



B-LINES® RESISTANCE BANDS/DOOR ATTACHMENT

Care and Safety Instructions

IMPORTANT!

Read this entire pamphlet carefully and completely before using B-LINES Resistance Bands and/or the Door Attachment. 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

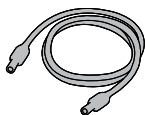
Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using this equipment or beginning this or any other exercise program. Using B-LINES Resistance Bands and/or the Door Attachment requires strenuous physical activity, so learning and practicing the proper use and care of this equipment is imperative. If you experience any discomfort or pain while using B-LINES Resistance Bands and/or the Door Attachment, 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.

LATEX WARNING

The resistance 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.



COMFORT-GRIP HANDLES



RESISTANCE BAND



DOOR ATTACHMENT

B-LINES RESISTANCE BAND

Many Beachbody programs, such as P90X3®, P90X2®, P90X®, P90®, FOCUS T25®, 21 Day Fix®, Brazil Butt Lift®, 10-Minute Trainer®, and Slim in 6®, include workouts that require the use of B-LINES Resistance Bands for muscle toning and strengthening. B-LINES Resistance Bands are also sold separately.

B-LINES RESISTANCE BAND AND DOOR ATTACHMENT

At times, the B-LINES Resistance Band may be used with the Door Attachment, which is attached to your door hinge, turning your B-LINES Resistance Band into a convenient home gym.

ESSENTIAL USE AND SAFETY INSTRUCTIONS

- If you have any questions or concerns about the B-LINES Resistance Bands, Comfort-Grip Handles, or Door Attachment, 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.
- 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, Door Attachment, and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
- Inspect each package purchased for missing, factory-defective, or damaged parts.
- Always inspect all parts of the B-LINES Resistance Bands, Door Attachment, and Comfort-Grip 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 any of the equipment and contact Beachbody Customer Service for a replacement. Damaged parts can be dangerous.
- Prior to each use of B-LINES Resistance Bands, check to ensure that the band is securely attached to the Comfort-Grip 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.
- Prior to each use of the Door Attachment, check to ensure that it is properly and securely locked into place. Ensure that your door, door latch and lock, 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 this equipment is secure may cause significant and permanent injury to your eyes, face, and/or body, as well as damage to property.
- Do not attempt any movements, activities, or exercises with B-LINES Resistance Bands or the Door Attachment 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 eye injury, disfigurement and/or other permanent injury, and/or property damage.**
- Never pull the B-LINES Resistance Bands or Comfort-Grip Handles toward your face or head. As with any other resistance band, always use extreme caution to protect your eyes, face, head, and other body parts when using B-LINES Resistance Bands. You may wish to wear protective eyewear, 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 when using B-LINES Resistance Bands or the Door Attachment to protect and prevent serious damage to other sensitive areas.**
- Never release or adjust the handles and/or Resistance Band while it's under tension! Sudden release or adjusting will cause the band to snap toward you and can cause significant injury, disfigurement, or death.**
- The B-LINES Resistance Bands and Door Attachment 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.
- Keep the B-LINES Resistance Bands, Comfort-Grip Handles, and Door Attachment out of reach of children, pets, or anyone who may require supervision.
- Always store the B-LINES Resistance Bands, Comfort-Grip Handles, and Door Attachment in a secure, childproof area.
- 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.
- Remove all jewelry, including rings, chains, and pins, before exercising or using the B-LINES Resistance Bands, Comfort-Grip Handles, and Door Attachment. Note: Use with long or sharp fingernails can lead to damage and injury.
- Do not stand on the Comfort-Grip Handles or Door Attachment, or put them on or around your feet. Never put your foot through the Comfort-Grip Handles or Door Attachment. Never wrap the Resistance Bands or Door Attachment around your feet, hands, mouth, head, neck, or shoulders.
- Always wear suitable clothing when working out, e.g., a track suit and training shoes; no bare feet, flip-flops, sandals, or heels.
- Test the B-LINES Resistance Bands' resistance carefully in each new position to ensure that the Comfort-Grip Handles are securely attached to the bands.
- Begin your workout slowly to build strength and stamina safely—this is especially critical if you are new to exercise or out of condition.
- Begin each move slowly, and with control, to learn proper form, balance, and coordination.
- Use smooth, controlled, rhythmic tension when pulling and releasing the Resistance Band to avoid any snapping, yanking, or recoil.

- Never perform a move to the point at which you feel you may lose your balance or control.
- Breathe naturally; do not hold your breath during exercise.
- Stop exercise immediately if you experience discomfort or pain.
- See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
- Never attach the Door Attachment to anything but the door hinge as instructed.
- Attach the B-LINES Resistance Bands to the Comfort-Grip Handles or the Door Attachment only as instructed. Do not permanently or temporarily attach the Resistance Bands to Door Attachment, or use them with any clothing, other equipment, or materials of any kind.
- Do not stretch the B-LINES Resistance Band more than 2½ times its length.
- 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 serious injury.
- The Resistance Band and Door Attachment 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: B-LINES RESISTANCE BAND ASSEMBLY



A. Grip the plastic band pocket firmly and with your thumb, push one side of the tab in an outward and downward motion at the same time. Repeat this same motion with the second tab as well.

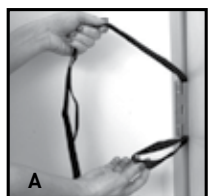


B. With both wedges extended in a downward position, insert the band through the top of the band pocket in a downward direction.



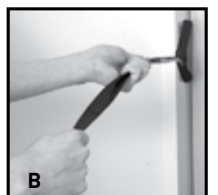
C. Push both wedges back up until each one makes a 'click' sound. Firmly tug the band to ensure that it is seated securely into place within the notched cup of the pocket.

BAND-TO-DOOR ATTACHMENT ASSEMBLY



Note: The Door Attachment must be attached to the hinge side of a solid door that locks, for complete control of the door. Ensure that the hinges and all parts of the door are not sharp or rough, and will not in any way cut, tear, or damage any equipment. Please read all safety warnings herein regarding use of the Door Attachment.

A. Thread one end of the Door Attachment around a hinge on your door (you may choose the top, middle, or bottom hinge, provided you mimic the move shown in the workout). Place the end over the hinge, then pull that end back toward you on the underside of the hinge. Place the other end of the Door Attachment through the primary end, and tug back toward you to form a slipknot.



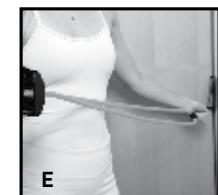
B. Tug on the Door Attachment to tighten the slip knot completely.



C. Slide the Resistance Band through the loop of the door attachment.



D. Slowly close the door and lock it.



E. Tug firmly on the Door Attachment and band for security prior to attempting any exercise.

Resistance level increases with higher-number bands. B-LINES Resistance Bands can be purchased separately or in kits—call 1 (800) 818-5174 or visit Beachbody.com. If you're a member of the Team Beachbody® community, contact your Coach or visit TeamBeachbody.com. Comfort-Grip Handles are designed to work with all B-LINES Resistance Bands.

Teal (B1) Light resistance (5 lb. / 2.27 kg weights)	Purple (B2) Light resistance (10 lb. / 4.54 kg weights)	Pink (B3) Light resistance (15 lb. / 6.80 kg weights)	Magenta (B4) Standard resistance (20 lb. / 9.07 kg weights)	Orange (B5) Standard resistance (25 lb. / 11.34 kg weights)
Red (B6) Standard resistance (30 lb. / 13.61 kg weights)	Yellow (B7) Heavy resistance (35 lb. / 15.88 kg weights)	Green (B8) Heavy resistance (40 lb. / 18.14 kg weights)	Blue (B9) Heavy resistance (45 lb. / 20.41 kg weights)	Black (B10) Extreme resistance (50 lb. / 22.68 kg weights)

CARE AND STORAGE INSTRUCTIONS

- Do not store the B-LINES Resistance Bands, Door Attachment, or Comfort-Grip Handles near abrasive or sharp objects.
- Do not store the B-LINES Resistance Bands, Door Attachment, or Comfort-Grip Handles near a heat source or in direct sunlight.
- Do not expose the B-LINES Resistance Bands, Door Attachment, or Comfort-Grip Handles to extreme temperatures.
- Do not use any chemicals to clean your Resistance Band; just wipe it clean with a damp cloth.

LIMITED LIABILITY

Under no circumstances will 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 B-LINES Resistance Bands, Comfort-Grip Handles, or Door Attachment. 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.