



## WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT WITH YOUR PHYSICIAN. FITNESS TRAINING CAN RESULT IN SERIOUS PERSONAL INJURY OR DEATH IF NOT DONE SAFELY AND PROPERLY. RISK OF SERIOUS INJURY OR DEATH CAN BE REDUCED IF SAFE TECHNIQUES AND COMMON SENSE ARE PRACTICED WHEN USING THIS EQUIPMENT. YOU SHOULD NOT EXERCISE WITH THIS EQUIPMENT WITHOUT PROPER INSTRUCTION OR THE FULL USER GUIDE AT [WWW.POWERFLEXPC.COM](http://WWW.POWERFLEXPC.COM) AND CHECK FOR WORN OR DAMAGED PARTS. IF WEAR OR DAMAGE IS FOUND, STOP USING THE EQUIPMENT UNTIL THE WEAR OR DAMAGE HAS BEEN REMEDIED OR THE EQUIPMENT HAS BEEN REPLACED. ONLY PERFORM EXERCISES SHOWN IN THE ONLINE INSTRUCTIONAL VIDEOS OR THE ONLINE WORKOUT CHART. NEVER STRETCH BANDS MORE THAN TWO TIMES THE BAND LENGTH.

## USER GUIDELINES

POWERFLEX PERFORMANCE CORD, INC. IS NOT RESPONSIBLE FOR INJURIES RESULTING FROM THE MISUSE OF ANY TRAINING DEVICE.

- CHECK CORDS FOR TEARS OR PUNCTURES BEFORE ALL EXERCISES. DO NOT USE IF CORD HAS BEEN DAMAGED.
- CHECK CARABINEERS FOR ANY DAMAGE OR ANYTHING THAT WILL NOT ENSURE A SECURE ATTACHMENT. DO NOT USE IF CARABINEERS ARE DAMAGED.
- MAKE SURE THE CORDS ARE BEING USED IN THE APPROPRIATE MANNER. CORDS ARE MADE TO BE USED AT 2X THEIR RESTING LENGTH. DO NOT STRETCH CORDS LONGER THAN 2X RESTING LENGTH. INCREASE TO A HEAVIER CORD RESISTANCE OR ADD EXTRA CORDS IF EXERCISE IS TOO EASY.
- CAUTION: ANCHORS AND ATTACHMENT SITES CAN BECOME LOOSE DURING EXERCISE; MAKE SURE TO RECHECK ALL ATTACHMENTS IN-BETWEEN SETS.

POWERFLEX PERFORMANCE CORD, INC. WILL REPLACE DAMAGED CORD(S), AS LONG AS THEY WERE USED CORRECTLY, FOR UP TO ONE (1) YEAR FROM THE DATE OF PURCHASE. UPON RECEIVING THE DAMAGED CORD(S), POWERFLEX PERFORMANCE CORD, INC. WILL EVALUATE THE DAMAGED CORD(S) AND DETERMINE THE OUTCOME, I.E., FREE REPLACEMENT DUE TO DEFECTIVE MATERIALS OR NEW PURCHASE AT RETAIL PRICE BASED ON REGULAR USE. CONTACT POWERFLEX PERFORMANCE CORD, INC. FOR DAMAGED CORD FORM ([INFO@POWERFLEXPC.COM](mailto:INFO@POWERFLEXPC.COM)).

## BODY ATTACHMENT SITES GUIDELINES

ATTACHMENT STRAPS MUST BE ON THE BICEP AND WRIST AREAS OF THE ARM(S) BEING USED. ON THE BICEP, THE "O" RING MUST BE ON THE BACK OF THE ARM ON THE TRICEP AREA. ON THE WRIST, THE "O" RING MUST BE ON TOP OF THE WRIST AS A WRIST WATCH WOULD BE WORN.

CARABINEERS MUST BE ATTACHED TO THE ATTACHMENT STRAPS. THE CARABINEER WITH THE SHORTER LEAD CONNECTS TO THE "O" RING ON THE TRICEP AREA AND THE CARABINEER WITH THE LONGER LEAD CONNECTS TO THE "O" RING ON TOP OF THE WRIST.

THE MAIN CARABINEER AT THE END OF THE CORD MUST BE ATTACHED OR CLIPPED TO A CHAIN-LINK FENCE, SOLID ANCHOR POINT, OR TO A POLE BY USING THE POWERFLEX PERFORMANCE CORD CINCH STRAP PROVIDED. MAKE SURE ALL ATTACHMENTS ARE SECURE BEFORE PERFORMING ANY EXERCISE.