IMPORTANT! Please take the time to read these instructions before you start using the RIPCORDS®. RIPCORDS® Leg Cords, and the Door Attachment (Door Hook). Prior to starting, see your physician, warm up and inspect your equipment. It is your responsibility to make sure you are physically able and the equipment is sound enough to use every time you start.

DO NOT WRAP RIPCORDS® OR RIPCORDS® Leg Cords around ANY PART OF YOUR BODY, INCLUDING WRISTS, LEGS, OR ANY OTHER BODY PART. WRAPPING RIPCORDS® OR RIPCORDS® Leg Cords around body parts may result in injury. Never, under any circumstances wrap RIPCORDS® or RIPCORDS® Leg Cords near or around your neck. Wrapping RIPCORDS® or RIPCORDS® Leg Cords around the neck may result in chocking. At all times, keep RIPCORDS®, RIPCORDS® Leg Cords, and the Door Hook out of the reach of small children.

CARE AND CAUTION – READ CAREFULLY
All RIPCORDS® have undergone manufacturer’s testing and examination. Please take the time to read over the following safety precautions and follow the easy care steps. It is recommended that you consult your doctor before beginning any exercise program.

- Do not allow your RIPCORDS® or RIPCORDS® Leg Cords to do the following as they promote premature wear and tear.
  - a) Rest in direct heat or cold
  - b) Be stored in direct sun light
  - c) Be stored in a stretched position
  - d) Be left outdoors for prolonged periods of time

Workout Instructions
1) Warm up prior to starting any RIPCORDS® routine.
2) Examine your RIPCORDS®, RIPCORDS® Leg Cords, and Door Hook attachment for cracking, cuts or tears prior to any workout. If there are any defects such as ripping or tearing, send your RIPCORDS® back.
3) Perform smooth and continuous repetitions avoiding over-stretching the band.
4) The Door Hook attachment goes in the hinge side of the door ONLY and the door MUST BE LOCKED and in a location where no other person can unlock the door without your knowledge.
CAUTION: Do not attach the Door Hook to any other object, as it may not provide the stability required.
5) Be careful not to allow the RIPCORDS® to slide off of a surface and snap back at you. Never use the handles with your feet or attach them to any object that is not immovable.
6) Wear proper footwear when using the RIPCORDS® or RIPCORDS® Leg Cords. Always work with a stable base. Always wear closed toe shoes; never work in stockings or bare feet.
7) Breathe properly and do not to hold your breath. Exhale when you are contracting a muscle group and inhale during the stretching of the muscles.
8) Begin slowly. We recommend beginning with the lightest tension to build a foundation and give your body the chance to adapt to the resistance. Work up to heavier RIPCORDS® only when your body is ready.
9) Use RIPCORDS® and RIPCORDS® Leg Cords only as directed (Please visit our website www.ripcords.com for further exercise details). Never attempt to hang from your RIPCORDS® or RIPCORDS® Leg Cords or hang any object from your RIPCORDS® or RIPCORDS® Leg Cords.
10) Children below the age of 16 should only use RIPCORDS® or RIPCORDS® Leg Cords under the supervision of a responsible adult. Such supervision should ensure that the child uses the equipment as designated.
11) Follow the programs and procedures outlined in the RIPCORDS® CIRCUIT® and www.ripcords.com.

WARRANTY
Your Duties As Purchaser and Step-by-Step Procedures for You to Follow
1. Inspect every package purchased for missing or factory-defective parts caused by the manufacturer.
2. Follow and comply with instructions supplied by RIPCORDS® in this guide or separately; heed all warnings and your physician’s recommendations.
3. Inform RIPCORDS® by telephone or mail as to any missing part; send any defective or damaged product back to RIPCORDS® will replace products at no charge to you other than Shipping and Handling costs calculated from your shipping address. You must supply your name, address and an explanation of what happened for RIPCORDS® to properly fulfill your warranty. RIPCORDS® reserves the right to change the Shipping and Handling fees as necessary.
4. Inspect equipment before and after every use for scratches, cracks, and abrasion spots. Discontinue use of any part that exhibits these or any other types of damage.
5. All RIPCORDS® will eventually break (though this will usually take years to occur). It is your responsibility to ensure that such a break does not injure you in any way. Please feel free to exchange your RIPCORDS® according to the Lifetime Warranty.

Any Questions?
If you have any questions regarding Ripcords® or any of our other products, exercises or explanations, it is your responsibility to contact Ripcords® for clarification, by visiting us at www.ripcords.com or emailing contact@ripcords.com.

For more information and to view our complete line of Ripcords® products, including the Circuit7® DVD, please visit us online at www.ripcords.com
**Ripcords® Leg Cords Exercises**

**STANDING FORWARD LUNGE**

**START** Stand with your feet shoulder-width apart, your arms resting by your sides and the leg cord secured around both ankles.

**FINISH** Take a large step forward with your left leg. Land softly on the heel of your front foot with your knee bent. Ensure the weight of your back leg is on the ball of your foot and that your back knee does not touch the ground. Keep your head and chest raised throughout the movement. Return to the starting position and repeat on the other side.

**LEG CORD STANDING GLUTEAL EXTENSION**

**START** Stand with your feet shoulder-width apart, your arms resting on your hips and the leg cord secured around both ankles.

**FINISH** Keeping both legs straight and your weight on your left foot, extend your right leg behind your body. This exercise will strengthen and tone the gluteus maximus and medialis glutaeus of your legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

**STANDING GLUTEAL ABDUCTION**

**START** Stand with your feet shoulder-width apart, your arms resting on your hips and the leg cord secured around both ankles.

**FINISH** Keeping both legs straight and your weight on your left foot, raise (abduct) your right leg to the right side of your body. This exercise will strengthen and tone the medialis glutaeus and gluteus minimus of your legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

**STANDING GLUTEAL FRONTAL RAISE**

**START** Stand with your feet shoulder-width apart, your arms resting by your sides and the leg cord secured around both ankles.

**FINISH** Keeping both legs straight and your weight on your left foot, extend your right leg in front of your body. This exercise will strengthen and tone the medialis glutaeus and quadriiceps of the legs. For maximum effectiveness, focus on balance, alignment, and achieving a full range of motion. Return to the starting position and repeat with your other leg.

**LYING (PRONE) GLUTEAL EXTENSION**

**START** Lie down on your stomach. Arch your upper body slightly using your elbows and palms on the ground as support. Ensure the leg cord is secured around both ankles before beginning the exercise.

**FINISH** Keeping both legs straight, extend your right leg back and up behind your body. This exercise will strengthen and tone the gluteus maximus and medialis glutaeus of your legs. Focus on moving through a full range of motion in order to achieve the maximum benefit of the exercise. Return to the starting position and repeat with your other leg.

**LYING (PRONE) TWO LEG ABDUCTION**

**START** Lie down on your stomach. Place your palms to the ground under your shoulders to help support your upper body. Ensure the leg cord is secured around both ankles before

**FINISH** Keeping both legs straight and off the ground, simultaneously abduct your legs out to the sides. This exercise will strengthen and tone the medialis glutaeus and gluteus minimus of your legs. Return to the starting position and repeat.