

Before You Begin

Thank you for selecting the new RIP:60™ Suspension Trainer. The versatile RIP:60 Suspension Trainer utilizes your body weight to provide a wide array of exercises designed to build muscle, increase core strength, improve flexibility, and develop stamina. And the Suspension Trainer is lightweight and portable, allowing you to enjoy dynamic workouts indoors or outdoors, almost anywhere you go. **If you have questions after reading this guide, call Customer Care toll-free at 1-800-288-4802, Mon.–Fri. 6 a.m.–6 p.m., Sat. 8 a.m.–4 p.m. Mountain Time (excluding holidays).**

Important Precautions

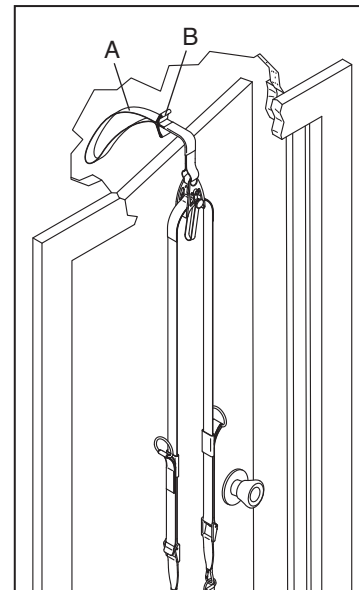
⚠ WARNING: To reduce the risk of serious injury, read all precautions and instructions before using your Suspension Trainer. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the Suspension Trainer are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the Suspension Trainer only as described in this guide and in the accompanying instructions.
4. Do not use the Suspension Trainer in a commercial, rental, or institutional setting.
5. Users weighing more than 300 lbs. (136 kg) should not use the Suspension Trainer.
6. Always keep children under age 12 and pets away from the Suspension Trainer.
7. Inspect the Suspension Trainer before each use. Do not use the Suspension Trainer or try to repair it if it is damaged.
8. If the Suspension Trainer is attached to a door, make sure that the door is fully closed. Lock the door or make sure that other persons cannot open the door.
9. Use the Suspension Trainer only on a level, non-slip surface. Make sure that there is adequate clearance around the Suspension Trainer.
10. Over exercising may result in serious injury or death. If you feel faint or if you feel pain while exercising, stop immediately and cool down.

Attaching the Suspension Trainer to a Door

Select a sturdy door with enough clearance to perform the desired exercises.

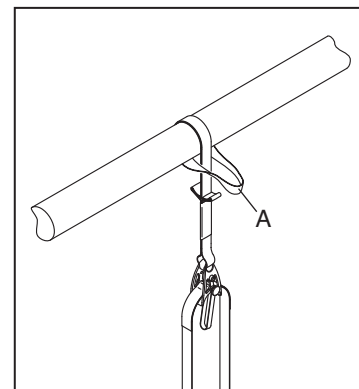
Open the door and lay the anchor strap (A) across the top of the door. **Make sure that the lock tabs (B) are on the opposite side of the door from the Suspension Trainer. Attach the Suspension Trainer to the “outer” side of the door so that the Suspension Trainer will pull the door closed while you are exercising.**



Attaching the Suspension Trainer Outdoors

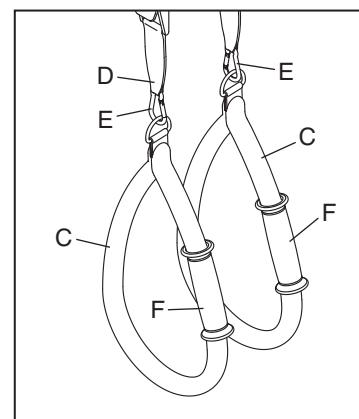
Locate a bar that can easily support the weight of the user. **Make sure that the bar has a smooth surface that will not damage the anchor strap.**

Wrap the anchor strap (A) over or around the bar. Then, feed the Suspension Trainer through the loop of the anchor strap as shown.



Attaching the Handles

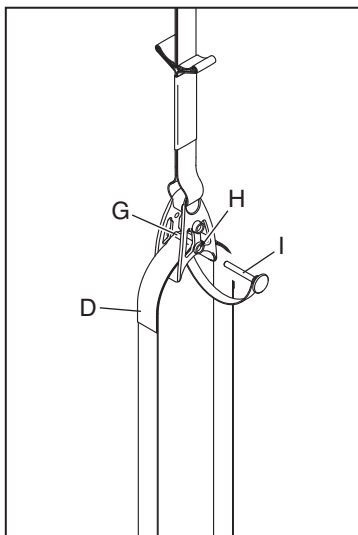
Attach a handle (C) to each end of the exercise strap (D) with a clip (E). Note that the grips (F) slide on the handles; move the grips to the most comfortable position for each exercise that you perform.



Locking and Unlocking the Exercise Strap

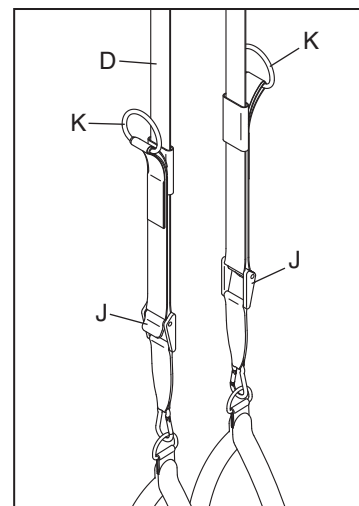
For some exercises, the exercise strap (D) should be locked in a stationary position. Align the small loop (G) in the center of the exercise strap with the lower hole in the slide (H). Insert the lock pin (I) into the slide and the exercise strap.

For some exercises, the exercise strap (D) should move freely through the slide (H). Insert the lock pin (I) into the upper hole in the slide.



Adjusting the Length of the Exercise Strap

To adjust the length of the exercise strap (D), press the tabs on the two buckles (J), and pull the exercise strap through the buckles as desired. Then, pull the two indicated rings (K) upward to remove any slack.



Limited Warranty

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813