

ETHA730

BODYWEIGHT 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 ETHOS BODYWEIGHT TRAINER. For your safety and benefit, read this manual carefully before using this product. 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

RETAIN THESE INSTRUCTIONS FOR FUTURE USE



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.**



WARNING

1. CONSULT WITH YOUR 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 or incorrect use may cause pain or injury.
3. This product is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Keep children and pets away from product at all times. DO NOT leave children unattended in the same room with the product.
4. Test thoroughly to make sure this product is completely and securely assembled prior to any use.
5. It is important to check for clearance around you – make sure that other individuals, children and furniture are safely away.
6. **Max weight capacity 300lbs.**



IMPORTANT! CARE AND MAINTENANCE

1. Inspect all parts before using the product for signs of wear or failure. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. ALWAYS store indoors in a dry area. Not recommended for use in water.
3. To clean: Wipe down with damp cloth. Do not use abrasive cleaners.



IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is intended for home use only and is not intended for institutional commercial applications.

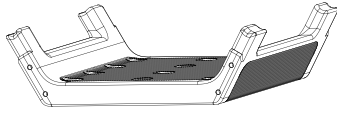

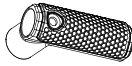









WARNING

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.

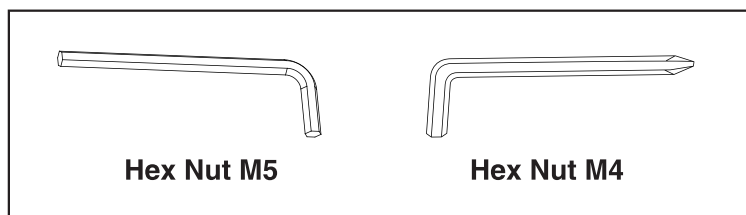
BODYWEIGHT TRAINER PARTS LIST

ITEM NO.	PART NAME	IMAGE	QTY
1	Platform		1
2	Cross Handle		2
3	Plastic Corner		4
4	Foam Pad		4
5	M8 Socket Cap Screw		4
6	M6 Socket Cap Screw		8
7	Welded Washer		8
8	Arc Handle		2
9	Hex Nut M4		1
10	Hex Nut M5		1

ASSEMBLY INSTRUCTIONS

CAUTION! Two or more adults are required for assembly, disassembly and movement of the equipment to avoid possible injury. Always hand tighten Nuts and Bolts first and do not tighten all Nuts and Bolts until instructed to do so.

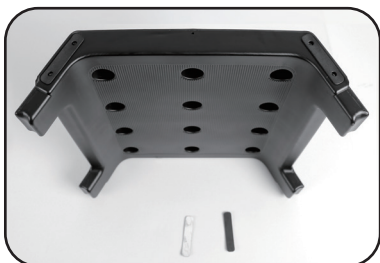
Tools Required for Assembly:



STEP 1 (See diagram 1)

Peel off the anti-adhesive paper from foam pad (Part 4), paste it on the side of platform, and make sure the foam pad holes are aligned with the screw holes.

Paste the other 3 foam pads in the same way on the side of platform accordingly.



STEP 2 (See diagram 2, 3, 4)

Attach one arc handle to the platform, make sure the caved screw holes are close to the foam pad, use M6 socket cap screw (Part 6) and welded washer (Part 7) to connect the arch handle to the platform. Use hex nut M4 (Part 9) to tighten it.

Attach the other arch handle to the platform in the same way.

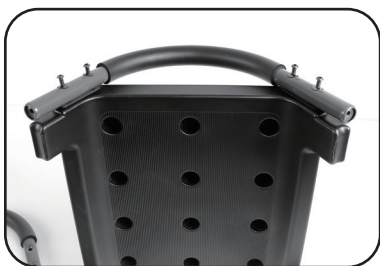


Diagram 2



Diagram 3



Diagram 4

STEP3 (See diagram 5, 6, 7)

Attached the plastic corner (Part 3) to the cross handle (Part 2), make sure the hole on the plastic corner is aligned with the hole on the handle tube.

Attach the other 3 plastic corner to the cross handle in the same way.



Diagram 5



Diagram 6



Diagram 7

STEP 4 (See diagram 8, 9)

Attach the cross handle to the arc handle, make sure the holes are aligned, insert the M8 socket cap screw (Part 5), and tighten it with hex nut M5 (Part 10).

Attach the other cross handle to the arc handle in the same way.



Diagram 8

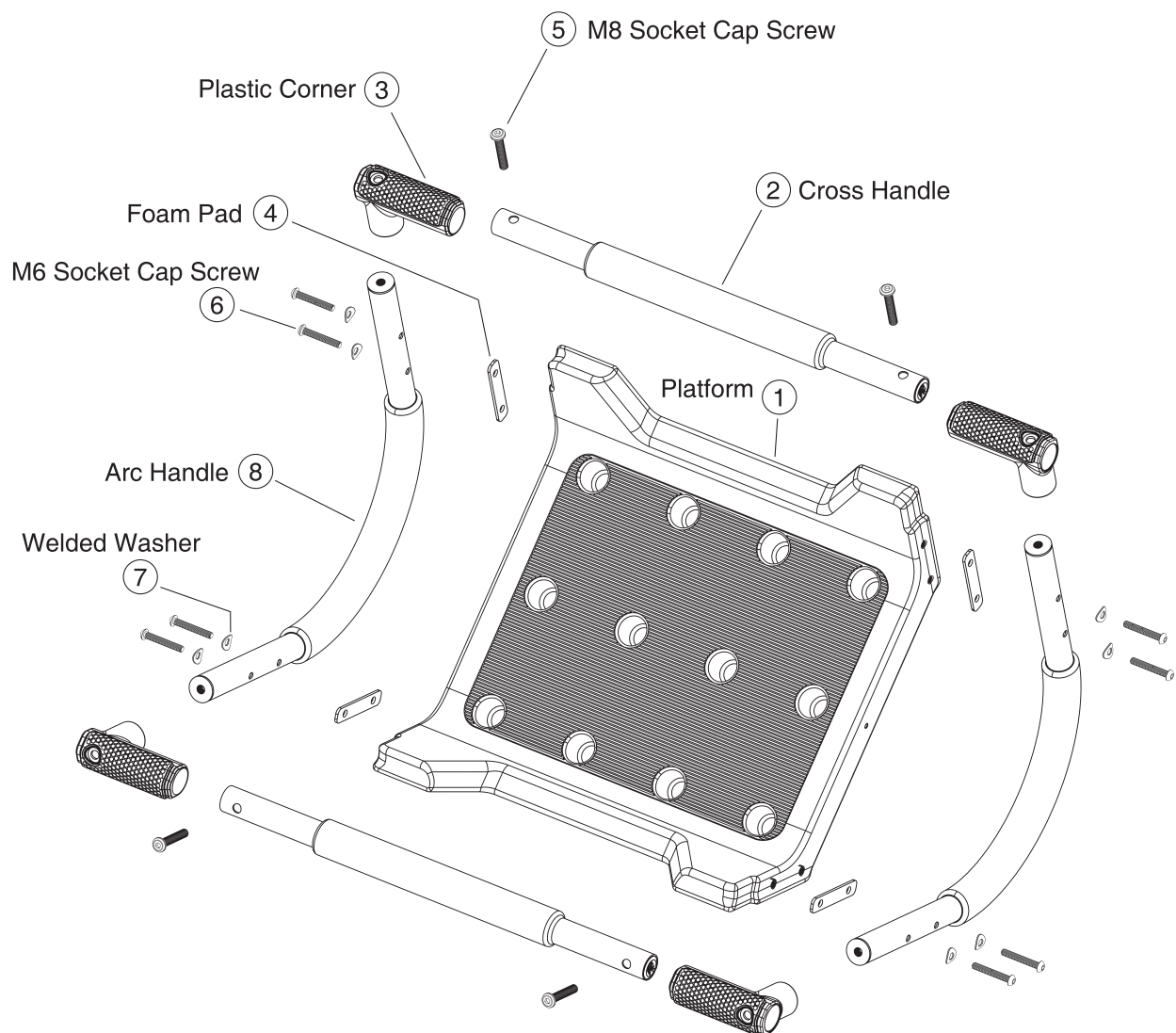


Diagram 9



Diagram 10

EXPLODED DIAGRAM



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 commercial or 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.