

rip:60™ CLUB

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all precautions and instructions before using this product. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use this product only as described in this manual and in the accompanying instructions.
4. Users weighing more than 350 lbs. (159 kg) should not use this product.
5. Keep children under age 12 and pets away from this product.
6. Inspect this product before each use. Do not use this product or try to repair it if it is damaged.
7. Use this product on a level, non-slip surface. Make sure that there is adequate clearance around this product.
8. Each time you adjust the straps, make sure that the tabs on the clamps are firmly gripping the straps (see ADJUSTING THE ANCHOR STRAP and ADJUSTING THE EXERCISE STRAP in this manual).
9. Over exercising may result in serious injury or death. If you feel faint or if you feel pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

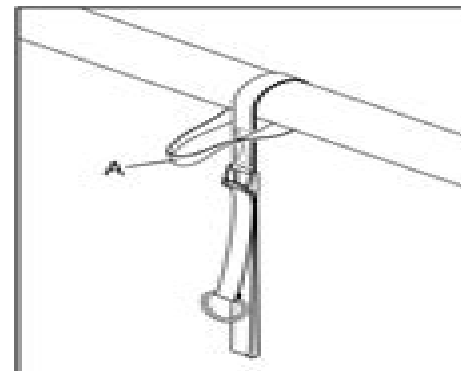
Thank you for selecting the new rip:60™ Club Suspended Body Weight Trainer. The versatile rip:60 Club Suspended Body Weight Trainer enables users to perform a wide array of exercises designed to build muscle, increase core strength, improve flexibility, and develop stamina.

If you have questions after reading this manual, or if parts are damaged or missing, call Customer Care toll-free at 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. Mountain Time (excluding holidays).

ATTACHING THE ANCHOR STRAP

Locate a bar that can support the weight of the user. Make sure that the bar has a smooth surface that will not damage the anchor strap (A).

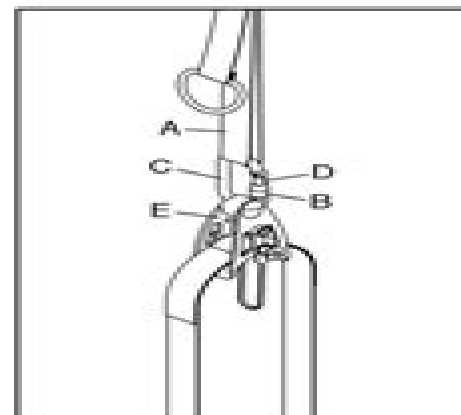
Next, wrap the sewn loop on the anchor strap (A) over the bar, and feed the other end of the anchor strap through the sewn loop as shown.



ATTACHING THE SUSPENDED BODY WEIGHT TRAINER

Twist the knob (B) on the carabiner (C) until you can push the gate (D) inward.

Next, slide the anchor strap (A) and the bracket (E) onto the carabiner (C) as shown. Then, close the gate (D) and twist the knob (B) until it is tight and you cannot move the gate.



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Adarshpal S. Sethi, Vasil Y. Hnatyshin



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, 1996 **Personnel Data Systems End Users Manual, Air Force Manual 36-2622, Vol. 1, February 1, 1996** , 1996

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