

FREESTYLER™
you will get hooked

OWNER'S MANUAL



Welcome to the **FREESTYLER™** Family.

Below all the information you need to use the Freestyler in a safe and efficient manner.

THE **FREESTYLER™** PACKAGE INCLUDES

- 1 **FREESTYLER™** Base Board
- 6 resistance bands - 2 easy +1 replacement and 2 medium +1 replacement
- 2 Ankle Cuffs
- 2 Handles
- 1 Foldable mat (3 folds ... 120x60)

BASE BOARD

Basic component is the Freestyler anti-slip baseboard, ergonomically designed with all edges smoothed for comfort and safety. It is made of recyclable, environmentally friendly materials, originally used in the aeronautical industry. Special embossed grid prevents slipping while standing on the Freestyler. Soft pads placed under the board keep the board in place. Special markings indicate position for making initial device adjustments and positioning of the feet during workouts. Two rotating hyperboloids are specially designed for smooth and even distribution of force produced by the rubber tubing.

TUBING & ACCESSORIES

Included in the set are two levels of quality elastic tubing (three tubes are included in each strength level - two tubes which are needed for the workout, the third tube is added as a replacement) which allow you to achieve progressive resistance. Specially constructed carabines connected to the tubing are made of high quality materials for safety and durability. With each set you get a pair of rotating handles with a soft grip, made for your comfort. In addition there are soft and adjustable ankle cuffs which are smooth and soft to the skin – you won't even know you are wearing them! The custom designed three-fold exercise mat enables different use and configurations, depending on the body position, whether you are lying, sitting or kneeling.



BASIC HANDLING

1. Take the Freestyler baseboard, a pair of tubes of desired strength, a pair of ankle cuffs, a pair of handles (or Pilates straps - sold separately) and a Freestyler exercise mat.
2. Tubing strength increases from EASY to MEDIUM (there are 2 more intensities STRONG and SPORT-sold separately).
3. Check the guidelines for choosing the appropriate tubing strength according to your fitness level.
4. Find an even floor for your Freestyler base board where you will have enough room to do the workout.
5. Put the ends of the tubes through the corresponding holes in the baseboard and under the hyperboloid rollers.
6. Buckle the handle to one side of each tube and attach the ankle cuff to the other side. Ankle cuffs must be to the inner side of the roller and handles to the outer side.
7. Place the ankle cuffs around your ankles, but not too tightly; they should still be able to turn around your ankles. Take handles (or pilates straps - purchased separately) in your hands.
8. After the workout, unbuckle the handles and remove the ankle cuffs. If necessary, ankle cuffs and handles should preferably be sprayed with antibacterial agent and wiped dry with a small towel.

WHEN USING THE FREESTYLER, ALWAYS FOLLOW THESE SAFETY INSTRUCTIONS:

- The board should be placed on the surface gently (do not drop from height).
- Be careful when stepping on and off the Freestyler board. Be sure the board is placed on a solid, straight floor that is carpeted or protected by the Freestyler mat. Wear proper clothes and shoes, they should be comfortable and light.
- Always examine the bands before use for small nicks, tears, or punctures that may cause the band to break - if you find any flaws, discard the product and replace before performing any exercises.
- Before starting each exercise, be sure the bands are securely attached to your hands/feet. Verify secure attachment to any accessories. When attaching the band, ensure it is securely anchored to the cuffs and handles.
- Wear eye protection.
- Do not use the band in any way that may cause it to snap towards the head and cause injury to the eyes.
- Perform exercises without the product until you are comfortable. Then begin exercises with the product.
- Never use this product to lift a person, or any other object, above the ground or to support your own body weight.
- Always observe the attachment point throughout the exercise. Any resistance band can break or slip from its anchoring point during use. It may strike your body or cause you to fall, which could cause serious injuries.
- Do not let go of the Freestyler if it is under tension. Do not allow the band to snap back.
- Perform all exercises in a slow, controlled manner. At no time should you feel "out of control". Take control of the product rather than letting it control you.
- Stop exercising if you have dizziness, trouble breathing, increased pain or begin to feel sick. Contact your healthcare provider immediately.
- Do not exercise while experiencing pain, if you are ill or injured or if you feel shortness of breath.
- This product is not a toy.
- Do not snap Freestyler bands towards anyone's face or body.
- With each new workout program start carefully and gradually increase intensity; Intensity is increased with a stronger elastic or a larger amplitude of movement
- Make sure you only do programs available on our DVDs that you can acquire at shop.freestyler.net and those from our Video center (Workouts section at www.freestyler.net and within the Freestyler App available in Apple Store and Google Play for free). Do not use the device or any part of it for other types of workouts and purposes. Always use the device just as a whole. Do not use elastic bands, for example, for standalone use.
- Make sure that you change elastic bands every one year.

EXTENDED SAFETY GUIDELINES

- With standing exercises, body alignment is critical. Maintain your balance at all times. Maintain proper posture & stance during exercises. For examples of proper posture and stance go to theraband.com/international-instructions.
- As with any exercise program, muscle soreness may be experienced over the first few days. If pain persists more than several days, consult your Health Care Professional.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition and do not hold your breath at any time.
- Exercise regularly (consistently), do not miss/skip workouts
- Pay special attention to protecting the spine and the lower back (the lumbar area), maintain a natural spinal curve and follow the instructions for individual exercises
- Always work out as unburdened and relaxed as possible. Do not consume any heavy food approximately two hours before workout,
- Develop a correct technique for lifting - lift with a straight back so that the main part of the lifting is done by the legs,
- Be sure to keep properly hydrated, always have something to drink (prior to and during your program)
- Wear appropriate footwear; keep in mind that every movement derives/originates from the feet.
- Do not work out too intensively in hot and humid conditions.
- Never hold your breath during a workout.
- Do not hyperventilate during workout or rest.
- Do not perform exercises that are too hard or dangerous for you.
- Do not sacrifice the quality of a workout on account of quantity.

BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN, who should assist you in determining your target heart rate, appropriate for your age and physical condition. Certain exercises or programs may not be appropriate for all people. The Freestyler should not be used by children, pregnant women and people who have had medical problems or problems with balance. Start slowly and advance by feeling. Advance in a manner most appropriate for you. Do not overburden yourself with any workout program. Listen to your body and respond to potential reactions. You must distinguish between the good pain, such as tiredness, and bad pain that feels different. If you experience any pain or uneasiness in your chest, irregular heartbeat or a shortness of breath, immediately stop the workout. Before continuing, consult with your physician.

PLEASE NOTE WE ARE NOT RESPONSIBLE FOR ANY INJURIES, PAIN, OR DISCOMFORT YOU MIGHT SUSTAIN, OF ANY NATURE OR FOR ANY REASON, WHILE WORKING OUT WITH THE FREESTYLER, OR ANY DAMAGE TO YOUR PROPERTY. We have provided you with information on exercises, including tutorials and detailed descriptions, to give you the information you need to be able to perform the exercise with proper form. However, it is your responsibility to warm up properly, determine the resistance you will use, perform each movement correctly and, ultimately, to decide whether or not you are capable of performing the exercise / workout without sustaining injury while using Freestyler.

DISCLAIMER AND LIMITATION OF LIABILITY: YOU HEREBY RELEASE FGI d.o.o., AND OUR DIRECTORS, OFFICERS, EMPLOYEES AND AGENTS, FROM ANY AND ALL CLAIMS, LOSSES, DEMANDS, DAMAGES, ACTIONS, OR CAUSES OF ACTION, OF ANY KIND AND NATURE WHATSOEVER, RELATING TO YOUR USE OF THE FREESTYLER, OR RELATING, DIRECTLY OR INDIRECTLY, TO THE INFORMATION, MATERIAL, CONTENT, OR SERVICES PROVIDED BY FGI d.o.o., INCLUDING, WITHOUT LIMITATION, DIRECT, INDIRECT, CONSEQUENTIAL, OR INCIDENTAL LOSS OR DAMAGES, INCLUDING COMPENSATORY DAMAGES OR LOSS OF PROFITS OR OTHERWISE. FURTHERMORE, IN NO EVENT SHALL OUR LIABILITY FOR A DEFECTIVE PRODUCT EXCEED THE AMOUNT PAID FOR THE PRODUCT.

WARRANTY

For the Products sold by the Seller, the Seller grants the following guarantee: The Seller shall, free of charge, at the Seller's option, either repair, replace, or refund the purchase price of defective goods if the defects appear under proper and normal use within 12 months from the date of purchase (date on the invoice) for the bands (please note that you already have one replacement added), 5 years for the board, provided that:

- notice of the defects complained is given to the Seller upon their appearance;
- the Products are still in the warranty period;
- such defects shall be found to the Seller's reasonable satisfaction to have arisen from the Company's faulty design, workmanship, or materials; and
- the defective goods shall be returned to the Seller's premises: FGI d.o.o. (FREESTYLER GLOBAL INITIATIVE), Strossmayerjeva 16, 1000 Ljubljana, Slovenia at the Purchaser's expense. FGI d.o.o. will not be held responsible for any non-insured items lost in transit.

Any repaired or replaced goods shall be redelivered by the Seller free of charge to the original point of delivery.

This warranty extends only to personal use and does not extend to any product that has been used for which it is not intended. There are no warranties other than that expressly set forth herein. This warranty is not transferable. This warranty is the sole and exclusive warranty with respect to the Product, express or implied, and replaces any and all warranties implied by applicable law, to the extent permitted by such laws, including any warranty with respect to merchantability or fitness for a particular purpose or intended use.

The Company is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation, other consequential damages of whatsoever nature, failure to follow instructions or warnings in owner's manual, DVDs or use of products in a manner for which they were not designed.

THE WARRANTY DOES NOT APPLY TO THE FOLLOWING:

1. Damage due to accident, misuse, abuse, commercial use or vandalism.
2. Improper or inadequate maintenance or damage in return transit
3. Unauthorized modification, repairs or commercial use.
4. "Normal" wear of parts (wear & tear that occurs over time and with use).

