


- When securing the resistance tube to the second cuff, the users legs/ankles must be close enough together so the resistance tube is not stretched or under tension when connecting to the second ankle cuff.
- Attach the resistance tube to the second ankle cuff and secure the clasp.
- Repeat the process for attaching additional tubes as shown in image 4 above. ALWAYS ensure the resistance band clasps are completely closed before using.
- To remove tubes, the ankle cuffs must be close enough together so there is no tension on the resistance tube. Release the clasp and remove the tube from the ankle cuff.
- Prior to removing the ankle cuffs, remove all resistance tubes from the ankle cuffs. To remove the ankle cuff, unhook the hook and loop straps.

 **WARNING**

NEVER RELEASE OR CONNECT THE BUNGEE WHILE UNDER TENSION OR ALLOW IT TO SNAP BACK AT YOU. Sudden release will cause the bungee to snap toward you and could cause significant injury or death.

- Always use smooth, controlled movements when stretching and releasing the resistance bands.
- Always use Lateral Resistance Trainer in a clear area to avoid injury.

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.

ETHA753

LATERAL
RESISTANCE TRAINER



DICK’S Sporting Goods 345 Court Street Coraopolis, PA 15108

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BEFORE YOU BEGIN

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

RETAIN THESE INSTRUCTIONS FOR FUTURE USE

IMPORTANT ! SAFETY NOTICE

This product is intended to be used while performing stepping, lunging, squatting or other similar training movements. This product is intended for residential use only and is not intended for institutional or commercial use. Read these instructions before using this product. To avoid injury during assembly, disassembly, use, adjustment and/or movement of the Lateral Resistance Trainer, the following warnings MUST be observed at all times to avoid serious injury or death:

- ⚠ WARNING

Exercise and Physical Exertion Risks:
- **CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**
 - 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.
 - **This product is not intended for children under age 14.** Adult supervision during use is required. **NEVER** leave the product unattended. Unsupervised children can be injured.
 - This product contains NEOPRENE AND NATURAL RUBBER LATEX THAT MAY CAUSE AN ALLERGIC REACTION. if any irritation occurs, discontinue use and consult a medical professional.

- ⚠ WARNING

Impact Hazard:
- **ALWAYS** ensure each ankle cuff hook and loop strap/closure AND all resistance band clasps are completely closed and secured before using.
 - **NEVER** use this product as an anchor or for other purposes.
 - **RESISTANCE BANDS MAY REBOUND UNEXPECTEDLY.** Always use smooth, controlled movements when stretching and releasing the resistance bands.
 - **NEVER RELEASE OR CONNECT THE BUNGEE WHILE UNDER TENSION OR ALLOW IT TO SNAP BACK AT YOU.** Sudden release will cause the bungee to snap toward you and could cause significant injury or death.

- ⚠ WARNING

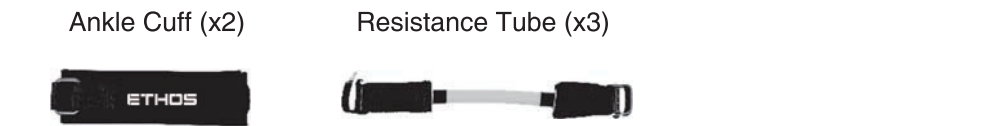
Important Instructions For Safe Use:
- **NEVER** use the Lateral Resistance Trainer in direct alignment with the head or neck.
 - **ALWAYS** use Lateral Resistance Trainer in a clear area to avoid injury.
 - **NEVER** put arms, head, or other body parts in the Lateral Resistance Trainer. Entrapment and/or strangulation can occur.
 - This product is intended for training purposes only **and must be attached at the ankles.** **DO NOT** use with attachments or other accessories.
 - **ALWAYS** wear appropriate workout clothing and footwear when exercising.
 - **DO NOT** leave the Lateral Resistance Trainer outdoors in inclement weather as moisture and other elements may adversely affect the performance of the product.

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

- Inspect for signs of wear or failure before using the product. If parts are worn or damaged, **DO NOT** use. Contact Customer Service for replacement parts.
- Store product indoors when not in use.
- Examine your Lateral Resistance Trainer regularly for wear and tear. **DO NOT USE** if any defect or damaged parts are found.
- To clean the Lateral Resistance Trainer, wipe with damp cloth. Do not use soap or chemicals. Use of soap or chemicals can degrade the material and increase the risk of failure of the product.
- Keep away from fire and heat sources.

PARTS LIST



SETTING UP AND USING THE LATERAL RESISTANCE TRAINER

This product is intended to be used while performing stepping, lunging, squatting or other similar training movements.

1. Use the Lateral Resistance Trainer only for its intended use as described in this manual. The Lateral Resistance Trainer is intended to be used independently as a training aid. **DO NOT** use with attachments or other accessories.
2. Never use as an anchor for other equipment/exercises.
3. The Lateral Resistance Trainer is intended to **only be attached at the ankles**, with one strap on each ankle. Never attach the trainer to any other body parts, objects or use in alignment with the head or neck.



1. Attach the ankle cuffs to each ankle and secure with the hook and loop straps. ALWAYS ensure the hook and loop straps are completely closed and secure before using.
2. Attach the resistance tube to one ankle and secure the clasp as shown in image 2 and image 3. The plastic buckle from the resistance tube should be attached to the hook and loop strap on the ankle cuff to allow free movement during exercise.