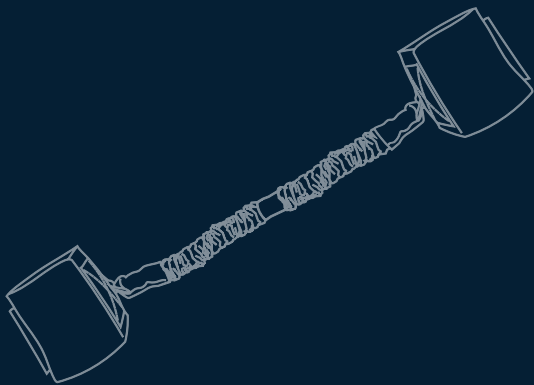


PERFORM 

FLEX-X TRAINER

PRODUCT GUIDE

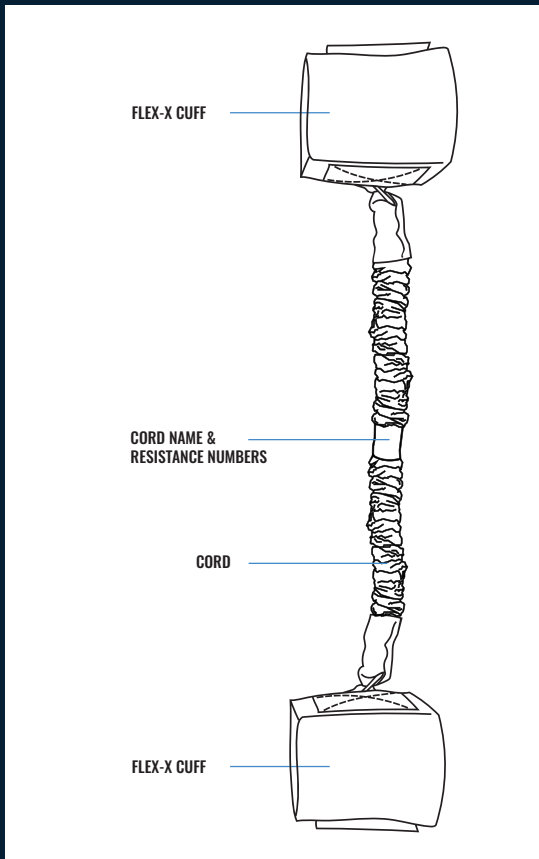


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FLEX-X TRAINER BREAKDOWN

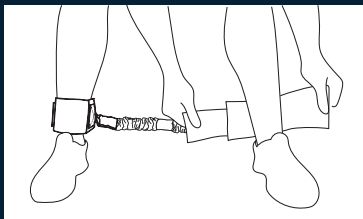


SCAN FOR SETUP + USE



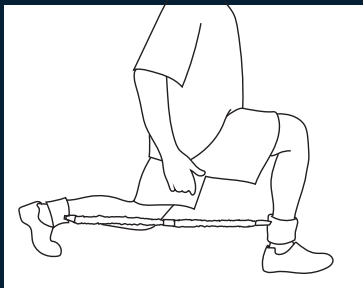
PRODUCT SETUP DETAILS

ATTACHING FLEX-X



STEP 1

With cord in between feet, wrap one cuff around ankle with Velcro tight to ankle. Repeat on opposite ankle.



Begin lower body movements

FLEX-X RESISTANCE CHART

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)
LIGHT	15 LBS	7.5-20 LBS
MEDIUM	25 LBS	15-30 LBS
HEAVY	35 LBS	20-40 LBS
EXTRA HEAVY	45 LBS	30-60 LBS
ULTIMATE	60 LBS	40-80 LBS

PERFORM-X TRAINING SYSTEMS LIMITED WARRANTY

The Cord products are warranted for one year to be without defect in material or workmanship. Buyer acknowledges that Perform-X does not manufacture specific raw Cord. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective Cord ; (ii) customer is responsible for the cost of transporting defective Cord to Perform-X. Perform-X will return the replacement Cord to Buyer if actual cord received is deemed defective; Buyer must notify Perform-X of any defect in replacement Cord within a period of ninety (90) days after the Cord is received or it will be deemed to be without defect.

The limited warranties in this Section do not cover any defects or costs caused by: (j) modification, alteration, repair, or installation (ii) physical abuse to, or misuse of, the Cord or operation thereof; or (iii) any use of the Cord other than that for which it was intended. This warranty also excludes all costs arising from routine cleaning maintenance, Perform-X reserves the right to modify, alter or improve the Cord, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cord, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THIS SECTION 2, (j) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORD, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORD OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF THE CORD OR THE USE OF THE CORD AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY,

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