

The following guidelines should be observed when using any Anazao Fitness Gear™ or the Total Body Workout Station

- The standard Gear is designed to be used with carabineers. We recommended Bodylastics with D.G.S. technology. The gear used with the Total Body Workout Station is used with continuous loop latex bands supplied by Anazao. The Total Body Workout Station is only authorized to be used with the continuous loop flat bands provided by Anazao, and is not intended to be used with other resistance bands.
- Before using any Anazao Fitness Gear™, consult with your physician to determine which exercise(s)/exercise program(s) are right for you.
- For those in wheelchairs it is recommended you have a spotter to assure chair stability. (see more below under Cautions).
- As with any exercise program, muscle soreness may be experienced over the first few days following exercise. If your pain should persist for more than four days, consult your physician. Do not exercise while experiencing pain.
- Always wear suitable eye protection when using any resistance band product.
- Young or inexperienced individuals should use this equipment with appropriate supervision.
- Only use this gear for its intended purpose. Anazao Fitness Gear™ is exercise equipment and should be respected and used with caution like any other exercise device.

- Before each use, inspect all resistance bands, nylon straps and Anazao Fitness Gear for cracks, tears, frays or other damage. When using Bodylastics bands (recommended), make sure the carabineer is properly connected and latched. Give a tug on the end of the band to assure it is secure. Check the bands and nylon straps to assure there are no nicks, cuts, frays or breaks in the metal. Assure the spring on the carabineer is working properly and that there are no fractures in the metal. If the “spring” in the carabineer does not work properly, do not use the band. We do not recommend using bands that use “swivel” type carabineers or carabineers or latches that are made of plastic or nylon.
- DO NOT use equipment where the integrity of the item appears compromised. Anazao Fitness Gear™ is not responsible for accidents resulting from improper care and/or use of either the Anazao Fitness Gear™ or resistance bands used to connect to the gear. Replace as necessary.
- When using “Flat Bands” (like Thera-Bands®) with the Anazao Gear with 2 rings, take caution to not allow the bands to come in contact with any sharp objects, including long fingernails, rings, watches or jewelry that can cause a puncture or tear in the band. When threading the bands through the 2 rings, make sure you leave at least 3” of material on either side. Tug on the band to assure it is properly attached and to assure there is no slippage. Do not use bands with powder coating.
- Properly store all Anazao Fitness Gear™ and resistance bands (equipment):
1) store equipment at room temperature, do not allow it to be exposed to direct heat
2) DO NOT leave or store equipment in direct sunlight or exposed to the elements,
3) keep all equipment dry (store in safe, dry place),
4) DO NOT leave Anazao Fitness Gear™ and/or resistance bands unsupervised around children,
5) always store the gear and bands appropriately (in a container, tote, bag, etc.) out of the reach of children. Proper storage will prolong equipment usable life.

- Supportive athletic shoes are recommended when standing on the standard gear. Do not wear flats, sandals or shoes with slick bottoms. Barefoot training is acceptable when using the flat bands (do not stand on them) when connected to the Total Body Workout Station. Take caution when performing barefoot workouts. Ease into it with low impact activities and increase activity as you become accustomed to it. You may find the exercises engage your muscles more and cause you to become tired more easily. Increase your barefoot training time as you become accustomed to it. Read the information on the web site regarding barefoot workouts.
- Ensure resistance bands are properly secured to your Anazao Fitness Gear™ and to appropriate anchor points before beginning any exercise. When standing on the resistance bands as an anchor, ensure the band(s) are under the arch of your shoe and NOT under the heel or toe. When anchoring the tubing under your foot/feet, DO NOT lift your foot/feet when the resistance bands are under tension; only lift your foot/feet when the resistance bands are fully relaxed. NEVER release the resistance band(s) while under tension (whether anchored under foot or attached to an anchor point). When attaching to the rungs to the Total Body Workout Station, make sure the bands are secure on the black rungs as well as the blue portion of the bars. Also make sure the bands are secured to the carabineers. Take caution when attaching to the carabineers not to allow any sharp edges to cause a tear in the band.
- Anchor points need to be strong and properly secured. For the standard gear used with Bodylastics bands, we recommend the Anazao 26" door anchor, the Anazao corner anchor, or the door anchor provided by Bodylastics. If you plan to build anchor points into a wall, a licensed carpenter or professional should be used to assure the mounting is secured to studs or other secure attachment points that can accommodate high resistance. When anchoring the Total Body Workout Station to a wall or fixture of any kind, you need to have a licensed professional install it securely to studs or other anchor points. Anazao assumes no responsibility or liability for the anchoring the Total Body Workout Station.

- Avoid swaying or jerking motions. If the resistance is such that you are struggling, use less resistance.

CAUTIONS

Caution!

Most resistance bands (including those recommended for use with Anazao Fitness Gear) contain latex. If you have latex allergies, do not use the bands provided by Anazao.

Caution!

Do not allow children to play on the Anazao Total Body Workout Station. This is not a toy. Adult supervision is required for youth using the gear or Total Body Workout Station.

Caution!

When using any of the Anazao Door Anchors, DO NOT use on doors that have more than ½" clearance on the top, bottom or sides. DO NOT use the Anazao door anchors on swinging or French style doors. Do not use Anazao Door Anchors on glass doors or doors with glass panes or panels. Be sure to always place Anazao Door Anchors between the door and door jam – foam end on the same side as door hinges. Properly latch door; lock if possible. If the black nylon strapping shows signs of wear, discontinue use. Be sure to inspect all nylon strapping before each use.

Wheelchair accessible – *Cautions!* Before using the Total Body Workout Station, contact those involved with your healthcare or physical therapy to assure exercise on this station is safe and recommended. Anazao products are intended for functional training using compound movements and may not be ideal for all wheelchair users. Make sure your chair is immobilized. Your brakes may not prevent you from sliding and it may be necessary to place blocks or chocks by the wheels to prevent rolling or sliding. Start with light resistance to determine stability. Avoid exercises that may cause your chair to tilt or tip. It is

recommended you have a spotter to secure positioning and stability. Be aware of the limits of your wheelchair, especially your wheelchair stability and center of gravity and its back height. Some athletic wheelchairs move the center of gravity toward the front of the chair by simply moving the axle plate forward. This can reduce the force needed to flip your chair backwards.

Caution!

Equipment Levels:

- ☒ DO NOT exceed 150 pounds of resistance on any Anazao Bars.
- ☒ DO NOT exceed 50 pounds of resistance on any of the Anazao slings.
- ☒ DO NOT exceed 40 pounds of resistance on the Anazao Forearm Wrist Turner.
- ☒ DO NOT exceed 60 pounds of resistance on the Anazao Leg and Glute Strap.
- ☒ DO NOT exceed 150 pounds of resistance on any Anazao door anchors

Caution! For the Total Body Workout Station:

- DO NOT allow young children to be unsupervised around the Anazao Total Body Workout Station, Anazao Fitness Gear, or resistance bands.
- Before each use, inspect all resistance bands, nylon straps and gear for cracks, tears, frays or other damage. If damage is found on any of the bands or gear, do not use. Inspect the workout station to ensure there are no cracks or breaks in the wood before using. Pull on the workout station, away from the wall, to assure it is properly secured to the studs in the wall. If there is any “give” or the workout station moves when pulling, contact your licensed professional to assure it is safe for use.
- DO NOT use equipment where the integrity appears to be compromised.
- Make sure the resistance bands are properly secured to the gear and anchored to the rungs in the designated areas before use. Secure the bands to the black part of the rung on the workout station and the blue portion on the bars. Make sure the bands are properly secured to the carabineers and that the carabineer is latched.

- DO NOT stretch the bands more than 2 times their length.
- DO NOT exceed 85 pounds of resistance on any individual rung with the bands.
- When standing on the rungs on the workout station, do not bounce. Do not allow more than one person to stand on the rungs at any time. If your weight is such that the rungs bow or sag when standing on them, do not stand on them.

Caution! Resistance bands do wear out and need to be replaced at some point. We recommend you closely look at your bands with each use to assure there are no tears, nicks, rips or that the latex is not showing signs of weakness. Latex will oxidize and can be washed with warm water in mild dishwashing soap. Do not use oils or cleaners.