



SCULPTING BAND

Care and Safety Instructions

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Sculpting Band. 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 the equipment or beginning this or any other exercise program. Some of the workouts utilize resistance bands. 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

The Sculpting Band is 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.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Sculpting Band, do not use 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 routines. Read and follow these essential use and safety instructions for proper use of the Sculpting Band and all equipment prior to attempting any workout that uses any Beachbody equipment.
3. Always inspect the Sculpting Band prior to and after every use for scratches, nicks, holes, worn areas, abrasions, discoloration, tears, punctures, or cuts. If you find any defect or flaw, DO NOT USE THE SCULPTING BAND, and contact Beachbody Customer Service for a replacement.
4. **Do not attempt any movements, activities, or exercises with the Sculpting Band 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 and permanent eye injury, disfigurement and/or other permanent injury, and/or property damage.**
5. **Never pull the Sculpting Band toward your face or head. As with any other resistance band, always use extreme caution to protect your eyes when using Sculpting Bands. You may wish to wear protective eyewear, such as safety goggles, to prevent serious damage if you lose your grip, or the Sculpting Band breaks, snaps, or recoils. You may also wish to wear additional protective gear to prevent serious damage to other sensitive areas.**
6. **Never release the Sculpting Band while it's under tension! Sudden release can cause the band to snap toward you and can cause significant injury, disfigurement, or death.**
7. The Sculpting Band is designed to be used in athletic activities. If you have any physical limitations, injuries, or have been sedentary for some time, you should consult a physician before use.
8. Use extreme caution when using the Sculpting Band to prevent any damage or injury. Any improper use may cause the band to snap back, potentially injuring the eyes and face, or causing other serious injury.
9. Always store the Sculpting Band in a secure, childproof area.

10. Only use the Sculpting Band on a clear, even surface; ensure that you have removed all obstructions, people, pets, sharp objects, and other distractions from your workout area prior to use.
11. Remove jewelry, including rings, chains, and pins, before exercising. Note: Use with long or sharp fingernails can lead to damage and injury.
12. Never wrap the Sculpting Band around your head, neck, mouth, or torso.
13. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
14. Begin each move slowly and with control to learn proper form, balance, and coordination.
15. Use smooth, controlled, rhythmic tension when pulling and releasing the Sculpting Band to avoid any snapping, yanking, or recoil.
16. Never perform a move to the point at which you feel you may lose your balance or control.
17. Do not attempt to complete all of the repetitions of an exercise if you are not able to perform them with proper form.
18. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
19. Never stretch a Sculpting Band more than 2 times its length.
20. Two or more persons should NEVER use a Sculpting Band at the same time. Use by more than one person at a time could result in serious injury.
21. Always wear suitable workout clothing and exercise shoes; avoid loose or excess fabric.
22. The Sculpting Band is NOT A TOY OR PLAYTHING. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, the Sculpting Band will give you fine service. Abuse can quickly ruin its usefulness.

CARE AND STORAGE INSTRUCTIONS

1. To clean, wipe with a clean, damp cloth.
2. Do not use soap or chemicals on the Sculpting Band.
3. Do not use or store the Sculpting Band on or near abrasive or sharp surfaces or objects.
4. Do not expose the Sculpting Band to extreme temperatures.
5. Do not store the Sculpting Band in direct sunlight or near any heat sources.
6. Periodically dust the Sculpting Band with talcum powder for best results.

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 Sculpting Band.

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.