



# TONY HORTON'S *POWERSTANDS*™ INSTRUCTIONS AND SAFETY

Due to the physical nature of using these push-up stands, Beachbody® recommends a complete physical examination from your physician before using this product and beginning any exercise program. If you experience any discomfort while using the *POWERSTANDS*, discontinue use and consult your physician.

These *POWERSTANDS* are serious workout tools that should ONLY be used to perform push-ups. They have been designed to support up to 325 pounds. While this product has been manufactured and tested to decrease the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of this product.

**Important:** When using the *POWERSTANDS*, make sure they are securely positioned on a level surface. While their nonskid bottoms ensure they stay in place, it is the user's responsibility to determine if the surface being used will safely sustain the proper use of these stands.

With their solid-steel strength and foam-contoured handgrips, these premium push-up stands give you the comfort and flexibility to perform a variety of challenging exercises. The *POWERSTANDS* strengthen and sculpt the chest, shoulders, triceps, biceps, forearms, back, and core muscles without straining your wrists or forearms.

## USE ONLY TO PERFORM PUSH-UPS!

Not intended for any other purpose.

Important Safety Reminders	
DOs	DON'Ts
<ul style="list-style-type: none"> <li>• DO make sure your <i>POWERSTANDS</i> are completely secure on the exercise surface.</li> <li>• DO maintain a controlled motion when performing push-ups.</li> <li>• DO wait until the end of each set before repositioning stands.</li> <li>• DO make sure that any chair or stability ball you use to prop your feet on, is secure.</li> <li>• DO make sure that the lower end of the <i>POWERSTANDS</i> handles are facing AWAY from the user. (See figure directly below.)</li> </ul>	<ul style="list-style-type: none"> <li>• DO NOT use this product if you weigh over 325 pounds.</li> <li>• DO NOT use this product if you are unsure of the stability of the surface.</li> <li>• DO NOT allow children under the age of 16 to use this product without adult or professional supervision.</li> <li>• DO NOT attempt any plyometric exercises (i.e., clapping or airborne push-ups) while using the <i>POWERSTANDS</i>.</li> <li>• DO NOT attempt to reposition the angle of the stands while performing an exercise.</li> </ul>



**Care Instructions**  
Clean with a damp cloth and wipe dry.



If you are a member of the Team Beachbody™ community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

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