

IMPORTANT! Please take the time to read these instructions before you start using the **RIPCORDS®** 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® AROUND ANY PART OF YOUR BODY, INCLUDING WRISTS, LEGS OR ANY OTHER BODY PART. WRAPPING RIPCORDS® AROUND BODY PARTS MAY RESULT IN INJURY. NEVER, UNDER ANY CIRCUMSTANCES WRAP RIPCORDS® NEAR OR AROUND YOUR NECK. WRAPPING RIPCORDS® AROUND THE NECK MAY RESULT IN CHOKING. AT ALL TIMES, KEEP RIPCORDS® 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® 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 left outdoors for prolonged periods of time
- d) Come in contact with sharp edges
- e) Be stored in a stretched position

Workout Instructions

- 1) Warm up prior to starting any RIPCORDS® routine.
- 2) Examine your RIPCORDS® 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®. Always work with a stable base. Always wear closed toe shoes; never work out 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® only as directed (Please visit our website www.ripcords.com for further exercise details). Never attempt to hang from your RIPCORDS® or hang any object from your RIPCORDS®.
- 13) Children below the age of 16 should only use RIPCORDS® under the supervision of a responsible adult. Such supervision should ensure that the child uses the equipment as designated.
- 14) Follow the programs and procedures outlined in the RIPCORDS® CIRCUIT7® 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 and 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?

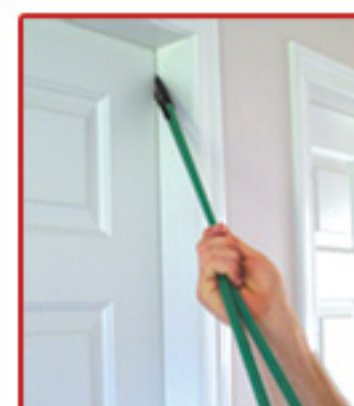
If you have any questions regarding Ripcords® or any of our other products, exercises or explanations, it your responsibility to contact Ripcords® for clarification, by visiting us at www.ripcords.com or emailing contact@ripcords.com

We are here to support your health, and help you achieve your fitness goals.

Thank you for purchasing Ripcords®.

These instructions are only to be used in conjunction with the full disclaimer, release and safety instructions found at www.ripcords.com/disclaimer

HOW TO ATTACH THE DOOR HOOK



Open the door and insert the thick end of the Door Hook into the opening between the door and the door frame. The Door Hook locks in the closed door when the thick end is inserted just past the door frame. Place one handle of the ripcord through the opening of the Door Hook and pull it through until both sides are of equal length.

Ensure the door is closed and locked before starting any exercise. Pull on the ripcord and Door Hook to make sure it is securely attached before beginning any exercise. Do not use any door that does not have 3 secure hinges and that cannot be locked.



HOW TO STAND ON RIPCORDS®



Split Stance



Shoulder Width



Wide Stance

While each exercise has a specific stance, you can add additional resistance by using the wide stance or reduce resistance by using the split stance.

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®



BICEP CURL (BICEPS)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. Grip a handle in each hand and position your arms at the sides of your body.

FINISH Bring your hands up to shoulder height while keeping your wrists firm and your elbows bent at your sides. Return to starting position and repeat.

TRICEP EXTENSION (TRICEPS)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. For less resistance stand in a split stance. Grasp both handles and bring both hands behind your neck with your elbows pointing upwards.

FINISH Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders. Try to keep your elbows together throughout the movement. Return to starting position and repeat.

UPRIGHT ROW (ANTERIOR DELTOID)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. Keep your back straight and hold both handles in front with your palms facing your body.

FINISH Lift your arms upward until they reach your upper chest. Keep your hands approximately shoulder width apart. Your elbows should remain above your hands throughout the movement. Return to starting position and repeat.

ONE ARM ROW (LATISSIMUS DORSI, POSTERIOR DELTOID)



START

FINISH

START Stand with your front foot on the Ripcords® and back foot behind your body. Grab one handle with the opposite arm of your front leg and rest the other handle on the floor. Keep your back and head straight; bend forward from your waist.

FINISH Pull upwards, keeping your elbow and hand tight to your body until you reach the mid chest. To increase resistance, reduce the distance between your front foot and the handle. Return to starting position and repeat.

OVERHEAD PRESS (ANTERIOR DELTOID)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. Grip a handle in each hand and bring your arms in front of your body to chin height. Keep your hands shoulder width apart and hold the Ripcords® on the inside of both arms.

FINISH Press upwards in a triangle movement until your hands meet each other above your head. Be sure not to lock your arms at the top. Focus on keeping a slight bend in the elbows. Return to starting position and repeat.

LATERAL RAISE (LATERAL DELTOID, TRAPEZIUS)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. Hold the handles with your arms at the sides of your body, wrists facing in.

FINISH Bring both arms up and away from the sides of your body to shoulder height. Keep your elbows slightly bent throughout the motion. Return to starting position and repeat.

SPLIT SQUAT (QUADRICEPS, HAMSTRINGS, GLUTEALS)



START

FINISH

START Stand in a split stance and position your front foot on the Ripcords® and back foot one leg's length (3-4 feet) behind your body. Hold the handles and position your hands at shoulder height in front of your body.

FINISH Bend both legs and balance on the toe of your back foot as you lower. Keep your back knee above the floor. Ensure that you do not bend your front knee more than 90 degrees or past your front toes. Return to the start and repeat.

SQUAT (QUADRICEPS, HAMSTRINGS, GLUTEALS)



START

FINISH

START Stand on the Ripcords® with your feet shoulder width apart. Grasp the handles and bring the cord up and over your shoulders. Your hands should be just below shoulder height.

FINISH Stabilize your core by tightening your midsection. Press your hips back and bend your knees to 90 degrees so that your upper thighs are parallel to the floor. Don't let your knees extend past your front toes as you lower. Return to starting position and repeat.