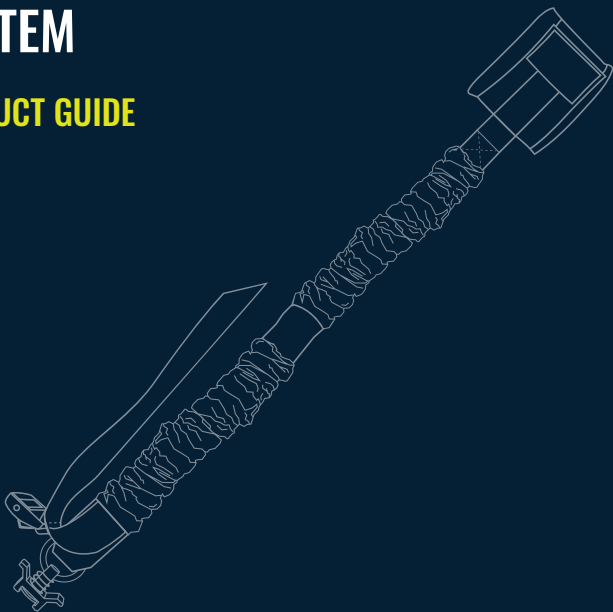


PERFORMX

HIP-X SYSTEM

PRODUCT GUIDE



perform-x.com

HIP-X SYSTEM BREAKDOWN

HIP-X CUFF

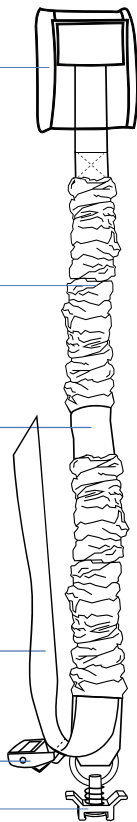
CORD

CORD NAME &
RESISTANCE NUMBERS

CAM TETHER

CAM BUCKLE

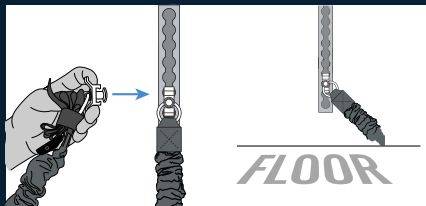
CLIP-X



SCAN FOR SETUP + USE

PRODUCT SETUP DETAILS

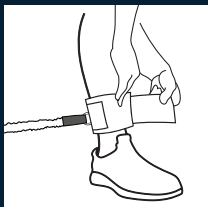
ATTACHING THE HIP-X SYSTEM TO TRAK-X



STEP 1

Clip in the CLIP-X end of the HIP-X System into the TRAK-X mounted vertically on the wall. Attach the cord low on the TRAK-X to allow a good angle out for ankle attachment.

ATTACHING THE HIP-X CUFF



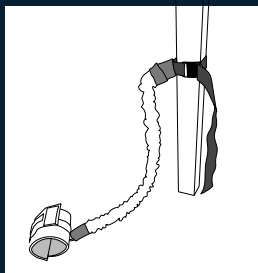
STEP 1 Velcro HIP-X Cuff around ankle.



FINAL POSITION

Move out away from wall TRAK-X with cord taut, then start movements.

USING THE HIP-X SYSTEM WITHOUT TRAK-X



STEP 1 Wrap the Cam Tether around a stationary object (ex. A squat rack, a fence post, a tree) at the desired height for use and attach the Cam Buckle

STEP 2 Pull the Cam Tether tight to hold the HIP-X System in place

HIP-X SYSTEM RESISTANCE CHART (SINGLE CORD)

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)
SUPER LIGHT	4 LBS	2.5-5.5 LBS
EXTRA LIGHT	6.5 LBS	4-9 LBS
LIGHT	13 LBS	8-18.5 LBS
MEDIUM	15 LBS	9.5-21 LBS
HEAVY	22.5 LBS	13.5-31.5 LBS
EXTRA HEAVY	24 LBS	15.5-34.5 LBS
ULTIMATE	35 LBS	21-48 LBS



SCAN FOR INSTRUCTIONS ON HOW TO CONNECT CLIP-X TO TRAK-X

PERFORM-X TRAINING SYSTEMS LIMITED WARRANTY

The Cord products are warranted for one year to be without defect in material or workmanship. Buyer acknowledges that Perform-X does not manufacture specific raw Cord. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective Cord; (ii) customer is responsible for the cost of transporting defective Cord to Perform-X. Perform-X will return the replacement Cord to Buyer if actual cord received is deemed defective; Buyer must notify Perform-X of any defect in replacement Cord within a period of ninety (90) days after the Cord is received or it will be deemed to be without defect.

The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation (ii) physical abuse to, or misuse of, the Cord or operation thereof; or (iii) any use of the Cord other than that for which it was intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cord, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cord, or parts thereof, previously sold.

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