

## **ASSEMBLY & CARE**

### **CONTENTS:**

- 1x Harness
- 2x Band with handle & clips

### **INSPECT HARNESS AND BANDS:**

Inspect your new FITBOXR for any defects. If defective contact 1-707-FITBOXR (1-707-348-2697) for a FREE replacement.

### **ATTACH STRAPS:**

- Attach straps by inserting through plastic rings.
- Clip aluminum carabiner(s) into the middle loop at top and bottom.

### **CARE:**

Harness: Hand wash and air dry.

Bands: Clean with water only or FITBOXR Resistance Band Conditioner. **Do not use chemicals or soap.** Bands should be replaced every 4-6 months.

## **GETTING TO KNOW YOUR FITBOXR**

The FITBOXR is a wearable fitness device. Failure to follow proper Safety and Inspection procedures can lead to possible serious personal injury.

- Use the FITBOXR Resistance Trainer only with approved FITBOXR products.
- Do not wrap the FITBOXR bands around any part of your body.
- **LATEX WARNING. Resistance bands are composed of latex.**
- Only use FITBOXR resistance bands with the harness.
- Never stretch bands more than 2 1/2 times their lengths.
- Children under the age of 14 should use only under adult supervision.
- Do not use FITBOXR bands for anything except to exercise.

**Always inspect your equipment prior to use. Any bands with tears need to be immediately replaced.**

### **FIRST TIME USE**

The FITBOXR is designed to put on with both arms **overhead**.

Adjust straps so arm openings are as large as possible.

Position harness so you can read FITBOXR and place arms through straps.

Pull the harness over your head and raise arms to slide harness into position.

Pull harness down so it fits correctly and then tighten straps.

### **ADJUSTMENTS**

#### **FIND YOUR FIT**

1. **INDIVIDUAL FIT:**  
The FITBOXR Resistance Trainer allows for many adjustments to fit your individual body type.
2. **LONGER ARMS:**  
For longer arms adjust the carabiner clips to the for-ward positions on the upper and lower harness loops.
3. **SHORTER ARMS:**  
For shorter arms adjust the carabiner clips to the back positions on the upper and lower harness loops.
4. **TIP:**  
Do not use these adjustments for the intention of increasing resistance. Purchase the next level of resistance bands from FITBOXR.com

**LIMITED LIABILITY:**

Under no circumstances shall FITBOXR, LLC. or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damage to any person or property or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the resistance bands.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of FITBOXR, LLC. has been advised of or should have known of the possibility of such damages.

Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of FITBOXR, LLC. or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.