



STRENGTH SLIDES

Safety Instructions

IMPORTANT!

Please read this entire pamphlet carefully and completely before using the Beachbody® Strength Slides. Do not discard this pamphlet. Failure to review and follow these instructions could lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Due to the physical nature of using the Beachbody Strength Slides (“Slides”), Beachbody recommends a complete physical examination from your physician and thorough review of all safety instructions before using the Slides or beginning any exercise program. If you experience any pain or other discomfort while using the Slides, discontinue use and consult your physician.

The Slides are serious pieces of workout equipment that should be used ONLY as demonstrated in the Beachbody workouts. The Slides are not intended to be used for any other purpose, activity, exercise, use, or fitness program. Remember, to remain safe, always listen to your body, take breaks as needed, modify movements, and/or stop your workouts as necessary. While the Slides have been manufactured and tested with safety in mind, the potential for personal bodily injury or property damage does exist. Therefore, the user assumes all risks in the use of the Slides.

IMPORTANT SAFETY INFORMATION

CAUTION

- Exercise extreme caution when using the Slides and use ONLY as demonstrated in the Beachbody workouts. Any improper use may result in severe bodily injury.
- Always use the Slides on a completely stable and even surface, such as carpet or smooth laminate flooring. Do not use the Slides on uneven or rough surfaces (such as tile or grout), surfaces with imperfections, or outdoors, as doing so could damage your floor and/or the Slides.
- Do not use the Slides if you are unsure of the stability of the workout surface, or if the workout surface is not even or level.
- Maintain a controlled, flowing motion when performing any movements with the Slides.
- Clear your workout area of any obstructions, including furniture, people, pets, sharp objects, and other distractions before using the Slides. Remove all dirt, debris, loose objects, and obstructions from the floor surface.
- Do not allow children under the age of 18 to use the Slides without supervision by an adult or fitness professional.
- Never throw, drop, toss, bend, or kick the Slides. The Slides are not a toy or plaything.

WHAT YOU NEED TO KNOW BEFORE YOU START

- When using the Slides, stand with the ball of your foot in the center of the Slide with your heel extended off the Slide and firmly planted on the ground to avoid slipping or other injury. See the picture for proper foot placement.
- Never place your entire foot on the Slides as doing so could cause you to slip and fall, or result in other serious bodily injury. Placing your entire foot on the Slides could also cause the Slides to crack or break.
- Use a chair for balance when you first begin using the Slides. Once you become stronger and are able to do the moves safely and effectively, you can remove the chair. Start with exercises that involve only one Slide, so that your other foot is firmly planted on the ground while you become accustomed to the sliding motion.
- Some workout moves require you to use both feet on the Slides at the same time. Remember, always listen to your body and modify your movements as necessary to remain safe and stable. When using both feet on the Slides at the same time, always keep at least one heel firmly planted on the ground at all times to avoid slipping or other injury. If you still need more stability, do not use both feet on the Slides at the same time; keep one foot on the Slide and the other foot firmly on the floor.
- Before using the Slides, test the Slides on your floor to assure they slide smoothly and are compatible with your floor.
- Wear appropriate workout shoes when using the Slides. Do not wear dress shoes, flat-soled shoes, boots, high heels, socks, or shoes with slippery soles.



ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Slides, 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 using the Slides.
3. Inspect every package purchased for missing, factory defective, or damaged parts.
4. Always inspect each Slide prior to and after each use to ensure there are no chips, cracks, scratches, punctures, defects, or other damage. If you find any defect or damage, DO NOT USE the Slides, and contact Beachbody Customer Service for assistance. Damaged parts can be dangerous and cause serious and permanent bodily injury or property damage.
5. **Do not attempt any movements, activities, or exercises with the Slides that are not specifically demonstrated in the Beachbody workouts. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent bodily injury and/or property damage.**
6. Never sit, lean, or lie on the Slides.
7. Do not attach the Slides to, or use the Slides with, any clothing, accessories, furniture, equipment, or other items.
8. Always store the Slides in a secure, childproof location when not in use.
9. Stretch and warm up before using the Slides. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
10. Use the Slides with control to learn proper form, balance, and coordination and to prevent injury. Do not attempt to complete all repetitions if you are not able to complete them with proper form.
11. Use smooth, controlled movements to maintain balance and stability.
12. Do not use the Slides if doing so compromises your ability to stay balanced and in control.
13. Breathe normally; do not hold your breath during exercise.
14. Stop using the Slides and see a physician immediately if you experience any chest or stomach pain, nausea, dizziness, palpitations, breathing difficulty, or other discomfort.
15. Always wear suitable workout clothing and proper exercise shoes during use (avoid loose or excess fabric).
16. The Slides are NOT TOYS OR PLAYTHINGS. KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION!
17. The Slides are not designed for outdoor use.

CARE AND STORAGE INSTRUCTIONS

1. To clean, wipe with a damp cloth and dry immediately.
2. Never expose the Slides to extreme temperatures or chemicals.
3. Store in a cool, dry, secure place.

LIMITED LIABILITY

Under no circumstances will 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 Beachbody Strength Slides.

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.

WHEN TO USE THE BOOTIES

The Slides each come with a soft cover or “bootie” that you may use depending on the type of floor you have. If you are using the Slides on smooth laminate flooring, you should use the Slides with the bootie to help protect the Slides and your flooring. When using the Slides on carpet, you should use the Slides without the bootie.