

**STYLE ETHA701**

**ETHOS SUSPENSION  
STRAP TRAINER  
OWNER'S MANUAL**



**Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108**

**ETHOS**

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## BEFORE YOU BEGIN

Thank you for selecting the EHTOS SUSPENSION STRAP TRAINER. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Toll-Free Customer Service Number**  
**1-877-846-9997**  
**Mon. – Fri. 9 a.m. – 5 p.m. EST**



## IMPORTANT SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment.**

**Weight Capacity: 400lbs.**

### **WARNING**

1. USERS SHOULD CONSULT WITH THEIR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive use may cause pain or injury.
3. **This exercise equipment is NOT FOR USE BY CHILDREN UNDER AGE 14. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.**
4. **Assembly, installation, and maintenance must be performed by a professional.** Use caution when removing and returning barbell to holder to avoid injury. Keep hands away from all moving parts.
5. DO NOT use attachments not recommended by the manufacturer.
6. For indoor use only.
7. Do not place any sharp objects around the equipment.

In no event shall our company be liable for any direct, indirect, punitive, incidental, special consequential damages, to property or life, whatsoever arising out of or connected with misuse of our products.



## IMPORTANT! CARE AND MAINTENANCE

1. Inspect for signs of wear or failure and tighten all parts before using the Suspension Strap. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the Suspension Strap is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have it inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the holder.**
4. The Suspension Strap can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach as these can cause corrosion.
5. **DO NOT OVERLOAD or exceed maximum weight load: 400 lbs.**



## IMPORTANT INFORMATION

### OPERATIONAL INSTRUCTIONS

This exercise equipment is intended for commercial and residential use.

This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

### **WARNING**

**CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE.**

**SAVE THESE INSTRUCTIONS.**

## WARNING LABEL PLACEMENT



### **⚠ WARNING**

#### **DO NOT MISUSE THIS EQUIPMENT**

The possibility of serious injuries or death or both may occur if caution is not used. Before beginning any exercise program, consult your physician. Read user's manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use.

Weight Capacity: 400 lbs

Replace this label if damaged, illegible or removed.  
Keep children and pets away from this equipment.



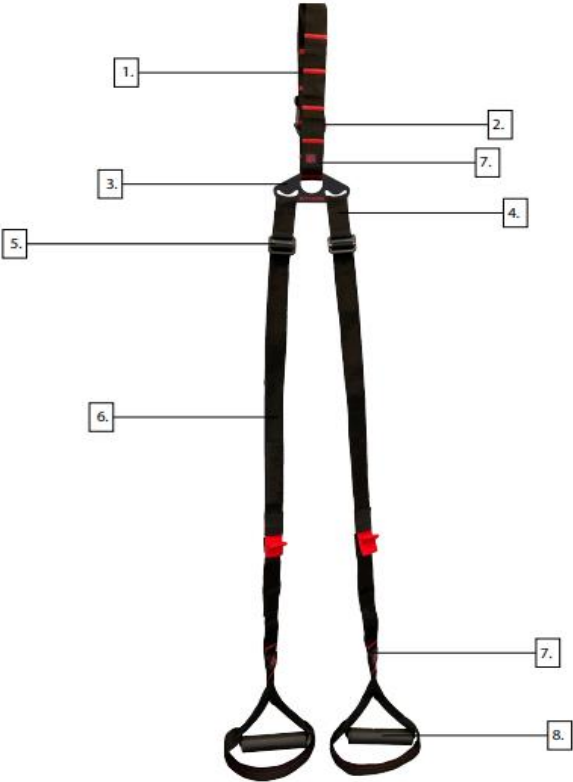
### **⚠ WARNING**

**ALWAYS** place Door Anchor on the hinge side of the door  
**ALWAYS** lock door when using the Door Anchor  
**STOP** using Door Anchor and replace at first sign of wear

The warning label shown here has been placed on the front middle of the Wall Mounted Barbell Holder. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

# ETHA701 PARTS LIST

Part #	Description	Qty	Remark
1	Anchor Strap	1	Pre-Assembled
2	Carabiner	1	Pre-Assembled
3	Center Hub	1	Pre-Assembled
4	Bottom Connection Strap	1	Pre-Assembled
5	Buckle	2	Pre-Assembled
6	Center Strap	1	Pre-Assembled
7	Logo Badge	1	Pre-Assembled
8	Handle	2	Pre-Assembled
9	Door Anchor	1	
10	Extension Strap	1	
11	Carry Bag	1	



Door Anchor



Extension Strap



Carry Bag



# ASSEMBLY INSTRUCTIONS

## Anchor Strap

- 1) Wrap the Anchor Strap over an anchor bar.
- 2) Determine the desired strap length.
- 3) Clip the strap carabiner into the appropriate loop.



The Anchor Strap can also be installed on the ETHOS Suspension Straps Mount, as shown in the picture below.

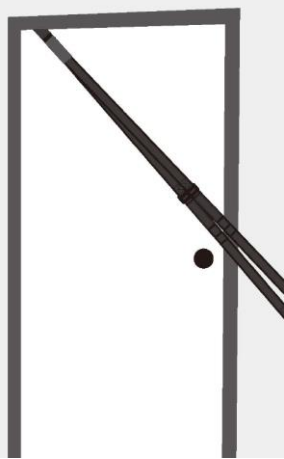


(ETHOS Suspension Mount is NOT included)

## Door Anchor

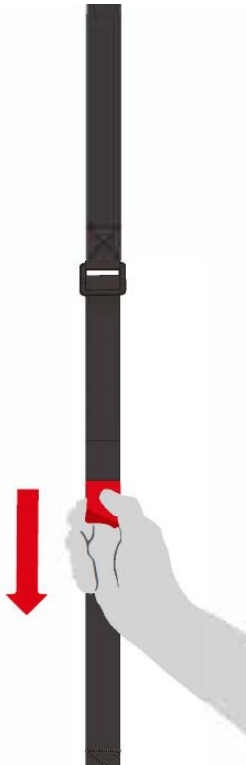
- 1) Choose a sturdy door that locks. Check the door to make sure it closes and locks securely.
- 2) Open the door slightly and thread the looped end of the door anchor through the opening between the hinges.

- 3) Pull the Door Anchor so that the block end of the door anchor is securely pulled into the door and door jamb.
- 4) Close and lock the door.



## Strap Adjustment

Pull red tab to shorten



Lift metal buckle and pull the strap to lengthen.





## **DICK'S LIMITED WARRANTY**

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

### **Who is Covered?**

**This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.**

### **What the Warranty Covers**

This Limited Warranty covers defects in materials and workmanship.

### **What the Warranty Does Not Cover**

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

### **What the Period of Coverage Is**

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

### **How to Make a Warranty Claim**

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.  
345 Court St.  
Coraopolis, PA 15108  
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

### **What DICK'S Will Do to Correct the Problem**

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

**How State Law Applies**

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**Appendix 1**

<b>PRODUCT CATEGORY</b>	<b>WARRANTY TERMS</b>	<b>LIMITATIONS</b>
<b>GYM UNITS</b>	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>WEIGHT BARS</b>	Limited Lifetime*	Warranted for indoor use only
<b>KETTLEBELLS/DUMBBELLS/WEIGHT PLATES</b>	Limited Lifetime*	-
<b>WEIGHT STORAGE</b>	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>WEIGHT BENCHES</b>	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>CARDIO</b> (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
<b>ACCESSORIES</b> (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
<b>SLAM BALLS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>WALL BALLS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>RINGS/SUSPENDED STRAPS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>GLOVES/GRIPS</b>	One-Year Limited Warranty	-
<b>JUMP ROPES</b>	Three-Year Limited Warranty	-
<b>SUPER BANDS</b>	Three-Year Limited Warranty	-
<b>WEIGHTED VESTS</b>	Three-Year Limited Warranty	-
<b>AB MAT</b>	Three-Year Limited Warranty	-

\*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.