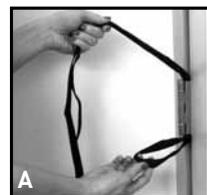
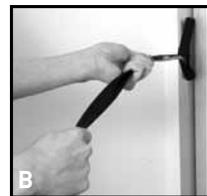


BAND-TO-DOOR ATTACHMENT ASSEMBLY

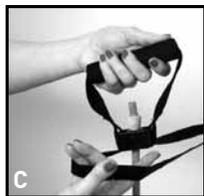
Note: The door attachment must be attached to the hinge side of a solid door that locks, for complete control of the door. Please read all safety warnings herein regarding use of the door attachment.



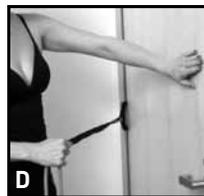
A. Thread one end of the door attachment around the middle hinge of the door. Place the end over the hinge, then pull that end back toward you on the underside of the hinge. Place the other end of the door attachment through the primary end, and tug back toward you to form a slip knot.



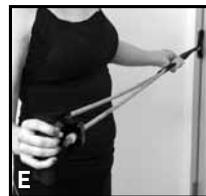
B. Tug on the door attachment to tighten the slip knot completely.



C. Slide the resistance band through the loop of the door attachment.



D. Slowly close the door and lock it.

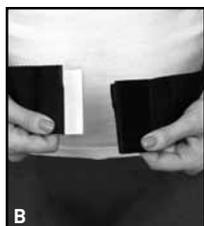


E. Tug firmly on the door attachment and band for security prior to attempting any exercise.

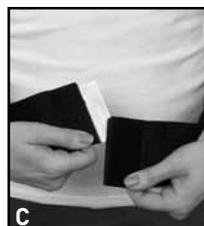
BAND-TO-CARDIO BELT ASSEMBLY



A. Take the metal buckle of the belt in your right hand (with the slit side of the buckle facing down) and thread it through both band handles.



B. Wrap the Sports Cardio Belt around your waist—only your waist! No other body part!



C. Push the metal buckle down into the opening at the other end.



D. Connect the two Velcro pads (this safety feature is to prevent the buckle from coming apart). The belt must go through both handles, not just one.



E. Once the belt has been connected as described, walk forward and backward slowly until you have developed confidence. Now proceed slowly out from the point of attachment until the band becomes taut. Then walk out, testing the resistance until you are confident of your balance and control.

Tip: Place a piece of tape on the floor to mark your maximum comfort distance so you don't exceed that accidentally.

Resistance level increases with higher-number bands. B-LINES® Resistance Bands can be purchased separately or in kits—call 1 (800) 818-5174 or visit Beachbody.com. If you're a member of the Team Beachbody® community, contact your Coach or visit TeamBeachbody.com. Comfort-grip handles are designed to work with all B-LINES Resistance Bands.

| | | | | |
|---|---|--|---|--|
| Teal (B1) Light resistance (5 lb. weights) | Purple (B2) Light resistance (10 lb. weights) | Pink (B3) Light resistance (15 lb. weights) | Magenta (B4) Standard resistance (20 lb. weights) | Orange (B5) Standard resistance (25 lb. weights) |
| Red (B6) Standard resistance (30 lb. weights) | Yellow (B7) Heavy resistance (35 lb. weights) | Green (B8) Heavy resistance (40 lb. weights) | Blue (B9) Heavy resistance (45 lb. weights) | Black (B10) Extreme resistance (50 lb. weights) |

CARE

- Do not store any Upgrade Kit equipment near abrasive or sharp objects.
- Do not store any Upgrade Kit equipment near a heat source or in direct sunlight.
- Do not expose any Upgrade Kit equipment to extreme temperatures.
- Do not use any chemical to clean your resistance band; just wipe it clean with a damp cloth.

LIMITED LIABILITY

Under no circumstances shall Product Partners, 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 resistance bands or any Upgrade Kit equipment.

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 Product Partners, 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 Product Partners, 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.

30-DAY MONEY-BACK GUARANTEE

If you're not completely satisfied with your results within 30 days, simply return the Upgrade Kit for the full purchase price, less shipping and handling, no questions asked.

ANY QUESTIONS?

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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ACCINS1101 Rev. 04/15/10



RESISTANCE BAND UPGRADE KIT

Care and Safety Instructions

IMPORTANT!

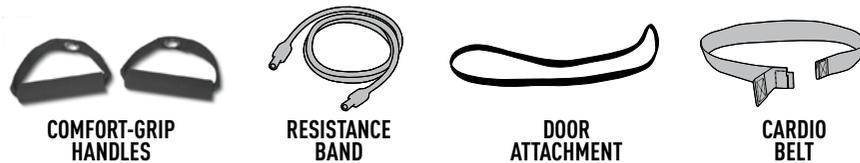
Please read this entire pamphlet carefully and completely before using B-LINES® Resistance Bands, door attachment and/or Sports Cardio Belt. Do not discard this pamphlet. Failure to review and follow these instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Beachbody® recommends that you consult your physician before using this equipment or beginning this or any other exercise program. Using B-LINES Resistance Bands, the door attachment, or the Sports Cardio Belt involves strenuous activity, so learning the proper use of each of these items is imperative. Remember, always listen to your own body and take breaks, modify movements, or stop your workouts as necessary.

LATEX WARNING

The B-LINES® Resistance Bands are made with natural rubber latex (NRL), which may cause minor to life-threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and even loss of consciousness. These reactions, anaphylaxis, or any of these symptoms or conditions could be life-threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction.



B-LINES® RESISTANCE BAND

Many Beachbody® programs, such as 10-Minute Trainer®, Slim in 6®, and Power 90®, include workouts that require the use of B-LINES Resistance Bands for muscle toning and strengthening. B-LINES Resistance Bands are also sold separately.

B-LINES® RESISTANCE BAND AND DOOR ATTACHMENT

At times, the B-LINES Resistance Band may be used with the door attachment, which is attached to your door hinge, turning your B-LINES Resistance Band into a convenient home gym.

B-LINES® RESISTANCE BAND, DOOR ATTACHMENT, AND SPORTS CARDIO BELT

An option in the cardio routines is the use of the Sports Cardio Belt (in combination with the door attachment and resistance band), which takes some practice getting used to, but once mastered, turns your B-LINES Resistance Band, door attachment, and Sports Cardio Belt into a virtual treadmill.

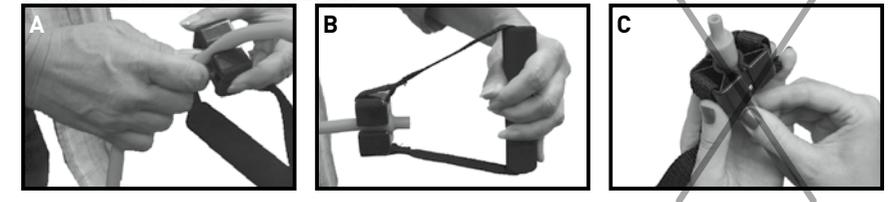
ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the B-LINES® Resistance Bands, comfort-grip handles, door attachment, or Sports Cardio Belt, 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 the routines. Read and follow these essential use and safety instructions for proper use of the B-LINES Resistance Bands, door attachment, Sports Cardio Belt, and all equipment prior to attempting any workout that utilizes any Beachbody equipment.
3. Always inspect the B-LINES Resistance Bands, door attachment, Sports Cardio Belt, handles, and all stitching on each piece of equipment prior to and after each use to ensure that there are no loose threads, chips, cracks, scratches, worn areas, discoloration, tears, nicks, abrasions, punctures, kinks or cuts. If you find any flaw or defect, DO NOT USE any of the equipment and contact Beachbody Customer Service for a replacement.
4. Prior to each use of the B-LINES Resistance Bands, check to ensure that the band is securely attached to the handles. Failure to ensure that the band is securely attached to the handles may cause the band to slip, snap, or recoil, which may lead to significant and permanent injury to your eyes, face, and/or body.
5. Prior to each use of the door attachment and/or Sports Cardio Belt, check to ensure that they are properly and securely locked into place. Ensure your door, door latch and lock, door frame and door hinges are of solid quality, work properly, and are not in any way worn, weak, or fragile. Failure to ensure this equipment is secure may cause significant and permanent injury to your eyes, face, and/or body, as well as damage to property.
6. **Do not attempt any movements, activities, or exercises with B-LINES Resistance Bands, door attachment, or Sports Cardio Belt that are not specifically demonstrated in a Beachbody workout. Any use other than as instructed and any use contrary to the safety instructions may lead to serious and permanent eye injury, disfigurement and/or other permanent injury, and/or property damage.**
7. **Never pull the handles or B-LINES Resistance Bands toward your face or head. As with any other resistance band, always use extreme caution to protect your eyes when using B-LINES Resistance Bands. You may wish to wear protective eyewear such as safety goggles to prevent serious damage if you lose your grip on the handles, or the resistance band breaks, snaps, or recoils. You may also wish to wear additional protective gear when using any of the resistance bands, door attachment, or Sports Cardio Belt to protect and prevent serious damage to other sensitive areas.**
8. **Never release the handles and/or resistance band while under tension! Sudden release will cause the band to snap toward you and can cause significant injury, disfigurement, or death.**
9. Keep the B-LINES Resistance Bands and all Upgrade Kit equipment out of reach of children, pets, or anyone who may require supervision.
10. Always store the B-LINES Resistance Bands and all Upgrade Kit equipment in a secure, childproof area.
11. Clear your workout area of any obstructions, sharp objects, pets, and other distractions. You must perform all exercises on a clear, level, bare surface to avoid any risk of tripping, stumbling, or other harm.
12. Remove all jewelry, including rings, chains, and pins, before exercising or using any of the Upgrade Kit equipment. Note: long or sharp fingernails can lead to damage and injury.
13. Do not stand on the resistance band handles, door attachment, or Sports Cardio Belt, or put them on or around your feet. Never put your foot through the handles, door attachment, or Sports Cardio Belt. Never wrap the resistance bands, door attachment, or Sports Cardio Belt around your feet, hands, mouth, head, neck, or shoulders.

14. Wear exercise shoes and proper exercise clothing (avoid loose or excess fabric).
15. Test the B-LINES® Resistance Bands' resistance carefully in each new position to ensure that the handles are securely attached to the bands.
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.
18. Use smooth, controlled, rhythmic tension when pulling and releasing the resistance band to avoid any snapping, yanking, or recoil.
19. Never perform a move to the point at which you feel you may lose your balance or control.
20. Do not hold your breath during exercise.
21. Stop exercise immediately if you experience discomfort or pain.
22. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
23. Never attach the door attachment to anything but the door hinge.
24. Attach the B-LINES Resistance Bands to the comfort-grip handles, the door attachment, or the Sports Cardio Belt only as instructed. Do not permanently or temporarily attach the resistance bands to door attachment or Cardio Belt, or use them with any clothing, other equipment, or materials of any kind.
25. Do not stretch the B-LINES Resistance Band more than 2-½ times its length.
26. Two or more persons should never use any of the equipment at the same time. Use by more than one person at a time could result in serious injury.
27. The resistance band, door attachment, and Sports Cardio Belt are not toys. **KEEP OUT OF REACH OF CHILDREN AND ANY INDIVIDUALS WHO MAY REQUIRE SUPERVISION.** This equipment is not recommended for children under 18 years of age.

DIRECTIONS

B-LINES® RESISTANCE BAND ASSEMBLY



A. Insert one end of each band into the opening in the notch of a comfort-grip handle. Be sure the smooth side of the handle is facing up while attaching the band, not the open side of the handle.

B. Gently but firmly tug the band to ensure it has snapped securely into place within the notched cup of the handle.

C. Wrong way

(continued over)