

PHYSICIAN WARNING

Not all exercise programs are suitable for everyone. Beachbody® recommends that you consult with your physician before beginning this or any other exercise program. The 10-Minute Trainer program utilizes resistance bands, a door attachment, and an optional cardio belt. Using these equipment pieces involves strenuous activity, so learning the proper use of each of these items is imperative.

LATEX WARNING

The resistance band is 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 left unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction. Please use only with caution and test with small exposure.

POINTS TO REMEMBER

- Watch the instructional video online at Beachbody.com/tmt or if you're a member of the Team Beachbody™ community at TeamBeachbody.com/tmt before attempting to install the door attachment.
- Follow the instructions for proper door attachment installation prior to attempting any 10-Minute Trainer workout that utilizes that piece of equipment.
- If you have questions about any piece of 10-Minute Trainer equipment, do not use it until you have contacted Beachbody's Customer Service at 1 (800) 818-5174 for clarification to your satisfaction before attempting to use the resistance band, door attachment, or cardio belt.
- Watch the 10-Minute Trainer workouts first to familiarize yourself with the moves prior to attempting the routines.
- Do not attempt exercises with resistance bands, door attachment, or cardio belt that are not specifically demonstrated in the 10-Minute Trainer workouts.
- Inspect the resistance band, door attachment, and cardio belt prior to and after each use to ensure that there are no tears, nicks, defects, abrasions, kinks, or cuts. If you find any defect, contact Beachbody's Customer Service for a replacement at a minimal charge, unless the damages are due to misuse.
- Ensure that the door attachment is properly locked into place prior to each use.
- Clear your workout area of obstructions or sharp objects.
- Wear exercise shoes and proper exercise clothing (avoid loose or excess fabric).
- Begin your 10-Minute Trainer program slowly to build strength and stamina safely—this is especially critical if you are new to exercise or out of condition.
- Begin each move slowly, and with control, to learn proper form, balance, and coordination.
- A helpful tip to decide how far away from the door you should stand when using the cardio belt is to place a small piece of tape on the floor to mark the spot that is comfortable to perform the exercise moves—so you won't have to guess each time you exercise.
- Use smooth rhythmic tension when pulling and releasing the resistance band to avoid any snapping or yanking.
- **Never release the band while under tension! Sudden release will cause the band to snap toward you and can cause significant injury, disfigurement, or death.**
- Never perform a move beyond the point at which you feel you may lose your balance or control.
- 10-Minute Trainer equipment is not recommended for children under 16 years of age without adult or professional supervision.

COMMON SENSE WARNINGS

- Don't stretch the resistance band to more than 2 1/2 times its length.
- Don't put resistance band handles on your feet.
- Never attach the bands or door attachment to anything but the door or the door hinge.
- Only one person can use the 10-Minute Trainer equipment at a time.
- Don't hold your breath during exercise.
- Don't exercise or use the resistance bands on an uneven surface.
- Stop exercising immediately if you experience discomfort or pain.
- The resistance band is not designed for outdoor use or permanent installation.
- Don't perform moves that are beyond your ability to stay balanced and in control.

CARE

Do not store any 10-Minute Trainer equipment near a heat source or in direct sunlight. Do not use any chemical to clean your resistance band; just wipe clean with water and dry it immediately.

These items are used in the 10-Minute Trainer workouts:



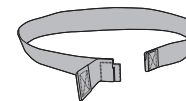
Comfort-Grip
Handles



Resistance
Band



Door
Attachment



Cardio
Belt

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. If you're a member of the Team Beachbody community, contact your Coach or visit TeamBeachbody.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)		

DIRECTIONS

Resistance Band Assembly

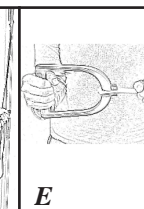
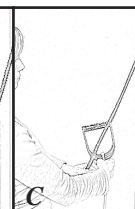
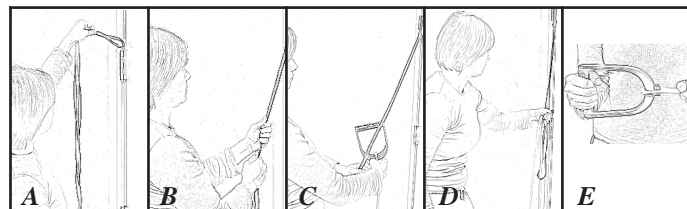
- Insert each end into the opening in the notch of a comfort-grip handle.
- Tug the band to ensure it has snapped securely into place.



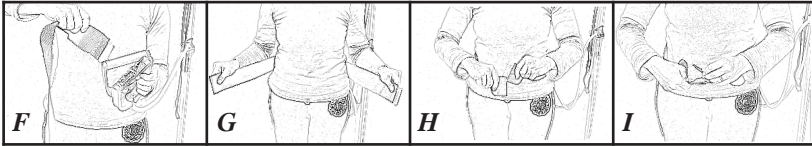
Band-to-Door Attachment Assembly

Note: This must be attached on the hinge side of a door that locks—for complete control of the door.

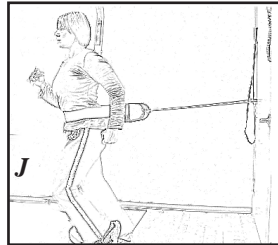
- Slide (thread the) loop of door attachment around the middle hinge of the door in a slip knot.
- Tug on the door attachment to secure it.
- Slide the resistance band through the loop of the door attachment strap.
- Slowly close the door completely and lock it.
- Tug hard on the door attachment and band for security prior to attempting any exercise.



Band-to-Cardio Belt Assembly



- F. Take the metal buckle of the belt in your right hand (with the slit side of the buckle facing down) and thread it through both band handles.
- G. Wrap the belt around your waist—only your waist! No other body part!
- H. Push the metal buckle down into the opening at the other end.
- I. Connect the two Velcro pads (this safety feature is to prevent the buckle from coming apart). The belt must go through both handles, not just one.
- J. Once the belt has been connected as described, walk forward and backward 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, testing the resistance until you are confident of your balance and control. Make sure the workout area is clear of furniture or any sharp objects, etc.



30-DAY MONEY-BACK GUARANTEE:

If you're not satisfied with your results within 30 days, simply return the 10-Minute Trainer program for the full purchase price, less shipping and handling, no questions asked.

Any Questions?

If you have any doubt or questions about what any of these directions and warnings mean, please contact Beachbody's Customer Service or your Team Beachbody™ Coach for clarification. (We want your questions and concerns to be answered to your complete satisfaction.)

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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.

 BEACHBODY®

10 **MINUTE**
TRAINER®

Band-to-Door
assembly details at
Beachbody.com/tmt
or
TeamBeachbody.com/tmt

Resistance Band Instructions and Safety

Resistance Band

The 10-Minute Trainer® program includes some workouts that require the use of resistance bands for muscle toning and strengthening.

Resistance Band and Door Attachment

At times, the band is attached to your door hinge—turning your resistance band and door into a convenient home gym.

Resistance Band and Cardio Belt

An option in the cardio routines is the use of a cardio belt, which takes some practice getting used to, but once mastered, turns your band and door into a virtual treadmill.

IMPORTANT!

Read this entire pamphlet before using resistance bands, door attachment, or cardio belt. Go to Beachbody.com/tmt or TeamBeachbody.com/tmt for more information.