ETHA808

80 LB RESISTANCE TUBE 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 Resistance Tube. 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

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 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. **CAUTION**: This product contains natural rubber latex that may cause an allergic reaction. If any irritation occurs, discontinue use and consult a medical professional.
5. Do not use tubes over broken skin. Not intended to be used as a tourniquet.

⚠ WARNING **Important Instructions for Safe Use**

6. **ALWAYS** use handles during any resistance tube exercise. **NEVER** remove handles during resistance tube use. Resistance tube must **not** be grasped along tube length or any other part except for handle when exercising.
7. **ALWAYS** make sure the carabiner is completely closed before use.
8. **NEVER** release the tubes while under tension or allow them to snap back at you. Sudden release will cause the tube to snap toward you and could cause significant injury or death. Eye protection is recommended during use.
9. **NEVER** stretch tube more than 2 times its length. **NEVER** align the stretched tube with head, face, or neck during exercise.
10. **ALWAYS** use smooth, controlled movements when pulling and releasing the tubes.
11. **NEVER** wrap tubes around any part of your body, especially the head and neck.
12. **ALWAYS** ensure that hands are completely dry to prevent the product from slipping out of your hand.
13. **ALWAYS** wear shoes with non-slip soles and keep the tube under the middle of your shoe during exercises that require stepping on the tube. **NEVER** stand or put your foot through the handles.
14. Not intended to support body weight.
15. Using this product for unusual exercises or using it for purposes other than for which it is intended will increase the possibility of product failure and could cause injury or death.

IMPORTANT! CARE AND MAINTENANCE

1. Before using the tubes, inspect all parts for signs of wear or failure. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. Use indoors only to reduce exposure to rough/abrasive surfaces, extreme temperatures, excessive moisture, and excessive sunlight that may lead to wear on the tubes.
3. To clean the tubes, wipe with damp cloth. DO NOT use soap or chemicals.

IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for training, exercise, and physical fitness activities.

This product is designed and intended for residential and consumer use only, not for commercial 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.

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.