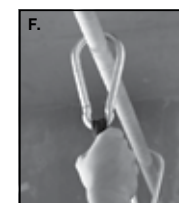
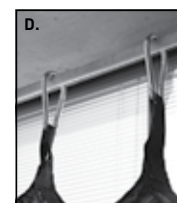
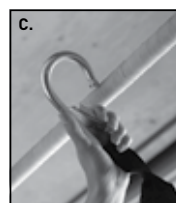
ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Hanging Ab Straps, 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. 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 Hanging Ab Straps and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect each package purchased for missing, factory-defective, or damaged parts.
4. **Always inspect all parts of the Hanging Ab Straps, including all parts of the canvas straps and carabiners, prior to and after each use to ensure that there are no loose threads, fraying, chips, scratches, worn areas, discoloration, tears, nicks, abrasions, or cuts. 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 Hanging Ab Straps, check to ensure that the carabiners are working properly and close completely, and that the chin-up bar and canvas strap are completely inside the carabiners' spring catch clips. Also ensure that your door, door latch and lock, chin-up bar, carabiners, door frame, and door hinges are of solid quality, work properly, and are not in any way worn, weak, or fragile. Failure to ensure that the chin-up bar and canvas straps are completely and securely inside the spring catch clips may cause the carabiners to dislodge from the chin-up bar or the canvas straps to tear, which may lead to significant and permanent injury to your body.
6. **Do not attempt any movements, activities, or exercises with the Hanging Ab Straps that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to the safety instructions may lead to serious and permanent injury, disfigurement and/or other permanent injury, and/or property damage.**
7. **Never remove your arm from the arm hammock or adjust the canvas straps and/or carabiner while in use! Sudden release or adjusting of the Hanging Ab Straps while in use may cause the canvas straps, carabiner, and/or chin-up bar to dislodge, and can cause significant injury, disfigurement, or death.**
8. The Hanging Ab Straps and all parts thereof 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 use.
9. Clear your workout area of any obstructions, sharp objects, people, pets, and other distractions. You must perform all exercises on a clear, level, bare surface to avoid any risk of tripping, stumbling, or other harm.
10. Always ensure that the chin-up bar with which you use the Hanging Ab Straps is secure and will not damage the Hanging Ab Straps. If using the Hanging Ab Straps with the P90X® or other Beachbody chin-up bar, the P90X or other Beachbody chin-up bar MUST be fastened with the Door "J" bracket. Do not attempt to use the Hanging Ab Straps with the P90X or other Beachbody chin-up bar without securing the P90X or other Beachbody chin-up bar to the door frame using the Door "J" bracket.
11. Remove all jewelry, including rings, chains, and pins, before exercising or using the Hanging Ab Straps.

12. Do not stand on any part of the Hanging Ab Straps. Never wrap the canvas straps around your feet, hands, mouth, head, neck, or shoulders.
13. Test the Hanging Ab Straps carefully before each use to ensure that the carabiner is securely attached to the chin-up bar.
14. Always use both Hanging Ab Straps at the same time and distribute your weight evenly between the two. Never use one Hanging Ab Strap by itself.
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 moving slowly with control will help you learn proper form, balance, and coordination.
16. Do not perform exercise moves that are beyond your ability to stay balanced or in control.
17. Always warm up and stretch before exercising and/or using any exercising equipment.
18. Stop exercising immediately if you experience discomfort or pain.
19. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
20. Breathe naturally; do not hold your breath during exercise.
21. The Hanging Ab Straps are not designed for outdoor use or permanent installation.
22. Always wear suitable clothing when working out, e.g. a track suit and training shoes; no bare feet, flip-flops, sandals, or heels.
23. Two or more persons should NEVER use any of the equipment at the same time. Use by more than one person at a time could result in a serious injury.
24. The Hanging Ab Straps are not toys. **KEEP OUT OF REACH OF CHILDREN AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** This equipment is not recommended for children under 18 years of age.

DIRECTIONS

- A. Ensure that your door is sturdy and that your chin-up bar is securely mounted. If using the Hanging Ab Straps with the P90X or other Beachbody chin-up bar, the P90X or other chin-up bar MUST be fastened with the Door "J" bracket. Do not attempt to use the Hanging Ab Straps with the P90X or other Beachbody chin-up bar without securing the P90X or other Beachbody chin-up bar to the door frame using the Door "J" bracket.
- B. If the canvas strap is not already secured in the carabiner, depress the carabiner spring catch clip and insert the canvas strap into the carabiner.
- C. Depress the carabiner spring catch clip and hook the carabiner onto your chin-up bar. Once the carabiner is securely in place, release the spring catch clip and make sure it is completely closed.
- D. Repeat this process for the second Hanging Ab Strap. The Hanging Ab Straps should be shoulder distance apart.
- E. Once both straps are securely in place and shoulder distance apart, place both arms through the straps so that your triceps are resting in the hammocks of the Ab Straps. Your triceps should be parallel to the ground.
- F. Grip the canvas straps directly underneath the carabiner and continue to hold while performing Ab exercises.



CARE AND STORAGE INSTRUCTIONS

- Never expose the Hanging Ab Straps to, or store the Hanging Ab Straps near, abrasive or sharp objects or surfaces.
- Do not expose the Hanging Ab Straps to extreme temperatures, excessive sunlight, heat sources, or lamps.
- Store in a cool, dry, secure place.
- Do not expose the carabiner to, or submerge the carabiner in, liquid.
- Do not use chemical or abrasive materials to clean the canvas straps or hammocks.

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 Hanging Ab Straps.

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 warnings or any of the information in these Care and Safety Instructions, please contact Beachbody's Customer Service or your Team Beachbody® Coach for clarification.