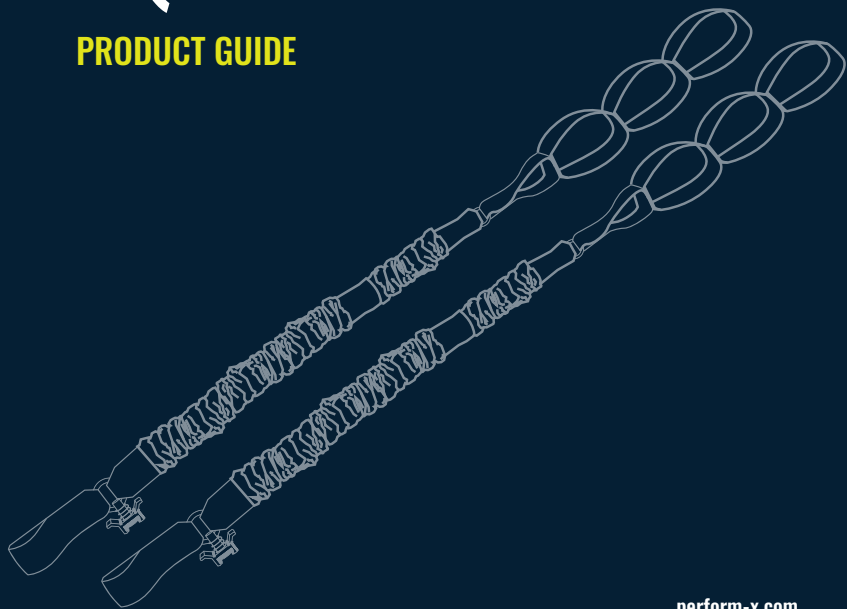


**PERFORM**The logo for PERFORM X, featuring the word "PERFORM" in a bold, white, sans-serif font, followed by a stylized "X" in blue and white.

# SQUAT-X

**PRODUCT GUIDE**



[perform-x.com](https://perform-x.com)

# SQUAT-X CORD BREAKDOWN

EASIEST

HARDEST

LOOP 1

LOOP 2

LOOP 3

LOOP 4

CORD NAME &  
RESISTANCE NUMBERS

CORD

CLIP-X\*

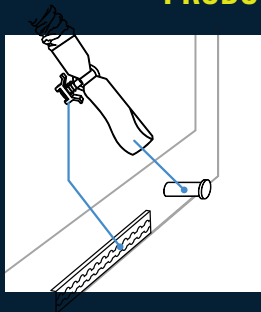
PEG LOOP

\* See reverse side for CLIP-X anchoring instructions



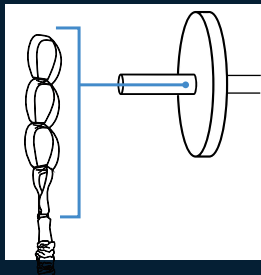
SCAN FOR SETUP + USE

# PRODUCT SETUP DETAILS



## STEP 1

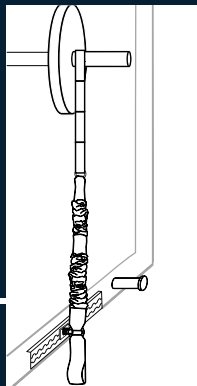
Using CLIP-X/Peg Loop end, slide single loop over desired peg OR clip CLIP-X into TRAK-X, located on the base of your squat rack or in your floor. Do this with both cords—one on each side of rack base using the same peg or TRAK-X location on each side.



## STEP 2

Use one hand to grab the cord and other hand to slide 1 of 4 desired loops on bar. Do this on both sides using the same colored loop on each side.

## FINAL POSITION



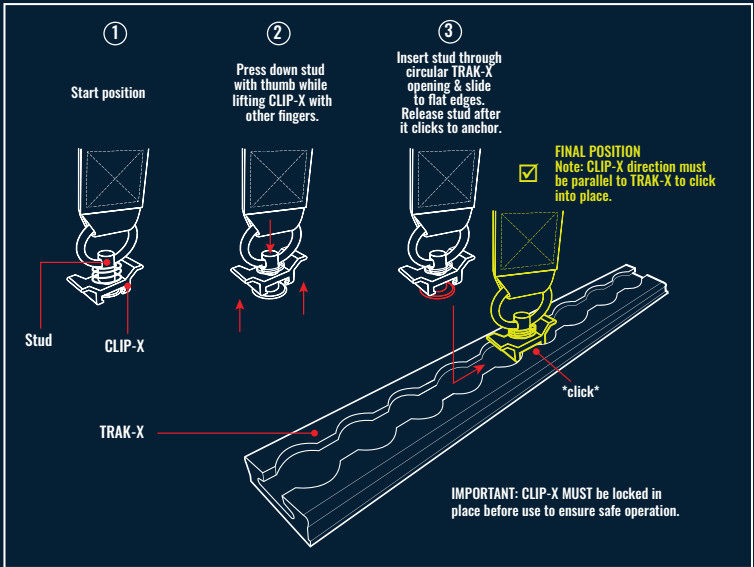
Average pounds is achieved by starting with Loop 3 (3rd loop down from the top).

## SQUAT-X RESISTANCE CHART (SET OF 2 CORDS)

RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE PER LOOP	WORKING RANGE OF RESISTANCE (LBS)
LIGHT	15 LBS	3 LBS	10-25 LBS
MEDIUM	25 LBS	5 LBS	15-35 LBS
HEAVY	40 LBS	10 LBS	20-60 LBS
EXTRA HEAVY	50 LBS	10 LBS	30-70 LBS
ULTIMATE	55 LBS	15 LBS	35-75 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,

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