

IMPORTANT POINTS TO REMEMBER

The greatest degree of care has been taken by the manufacturer of the B-LINES Resistance Bands to ensure that they are as safe as possible. It is the responsibility of the user to read and comply with the following safety precautions. Failure to comply may result in the possibility of injury. See your doctor before beginning any exercise program.

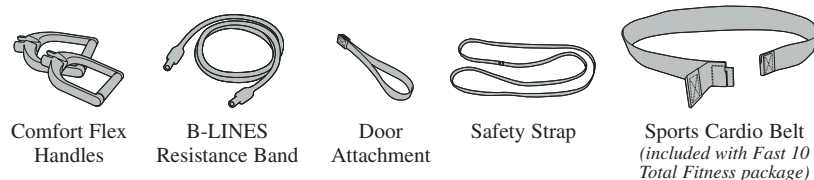
1. **DO** – read this entire instruction booklet, front and back, before beginning any B-LINES exercise.
2. **DO** – examine the band before and after each workout session. Look for nicks and worn spots on the band. If any defects are discovered upon inspection, return it to Beachbody. If the defect is a factory defect, the band will be replaced at no charge. If the defect developed from misuse by the user, the band will be replaced at a minimal charge.
3. **DO** – check all sewn components of the door attachment, safety strap, and Sports Cardio Belt to ensure that there is no loose stitching or unraveling. If any defects are found, do not use the product and return to Beachbody for replacement.
4. **DO** – wear exercise shoes only.
5. **DO** – avoid excessive heat around the band and sharp objects in the workout area. Examine before each workout.
6. **DO** – use the B-LINES Resistance Bands only as shown in the Fast 10 videos, the pictures on the Fast 10 Body Cards, and Beachbody instructional materials.
7. **DO** – make sure the door attachment goes in the hinge side of the door ONLY. The thick portion of webbing goes beyond the door—never to any hook, nail, pipe, or wall pulleys (wall pulley systems have their own attachments).
8. **DO** – make sure the door attachment is secure before beginning any exercises.
9. **DO** – make sure the door is structurally sound and locked when performing exercises.
10. **DO** – begin slowly; remember that your muscles may not be in shape and it doesn't take excessive overloading to cause them to respond. In fact, if you dive into an extremely rigorous program, your body will not have enough time to adjust or adapt to the stresses you are imposing upon it, and more harm than good will result. Again, the B-LINES exercises are well adapted to this purpose, and are easily adjustable.
11. **DO** – all exercises rhythmically. Keep your movements smooth.
12. **DO** – resist the band back to the starting position. By resisting the band back (eccentric contraction), you are achieving a training effect both ways—so important in developing and shaping the body.
13. **DO** – increase your count if your primary goal is to lose weight and gain definition. Example: If you can do 10 repetitions easily, increase to 16 or 20 repetitions, rather than increasing the resistance.
14. **DO** – keep a good wide stance or base when doing exercises such as chest flies, standing presses, or sporting simulations.
15. **DO** – clean bands with soap and water only; never use chemicals of any kind.
16. **DO** – replace the B-LINES equipment unit (bands/handles/door attachment, safety strap, and Sports Cardio Belt) at least once a year. If you use the B-LINES Resistance Bands more than three times a week, replacement is recommended every six months. Contact Customer Service at 1 (800) 818-5174 or visit Beachbody.com to order your replacement bands.
17. **DON'T** – place handles on your feet. Only use your hands, as shown in this guideline; doing otherwise can cause injury.
18. **DON'T** – hold your breath during any of the exercises.
19. **DON'T** – work out barefoot
20. **DON'T** – stretch the band more than two and a half times its length.
21. **DON'T** – use the same B-LINES Resistance Band as someone else! Use by two or more persons simultaneously may result in injury.
22. **DON'T** – allow children below the age of 16 to use the B-LINES Resistance Bands without adult or professional supervision. Supervision should ensure that the child uses the equipment as explained in this instruction guide. We question the need and ability of a child under the age of 12 to handle the B-LINES Resistance Bands properly. Exceptions can be made for individuals in that age range who are involved in athletic training, but even then, professional supervision is recommended.
23. **DON'T** – store your equipment and bands in direct sunlight. This product is not designed or guaranteed for permanent outdoor installation.

VERY IMPORTANT

Please do not attempt exercises that are not specifically demonstrated in the videos you have purchased or that require the Sports Cardio Belt if you do not have this upgrade equipment.

If for any reason your questions and doubts are not answered to your complete satisfaction, please refrain from using the B-LINES Resistance Bands.

These items are used in the Fast 10 workouts:



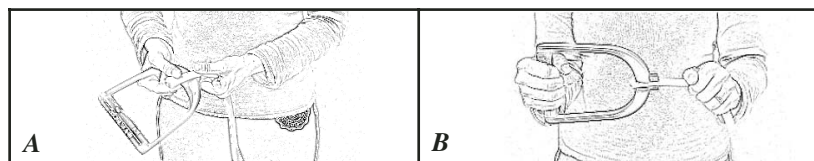
Resistance level increases with higher number bands. Additional bands can be purchased separately or in kits—call 1 (800) 818-5174 or visit Beachbody.com. One set of handles works with all bands.

Teal (B1) Light resistance (5 lb. weights)	Purple (B2) Light resistance (10 lb. weights)	Pink (B3) Light resistance (15 lb. weights)	Magenta (B4) Standard resistance (20 lb. weights)
Orange (B5) Standard resistance (25 lb. weights)	Red (B6) Standard resistance (30 lb. weights)	Yellow (B7) Heavy resistance (35 lb. weights)	Green (B8) Heavy resistance (40 lb. weights)
Blue (B9) Heavy resistance (45 lb. weights)	Black (B10) Extreme resistance (50 lb. weights)		

Here's how to use the B-LINES Resistance Bands with the door attachment and safety strap (required):

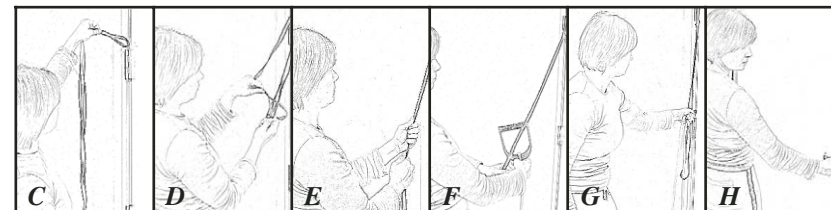
General Information

1. ALWAYS MAKE SURE THERE ARE NO TEARS ON THE SAFETY STRAP. THIS IS IMPORTANT! IF THERE ARE ANY TEARS, CONTACT CUSTOMER SERVICE FOR A REPLACEMENT.
2. Clear the area around you of sharp obstructions, pets, children, and gnomes. Use common sense, please!
3. Wear sneakers or other workout shoes—no bare feet, flip-flops, or heels, especially if you intend to stand on the bands for resistance (such as when doing bicep curls). Do not stand on the handles—they have rotators and can slip off your feet, fly up, and smack you in the head or face. It's really not pretty. So only stand on the band, with one or both feet, and make sure it is firmly located under the arch of your shoe.



Assembling your B-LINES Resistance Band

1. Insert the ends of the band into the Comfort Flex handles (see A), and tug to make sure they snap down into place (see B).
2. Always inspect the bands before each use. If you see any cracks or nicks, do not use the B-LINES. Contact Customer Service for a replacement.



Indoor Use

Follow these directions when USING BANDS FROM A DOOR

1. First slide the door attachment onto the B-LINES Resistance Band, then attach the Comfort Flex handles.
2. Open the door and loop the safety strap around the door's middle hinge, and feed one end of the loop (see C) through the other, which creates a slipknot around the hinge (see D).
3. Tug on it to make sure it's strong and secure (see E).
4. Slip one handle of the B-LINES band through the safety strap (see F). Now if the door comes open for any reason, the safety strap will prevent the B-LINES band from snapping loose.
5. Put the door attachment above the hinge that the safety strap is wrapped around; slowly close the door all the way and lock it.
6. Tug hard on the door attachment before you start working out to make sure it is secure (see G).

Important: The door attachment is inserted INTO THE HINGE SIDE of the door (NOT THE DOORKNOB SIDE). For most routines, the attachment is placed in the door at about waist height. However, the safety strap position will need to be lowered or raised to accommodate certain exercises.

Really Important: ALWAYS MAKE SURE THE DOOR IS LOCKED AND ALWAYS WORK OUT ON THE SIDE OF THE DOOR WHERE THE LOCK IS, SO YOU HAVE COMPLETE CONTROL OF THE DOOR (see H).

Really, Really Important: Be sure the door has at least three solid hinges, and is tight to the door frame in order to keep the door attachment in the door when it is closed.

Hopefully, you're getting the point here. This thing is a slingshot unless you are extremely careful with it. So pay attention, and it will work great. Disregard these instructions, and you might get very hurt. Please be careful to follow these guidelines.

Outdoor Use

When using the bands outside, use a tree or a pole that has no sharp edges that could harm the safety strap. Think "rubber band on steroids" here. If these bands snap under pressure, they snap hard. They are very strong—so you have to be careful not to tear them on edges of posts or rough trees. Never loop the bands directly around a tree or pole, as this could cause a tear and then . . . snap!

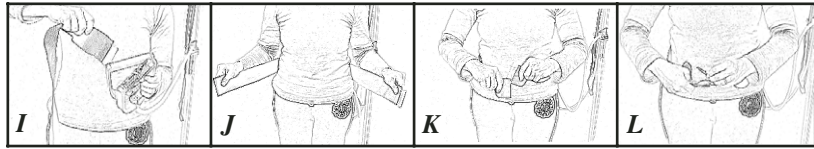
Follow these directions when USING BANDS FROM A STURDY TREE OR POLE

1. Attach the B-LINES to a tree or pole using the safety strap. Simply wrap the strap around the tree or pole, and feed one end through the other, then the B-LINES Resistance Band THROUGH the strap (again—it makes a slipknot). Tug on the strap and adjust the height to fit your exercise. (If the free end of the loop is too short to feed the strap through itself, the tree or pole is too large for a safe anchor and should not be used.)
2. Use only sturdy, well-rooted trees or poles that are no smaller than six inches in diameter and test them to make sure they are firmly set and won't break. Do not attach the B-LINES to overhead branches.

NEVER ATTACH THE B-LINES TO A NAIL, HOOK, OR PIPE. USE THE DOOR ATTACHMENT AND SAFETY STRAP AS OUTLINED!

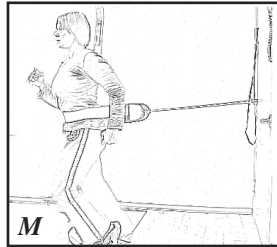
Follow these directions when USING THE B-LINES SPORTS CARDIO BELT

The Sports Cardio Belt transforms the bands into a unique treadmill.



1. Take the metal buckle of the belt in the right hand (with the slit side of the buckle facing down) and thread it through both B-LINES handles (see I).
2. Wrap the belt around your waist (see J).
3. Push the metal buckle down into the opening at the other end (see K).
4. Connect the two Velcro pads (this safety feature is to prevent the buckle from coming apart; see L). The belt must go through both handles, not just one (see M).

5. Once the belt has been connected as described, walk out and back slowly until you have developed confidence. Now proceed slowly out from the point of attachment until the band becomes taut. Then walk or jog out, as shown, but no more than 12 to 18 inches. Remember to resist the band back each time so you don't gain too much momentum and lose control. Make sure the workout area is clear of furniture or any sharp objects, etc., and that the jogging surface is padded. Test manually by applying tension before beginning any exercise.



Any Questions?

If you have any doubt or questions about what any of these precautionary directions mean, it is your responsibility to contact Beachbody's Customer Service for clarification, either by phone at 1 (800) 818-5174, by email at customerservice@beachbody.com, or by fax at (323) 904-5674. We want your questions and concerns to be answered to your complete satisfaction.

Warning: B-LINES Resistance Bands are made with Natural Rubber Latex (NRL), which may cause minor to life-threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and even loss of consciousness and could be life-threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction.

A PARTING THOUGHT

The B-LINES Resistance Band is a well-designed and serious exercise tool. **IT IS NOT A PLAYTHING.** If treated with care and seriousness and used completely in accordance with the directions, it will give you fine service. Abuse can quickly ruin its usefulness. Beachbody is not responsible for any immediate or consequential damages resulting from any abuse whatsoever or from any failure to follow these directions.

LIMITED WARRANTY

WARRANTOR:

Product Partners, LLC, Customer Service at 1 (800) 818-5174, email at customerservice@beachbody.com, or fax at (323) 904-5674 (hereinafter "Beachbody"). Mail to: Product Partners, LLC, 20100 S. Vermont Avenue, Torrance, CA 90502

PARTIES AND PRODUCTS COVERED:

Each and every purchaser of each and every product manufactured and marketed by Beachbody.

YOUR DUTIES AS PURCHASER AND STEP-BY-STEP PROCEDURES FOR YOU TO FOLLOW:

1. Inspect every package purchased for missing or factory-defective parts caused by the manufacturer.
2. Follow and comply with instructions supplied by Beachbody in this guideline or separately; heed all warnings and your physician's recommendations.
3. Inform Beachbody by telephone, mail, or email (listed above) as to any missing part. Send any factory-defective part to Beachbody at your expense for shipping; supply your name and address and an explanation of what happened.
4. Inspect equipment before and after every use for scratches, nicks, cracks, and abrasion spots.
5. Replace any part which exhibits the type of damage described in item 4. DAMAGED PARTS CAN BE DANGEROUS.

WARRANTY — WHAT BEACHBODY WILL DO:

1. Beachbody will replace all missing and factory-defective parts caused by the manufacturer at Beachbody's expense, except for your cost of shipping defective parts and/or information to Beachbody.
2. Replacement parts will be shipped not more than 30 days (usually less than 5 days) after Beachbody receives all required parts and information.
3. A defective part is one which exhibits a crack, scratch, nick, notch, or abraded portion (or, if stitched, exhibits missing or improper stitching), or which fails to perform as designed, when you receive the product.

LIMITATIONS:

1. This warranty is good for and applies for six (6) months from the date of your purchase.
2. IMPLIED WARRANTIES ARE LIMITED TO THE SAME DURATION.
3. INCIDENTAL AND CONSEQUENTIAL DAMAGES ARE EXCLUDED.
4. Some states do not allow limitations on how long an implied warranty lasts or do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations (except for item 1) may not apply to you.
5. This warranty gives you specific rights and you may also have other rights which may vary from state to state.

POLICY:

Although the term of this warranty is for six months, generally Beachbody makes a policy of replacing any defective part if returned within two years of purchase if the defect does not appear to be due to use of the part or ordinary wear and tear.

Call 1 (800) 818-5174, email customerservice@beachbody.com, or visit Beachbody.com

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FAST 10™ with B-LINES®

Safety and Instruction Booklet

IMPORTANT: READ THIS BOOKLET BEFORE USING THE B-LINES

B-LINES Resistance Bands (B1–B10) are sold individually and in kits. To order any component that you may not have already purchased, call 1 (800) 818-5174 or visit Beachbody.com.

Due to the physical nature of using this equipment, Beachbody recommends a complete examination from your physician before getting started.

The B-LINES Resistance Bands exercises are athletic activities involving pushing, pulling, and sometimes jumping. If you have had physical problems or surgery, particularly of the bones, joints, or muscles (and especially any history of problems with the knees, lower back, or neck), or have been inactive or sedentary for some time, you should consult a physician before starting to use the bands.

You should take special precautions to avoid being injured by the band breaking or snapping back. Inspect equipment before and after every use for scratches, nicks, cracks, and abrasion spots. Test the band's resistance carefully in each new position and begin all exercises slowly, as directed.

Please read all Important Points to Remember before attempting any exercises.