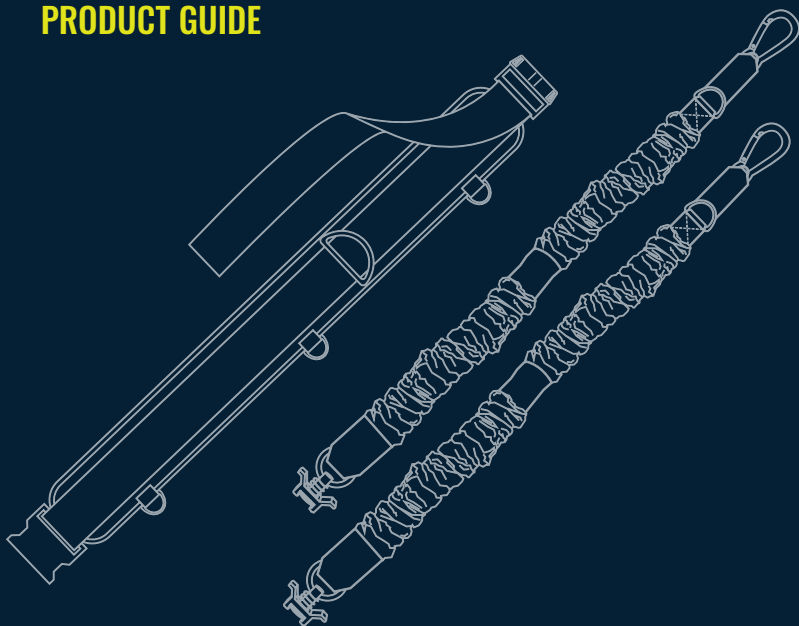


PERFORM 

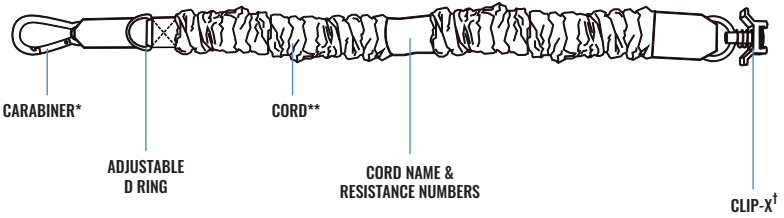
JUMP-X SYSTEM

PRODUCT GUIDE



perform-x.com

JUMP-X CORD BREAKDOWN

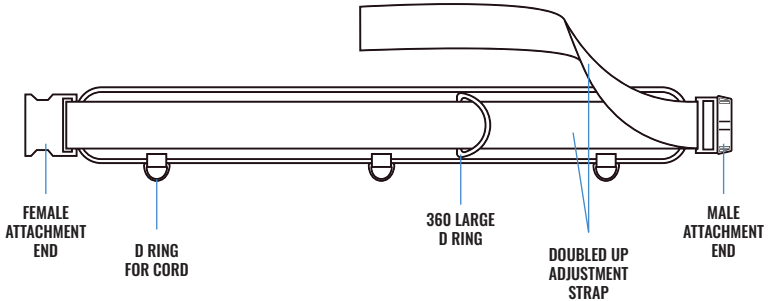


* See reverse side for clipping to lower adjustable D-Ring

** Cords only work with TRAK-X

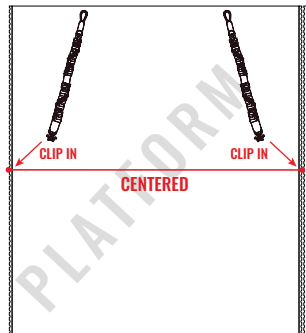
† See reverse side for CLIP-X anchoring instructions

BELT-X BREAKDOWN



SCAN FOR SETUP + USE

PRODUCT SETUP DETAILS



ATTACHING THE SET OF JUMP-X CORDS TO TRAK-X

STEP 1

Clip in the CLIP-X ends of the JUMP-X Cords into each side of the PERFORM-X Platforms inlaid TRAK-X using screw heads/holes in inlaid Trak-X as reference.

STEP 2

Make sure the CLIP-X clips for both cords are directly across from each other (using screw heads in TRAK-X holes in inlaid TRAK-X as reference).

FASTENING BELT-X

STEP 1

Hold BELT-X in left hand holding Female Attachment End.



PULL TO ADJUST BELT SIZE

STEP 2

With your right hand, pull Male Attachment End as needed to make sure Doubled Up Adjustable Strap feeds EVENLY through that end.

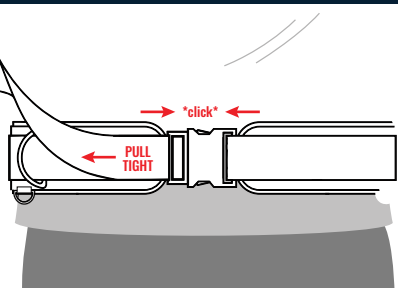
ALWAYS AVOID SLACK & KEEP EVEN

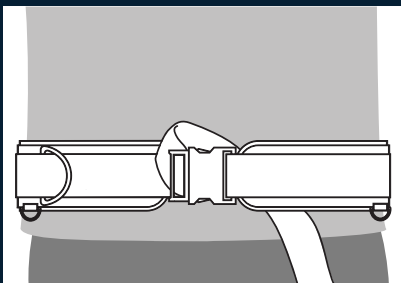
STEP 3

With D Rings on BELT-X facing down toward the ground, put BELT-X around waist and clip ends together.

Adjust as needed by lifting and pulling Male Attachment End. Make sure Doubled Up Adjustable Strap still stays even.

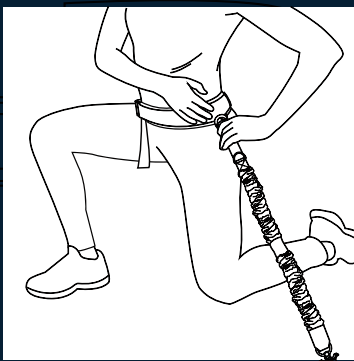
Tighten BELT-X by EVENLY pulling Doubled Up Adjustable Strap.





STEP 4

IMPORTANT STEP – When tight, pull Doubled Up Adjustable Strap aggressively upwards and back behind buckle to bind up loose end behind buckle. Then tuck that end to the left of buckle for maximum hold.



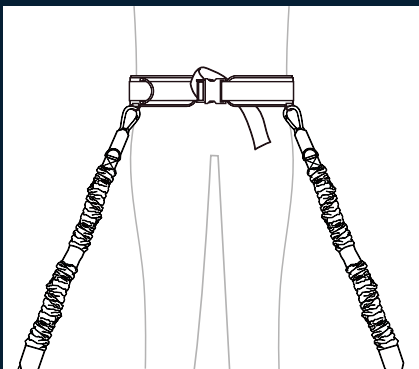
ATTACHING JUMP-X CORDS TO BELT-X

STEP 1

With BELT-X on, kneel down between JUMP-X Cords.

STEP 2

Take JUMP-X Cord by carabiner and clip to D ring on that side of BELT-X. Do the same on the other side with other JUMP-X Cord.



STEP 3

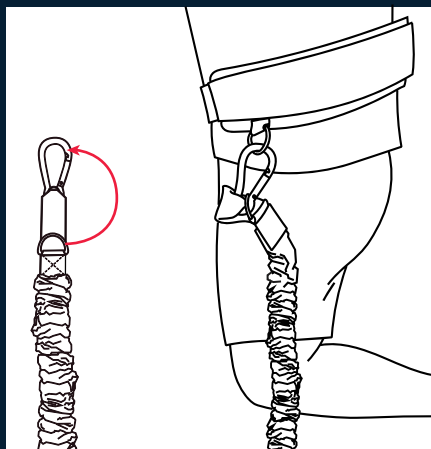
Stand to start drills.

NOTE: For shorter users and to start with more resistance, use same steps as above but before standing clip carabiner into lower D ring on JUMP-X Cord on both sides.

* See reverse side for clipping to lower adjustable D-Ring

FINAL POSITION

OPTIONAL SETUP



ADJUSTING JUMP-X CORDS USING D-RING

STEP 1

While kneeling, insert adjustable D-ring into carabiner for additional resistance.

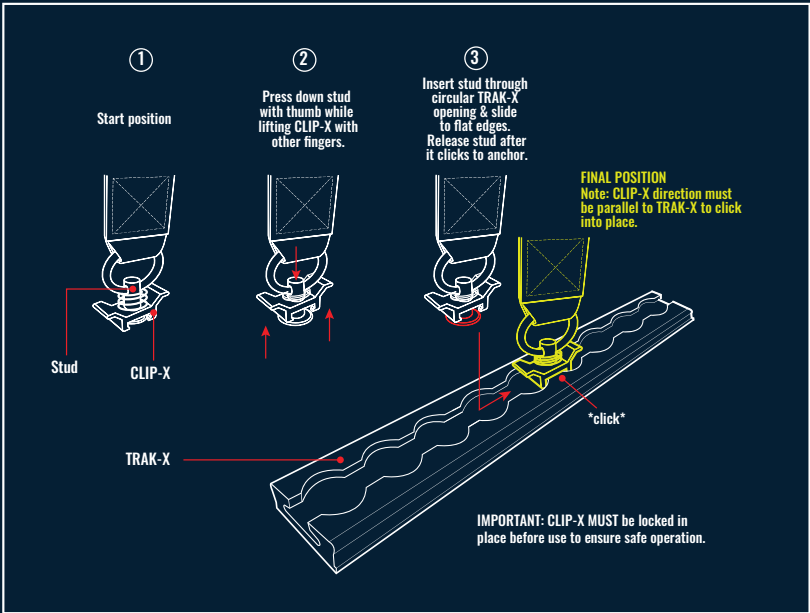
NOTE: D-ring also provides proper resistance for shorter users.

JUMP-X RESISTANCE CHART (SET OF 2 CORDS)

RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE USING D-RING	WORKING RANGE OF RESISTANCE (LBS)
EXTRA LIGHT	10 LBS	2.5 LBS	5-15 LBS
LIGHT	20 LBS	5 LBS	15-25 LBS
MEDIUM	25 LBS	8 LBS	20-35 LBS
HEAVY	30 LBS	10 LBS	25-40 LBS
EXTRA HEAVY	40 LBS	15 LBS	35-50 LBS
ULTIMATE	45 LBS	20 LBS	40-55 LBS

PERFORM-X ADVANTAGE

HOW TO SECURE CLIP-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.

EXCEPT AS EXPRESSLY PROVIDED IN THIS SECTION 2, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORD, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORD OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF THE CORD OR THE USE OF THE CORD AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY,

DAMAGE, CONDITION OR USE, WITHOUT LIMITING THE FOREGOING, AND REGARDLESS OF THE CIRCUMSTANCES AND EVEN IF A REMEDY FAILS, PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF, ANY EXPRESS WARRANTY NOT PROVIDED HEREIN, AND ANY REMEDY WHICH BUT FOR THE WARRANTY CONTAINED HEREIN MIGHT ARISE BY IMPLICATION OR OPERATION OF LAW, IS HEREBY EXCLUDED AND DISCLAIMED INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

PATENT PENDING