

//BODY WEIGHT GYM

The Bodyweight Gym is a Slastix driven suspension trainer.

SKU:BWG2SLX

2 - HANDLES
2 - 96" LONG STRAP
2 - 150 POUND SLASTIX



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SET UP & INSTRUCTIONS

1. Each strap has a loop on one end; throw the loop over any fixed overhead anchor (i.e., pull-up bar, swing set, etc.).
2. Thread the strap through the loop on the opposite end and pull downward to tighten.
3. Attach the strap to the handles by pressing the metal lever of the press buckle and threading the strap through the reverse side of the buckle.
4. Repeat steps 1-3 for the 2nd handle.
5. Adjust the length of the straps by pressing the buckle and pulling upward with the loose end of the strap. Pull to tighten.
6. Grip the handles, and begin performing any of the limitless free-motion exercises.

DISCLAIMER

The following guidelines should be observed when using this product: Always consult your physician before participation in any physical activity. Read all instructions carefully before using. Inspect the fabric and attachments for tears and other damage prior to each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.** Neither manufacturer nor distributor assumes liability for accidents or damage that may occur with the use of this product.

PRODUCT CARE & WARNINGS

1. Store indoors in a dry location. Do not leave outdoors
2. Do not use if fabric becomes torn.
3. Do not cut
4. Replace when worn.
5. Mfg. suggested 12 months replacement or more often as required.
6. **USE ONLY UNDER THE DIRECTION OF A RESPONSIBLE ADULT.**
7. This product can be dangerous if used incorrectly.
8. Do not use product for purposes other than described by enclosed instructions.
9. Read all instructions before use.
10. Manufacturer makes and issues no warranties with regards to this product, expressed or implied, and expressly disclaims all implied warranties, including but not limited to, the implied warranties of the MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.