

# **FREESTYLER™**

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## **OWNER'S MANUAL**



[www.freestyler.net](http://www.freestyler.net)

Congratulations on your purchase of the **FREESTYLER™**.

Your **FREESTYLER™** PACKAGE INCLUDES:

- ▶ 1x **FREESTYLER™** Base Board
- ▶ 6 resistance bands - 2 easy +1 replacement and 2 medium +1 replacement
- ▶ 2x Ankle Cuff
- ▶ 2x Handle
- ▶ 1x 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. Serial number enables rapid customer feedback in an effort to constantly monitor and control production quality. 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.

**Check our Video center at [www.freestyler.net](http://www.freestyler.net) and within the FreestylerApp to gain access to versatile Freestyler programs.**

**BASIC HANDLING**

1. Take 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 1 - easiest to 2 - medium ( or 3 - strong & 4 - 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.

**IMPROPER USE (treat your Freestyler with care):**

- avoid stretching the tube over 250% of its original length (maximum stretch),
- avoid stepping on or placing the board over the tubes, handles or carabines,
- make sure the tubes are placed correctly under the rollers (no double loops),
- do not expose tubes to direct sunlight for prolonged periods,
- the board should be placed on the surface gently (do not drop from height).

**TUBE SELECTION**

When selecting tube resistance grade bear in mind that 2 tube strengths are included to choose from.

Choose the appropriate strength according to your rough estimate of your fitness level (you can also assess your fitness level at our online Freestyler bootcamp center) and program used (video center) and use stronger tubes (step by step) while you progress with time.

**CORRECT ASSEMBLY  
PICTURE**

**STANDING OR ONE BODY PART ON THE BOARD  
(secure the board with your own bodyweight)**

**FOLLOW THESE SAFETY GUIDELINES:**

- ▶ With each new workout program start carefully and gradually increase intensity; Intensity is increased with a stronger elastic or a larger amplitude of movement,
- ▶ 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.

**ADDITIONAL SAFETY GUIDELINES**

BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, ALWAYS CONSULT WITH 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. This is especially important for people over the age of 35, 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 heart beat or a shortness of breath, immediately stop with the workout. Before continuing, consult with your physician. Be careful when stepping on or off the device. Place it on a solid, straight floor that is not slippery. Wear proper clothes and shoes. They should be comfortable and light.

**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, pain or discomfort 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.

## **ALWAYS AVOID THE FOLLOWING:**

- ▶ do not work out too intensively in hot and humid conditions,
- ▶ never hold your breath during workout,
- ▶ do not hyperventilate during workout or rest,
- ▶ never work out if you feel pain,
- ▶ never work out if you are ill or injured,
- ▶ do not perform exercises that are too hard or dangerous for you,
- ▶ do not sacrifice quality of the workout on account of quantity.

## **THIS 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).

## **HOW TO OBTAIN SERVICES**

Please contact the company with which the purchase was made. If the goods are still in the warranty period we will grant you replacement immediately. Depending on the extent of the service requested, the purchaser shall have the obligations and responsibility to:

- ▶ Carefully package the product or parts of the product using adequate padding material to prevent damage in transit,
- ▶ Include in the package: the owner's name, address, telephone number, and a detailed description of the problem and provide the proof of purchase, which includes date of purchase,
- ▶ Pay for the transport of damaged goods to the relevant company,
- ▶ Pay for all services and parts not covered by the warranty,
- ▶ Send via Insured Parcel Post or courier to the company from which you purchased the products.
- ▶ Pay for the transport of damaged goods to FGI d.o.o.
- ▶ Pay for all services and parts not covered by the warranty,
- ▶ Send via Insured Parcel Post or courier to the company from which you purchased the products.

# **FREESTYLER™**

## **Headquarters:**

FGI d.o.o., Strossmayerjeva 16, 1000 Ljubljana, Slovenia

## **E-mail:**

[info@freestyler.net](mailto:info@freestyler.net), [support@freestyler.net](mailto:support@freestyler.net)

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