



SANDBAG

Care and Safety Instructions

IMPORTANT!

Read these Care and Safety Instructions ("Instructions") carefully and completely before using the Beachbody Sandbag ("Sandbag"). Do not discard these Instructions. Failure to review and follow these Instructions can lead to serious and permanent bodily injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. You must consult your physician and follow these Instructions before using the Sandbag or beginning any exercise program. Learning and practicing the proper use and care of the Sandbag is imperative before beginning. If you experience any discomfort or pain while using the Sandbag, immediately discontinue use and consult your physician. Remember, to remain safe, always listen to your body, take breaks as needed, modify movements, and/or stop your workouts as necessary. While the Sandbag was manufactured and tested with safety in mind, the potential for personal bodily injury and/or property damage does exist. Therefore, you assume all risks in the use of the Sandbag.

YOU MUST ONLY FILL THE SANDBAG WITH "PLAY SAND"

You must only fill the Sandbag with clean, dry "play sand." Sand is not included with your Sandbag, but may be found at your local hardware or home improvement store. Do not fill the Sandbag to more than 20 pounds in weight. Fill the Sandbag slowly so dust does not accumulate inside. DO NOT use wet sand as this could cause mold to grow and damage your Sandbag. DO NOT use any other sand (such as coarse or beach sand), gravel, rocks, bricks, dumbbells, heavy materials, or any other object, as this could damage the Sandbag and result in personal bodily injury and/or property damage.

DIRECTIONS

Step 1: We recommend placing the Sandbag on a weigh scale. This will allow you to fill the bag while ensuring the Sandbag is not filled to more than 20 pounds (see figure 1).



Figure 1

Step 2: Open the exterior and interior Velcro flaps (see figure 2).



Figure 2

Step 3: Pour sand into the Sandbag up to your desired weight. Leave a 3" clearing between the top of the sand and the bottom of the interior Velcro strip to allow for proper closure. Remember, do not fill the Sandbag to more than 20 pounds (see figure 3).



Figure 3

Step 4: Clear any excess sand from the Velcro portions. If sand is not completely cleared from the Velcro, the Sandbag will not close properly causing sand to leak.

Step 5: Reseal each Velcro strap tightly (see figure 4).

Step 6: Test the Sandbag by dropping it onto a clear area from a height of 3 feet. If the Sandbag does not leak and remains intact, you may begin use. If the Sandbag leaks, open the Velcro straps and remove some sand. Then tightly close the Velcro and test it again by dropping it from a height of 3 feet. If the Sandbag continues to leak, discontinue use and contact Beachbody Customer Service at the numbers below.



Figure 4

IMPORTANT USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Sandbag, do not 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. The Sandbag should **ONLY** be used in conjunction with the Beachbody workouts and **ONLY** as specifically demonstrated in the Beachbody workouts. You should watch the Beachbody workouts to familiarize yourself with the moves before you attempt any routines with the Sandbag.
3. The Sandbag is **NOT** designed to be used in any other manner or for any other purpose, activity, exercise, use, or fitness program. For example, you should not use the Sandbag as a barricade, block, or prop.
4. Any use of the Sandbag other than as instructed and any use contrary to these Instructions may lead to serious and/or permanent bodily injury and/or property damage.
5. Always inspect all parts of the Sandbag, including the stitching, thread, Velcro, and opening before and after every use for loose threads, nicks, holes, fraying, tears, or cuts. If you find any defect or flaw, DO NOT USE the Sandbag.
6. The Sandbag is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
7. Before you use the Sandbag, follow the directions below to fill and securely close the Sandbag with "play sand."
8. Do not drop, swing, kick, or throw the Sandbag, or use the Sandbag as a weapon or toy. Do not drag the Sandbag on the ground or any rough or sharp surface, as this could damage the Sandbag.
9. Clear your workout area of any obstructions, sharp objects, people, furniture, pets, and other distractions prior to exercise. You must perform all exercises on a clear, level, and nonslip surface to avoid any risk of tripping, stumbling, or other harm.
10. Hold the handles or straps firmly during use. If you experience any sensitivity on your hands or knuckles during use, you should use workout gloves to protect your hands.
11. Begin each exercise slowly, especially if you are new to exercise or out of condition, in order to safely learn proper form, and build coordination, strength, and stamina. Do not allow the Sandbag to hit your body, other people, or other objects.
12. Carefully test each move to verify that you can perform it properly with the Sandbag. Do not perform exercise moves that are beyond your ability to stay balanced or in control. Always warm up and stretch before exercising and/or using any exercise equipment.
13. If you have any physical limitations or injuries, or have been inactive or sedentary for some time, you should consult your physician before use. Stop exercising immediately if you feel any discomfort or pain. See a physician immediately in the event of chest or stomach pains, nausea, dizziness, palpitations, or breathing difficulty.
14. The Sandbag is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION!** If treated with care, the Sandbag will give you fine service. Abuse can quickly ruin their usefulness.

CARE AND STORAGE INSTRUCTIONS

- To clean the Sandbag, wipe it with a dry cloth. Do not use detergent or soap to clean the Sandbag. Do not clean the Sandbag in any other manner, such as in a dishwasher or washing machine as it could damage the Sandbag and/or your appliances.
- Never expose the Sandbag to, or store the Sandbag near, abrasive or sharp objects or surfaces.
- Avoid exposure to extreme temperatures or excessive sunlight.
- Store the Sandbag in a cool, dry, secure, and childproofed area.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC or any of its affiliates, subsidiaries, 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 Sandbag. 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 of its affiliates, subsidiaries, 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 Sandbag.

ANY QUESTIONS?

If you have any questions about any of these directions or warnings, please contact Beachbody Customer Service at 1 (800) 818-5174. In the United Kingdom, please call 0800-183-0166 or go to Beachbody.co.uk.