

**ETHA816**

# **RESISTANCE TUBE DOOR ANCHOR OWNER'S MANUAL**



**DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108**

# **ETHOS**



## TABLE OF CONTENTS

SECTION	PAGE
BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	2
IMPORTANT CARE AND MAINTENANCE	2
IMPORTANT OPERATIONAL INSTRUCTIONS	3
INSTALLATION INSTRUCTIONS	3
LIMITED WARRANTY	4

## BEFORE YOU BEGIN

Thank you for selecting the ETHOS Resistance Tube Door Anchor. 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. **For use with ETHOS Resistance Tubes ONLY. DO NOT** use attachments not recommended by the manufacturer. Review all warnings and instructions for resistance tubes prior to using with the Door Anchor.
5. For indoor use only.



## IMPORTANT! CARE AND MAINTENANCE

1. Inspect for signs of wear or failure before using the exercise equipment. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the product is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. **Failure to examine regularly may affect the safety level of the equipment.**



## 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.**

## INSTALLATION OF DOOR ATTACHMENT STRAP

1. Place wedge of door attachment strap on opposite side of the door frame and close door towards you. The wedge in the door attachment strap must be on the other side of the door, even when it is affixed at the top of the door.
2. Thread the resistance tube through the loop on the door attachment strap.
3. If you have no door available that opens away from you, you can place the door attachment strap through the hinge side of the door, but never use on the top of the door, if it opens towards you. **ALWAYS** make sure the door is completely closed and the latch completely engaged before exercising.

### **WARNING**

**When using the door attachment strap:**

- **ALWAYS STAND SO THAT THE DOOR OPENS AWAY FROM YOU.** If you stand on the side where the door opens towards you, the force of the tubes can pull the door open and you can be struck by the door or tube with significant force, causing severe injury. You may also fall backwards and hit the floor.
- **NEVER** affix the door attachment strap under the door. The strap may not remain secured during exercise and could snap toward you, causing injury.
- Ensure the strap is fully secured within the door frame prior to exercising.

## **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.