



TONY HORTON'S *POWERSTANDS*[®]

Assembly and Safety Instructions



IMPORTANT!

Please read this entire pamphlet carefully and completely before using PowerStands[®]. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Due to the physical nature of using PowerStands®, Beachbody® recommends a complete physical examination from your physician before using PowerStands or beginning any exercise program. If you experience any discomfort or pain while using PowerStands, discontinue use and consult your physician.

PowerStands are serious pieces of workout equipment that should ONLY be used to perform push-ups as shown in Beachbody® workouts. PowerStands are not intended for any other purpose, activity, exercises, use, or fitness program. While PowerStands have been manufactured and tested to reduce the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of PowerStands.

IMPORTANT:

When using PowerStands, make sure both are securely positioned on a level surface. While their skid-resistant bottoms assist stability, it is the user's responsibility to determine that the surface being used will safely support the proper use of PowerStands to perform push-ups.

IMPORTANT SAFETY INFORMATION

ALWAYS

- Make sure your PowerStands are completely stable on a level workout surface.
- Maintain a controlled motion when performing push-ups with PowerStands.
- Make sure that any chair, bench, or stability ball you use to prop your feet up is stable and secure.
- Make sure the lower end of the PowerStands' handles are facing AWAY from you before beginning a push-up (see figure below).
- Use PowerStands only as directed.






CAUTION

- Do not attempt to use PowerStands if you weigh 300 pounds or more.
- Do not use PowerStands if you are unsure of the stability of the workout surface, or if the workout surface is not level.
- Do not allow children under the age of 18 to use PowerStands without supervision by an adult or fitness professional.
- Do not attempt any plyometric exercises (e.g., P90X® clapping push-ups) while using PowerStands.
- Never attempt to reposition the placement of PowerStands while performing a push-up.

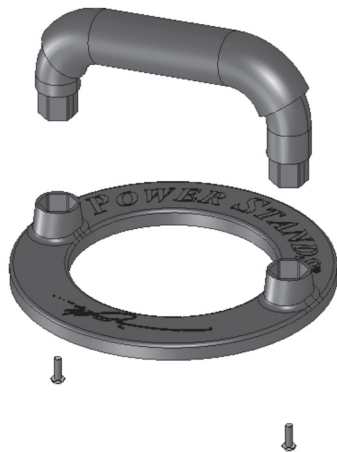
ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about PowerStands, do not use them until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Watch the Beachbody workouts first to familiarize yourself with the moves prior to attempting. Read and follow these essential use and safety instructions for proper use of the PowerStands and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Inspect every package purchased for missing or factory defective or damaged parts.
4. Always inspect both PowerStands for loose parts, worn handles, torn material, or damage to skid-resistant bottom pads prior to and after every use. If you find any defect or flaw, DO NOT USE PowerStands, and contact Beachbody® Customer Service for a replacement. Damaged parts can be dangerous.
5. **Do not attempt any movements, activities, or exercises with the PowerStands that are not specifically demonstrated in Beachbody® workouts. Any use other than as instructed and any use contrary to these safety instructions may lead to serious and permanent bodily injury, disfigurement, and/or other permanent damage.**
6. Never stand, sit, lean, or lie on PowerStands.
7. Never use PowerStands as dumbbells or free weights.
8. Never swing, throw, drop, toss, or kick PowerStands.
9. Do not place PowerStands on your feet, arms, or wrists.
10. Do not attach PowerStands to any clothing, accessories, equipment, or any other items.
11. Do not use PowerStands on any surface (including any personal exercise mat) that may cause PowerStands to, or may itself, slip, slide, or become unstable during use of PowerStands.
12. Use extreme caution when using PowerStands and use only as directed to prevent any damage or injury. Any improper use may cause severe injury or property damage.
13. Always store the PowerStands in a secure, childproof location when not in use.
14. Ensure that you have removed all obstructions, people, pets, sharp objects, and other distractions from your workout space prior to use of the PowerStands.
15. Remove all jewelry, including rings, chains, and pins, before exercising.
16. Begin your workout slowly to build strength and stamina safely; this is especially critical if you are new to exercise or out of condition.
17. Begin each move slowly and with control to learn proper form, balance, and coordination and to prevent injury.
18. Do not rock back and forth or attempt side-to-side movements with PowerStands.
19. Use smooth, controlled movements to maintain balance and stability.
20. Do not use PowerStands if the use compromises your ability to stay balanced and in control.
21. Do not attempt to complete all repetitions if you are not able to complete them with proper form.
22. Breathe normally; do not hold your breath during exercise.
23. Stop exercise immediately if you experience discomfort or pain.
24. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
25. Always wear suitable workout clothing and exercise shoes (avoid loose or excess fabric).
26. Two or more persons should never use PowerStands at the same time. Use by more than one person at a time could result in serious injury.
27. PowerStands are NOT TOYS OR PLAYTHINGS. **KEEP OUT OF REACH OF CHILDREN, PETS, AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION!** If treated with care and seriousness, PowerStands will give you fine service. Abuse can quickly ruin their usefulness.

Part #	Name	Parts Drawing	Pieces
1	Handle		2
2	Base		2
3	Round Head Hex M6* 25		4
4	Allen Wrench		1

ASSEMBLY INSTRUCTION

1. Attach one of the handles (1) to one of the bases (2) using two bolts (3) and Allen wrench (4), per picture below.
2. Repeat step 1 for the second PowerStand.



CARE AND STORAGE INSTRUCTIONS

1. Wipe clean with a damp cloth and dry immediately.
2. Never expose the PowerStands to chemicals.
3. Store in a cool, dry, secure place.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the PowerStands.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.

PowerStands is a registered trademark of Tony Horton.

If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

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