

**CROSSCORE® DISCLAIMERS, WARRANTY, SAFETY PROCEDURES, AND INSTRUCTIONS OF CROSSCORE® PRODUCTS INCLUDING BUT NOT LIMITED TO THE CROSSCORE® WAR MACHINE® AND CROSSCORE 180™**

**Warranty / Disclaimers:** CROSSCORE® warrants to the initial retail purchaser that the products it sells will be free of defects in workmanship or material for a period of two-years for the pulley unit and for a period of one-year for all straps, rope, buckles, clamps, handles, carabineers and carry bags. Inappropriate or improper use of the CROSSCORE® product including but not limited to the following acts, shall void the warranty: leaving the CROSSCORE® product outdoors in extreme weather conditions (heat, cold, precipitation) for extended periods of time, sawing the rope back and forth across the pulley with the pin engaged, causing excessive friction on the anchor strap due to improper setup or use, performing exercises in a way that causes the rope to make contact with the edge of the pulley housing, and any other actions that would not be deemed normal use. Notice of such defect must be promptly given to the Seller of the product (said Seller must either be CROSSCORE®, a certified, approved Distributor or Dealer or other group or person authorized by CROSSCORE®). Correction shall be either replacement of the product or repair thereof, in the sole discretion of CROSSCORE®. Correction of the said product shall constitute complete fulfillment of all liabilities of CROSSCORE® with respect to the quality of the product(s) purchased. This warranty shall not cover any damage or condition determined by CROSSCORE® to be caused by carelessness, negligence, neglect, misuse and/or unreasonable use, normal wear and tear, or failure to properly maintain the product or unauthorized repairs or any modifications thereof. Under no circumstances shall CROSSCORE® be held responsible for any damages suffered, including but not limited to incidental or consequential damages, medical expenses, temporary or permanent injuries suffered as a result of the use of the product, if said use did not conform to the below described safety standards and/or if said damages were due to the negligence of the user and/or the result of any repair, adjustments or modifications to the product(s) that were not authorized, in writing, by CROSSCORE®. The foregoing warranty and disclaimer is exclusive and in lieu of all other warranties of quality, whether written, oral or implied (including any warranty of merchantability or fitness for the purpose).

**Safety Procedures and Instructions:** There is risk assumed by individuals who use this type of fitness equipment. It is your responsibility to take proper care of your CrossCore Rotational Bodyweight Trainer™ including but not limited to the CROSSCORE® WAR MACHINE® and CROSSCORE 180™ (herein “CrossCore RBT™”). To minimize risk, please strictly adhere to the following CrossCore® Safety Procedures and Instructions.

**User assumes the risk of injury and all liability resulting from the use of the CROSSCORE® Products.** For additional safety and warranty information go to [www.crosscore-usa.com](http://www.crosscore-usa.com)

1. Consult your physician or medical doctor before using this or any type of exercise program or fitness regimen.
2. Inspect the CrossCore RBT™ daily **and** before each and every time you use the CrossCore RBT™. Tighten all loose connections/ ropes/ belts/ karabiners

handles/ accessories and replace worn parts immediately before any further use of the product(s). Failure to do so may result in serious injury.

3. Always attach the CrossCore RBT™ to a secure, strong and stable anchor point that is able to support a minimum of 300 pounds (136.1 kilos). When using the CrossCore RBT™ on any piece of fitness equipment (or any object not already permanently attached to the ground, wall, ceiling, etc.), make sure that piece is bolted to the floor or similar permanent anchor point so that it cannot tip. Always perform a weight test to determine the strength/ integrity of your chosen anchor point BEFORE using the CrossCore RBT™.
4. Perform exercises in a slow, controlled manner at all times. **Always begin with little or no body angle with the locking pin engaged so that pulley will not turn.** When locking pin is engaged, do not saw back and forth so as to cause friction to the rope. Doing so can prematurely wear out your rope and cause it to fray.
5. Wear appropriate fitness/workout clothing suitable for this type of exercise program when using the CrossCore RBT™
6. CrossCore RBT™ is not a toy nor should it be used as a toy of any sort or kind. Under no circumstances, whatsoever, should children under the age of 13 use or be allowed to use the CrossCore RBT™ without constant and mindful adult supervision. Children that are between the ages of 13 and the age of majority should only be allowed to use the CrossCore RBT™ after they have been instructed in its proper usage by an adult and who are supervised by an adult as they use the product.
7. Make sure when adjusting the length of the rope, or when clipping the handles into the openings in the top of the pulley housing, that all excess rope is completely out of the way of the users body at all times during exercising. The excess rope can usually be restrained using the Velcro tabs of the support strap.
8. The “Lanyard Hitch” knot described and shown in this manual and as shown in the CrossCore RBT™ DVD should always be present when connecting the rope to the carabiners. This will help to ensure that the unit is properly able to hold its maximum weight load.
9. When attaching **the adjustable pulley strap, make sure to feed end of strap through the back of the buckle ONLY**. This is the side opposite to where the cleat opens. Feeding strap through the front (where the cleat opens and is visible) will not allow the cleat to lock in place and **WILL NOT** hold the user’s weight and may cause the pulley to fall from the point of attachment.
10. **DO NOT** use on or near a wet or slippery surface. Be sure of your footing before you begin exercising. Make sure that you have sufficient room, free of encumbrances, in order to perform all physical maneuvers required for proper use of the product(s).
11. Safeguard the CrossCore RBT™ from the elements when not in use. Prolonged exposure to sunlight, dampness, inclement or severe weather conditions, extremely cold or hot temperatures and extreme shifts in temperature, can weaken the components of the CrossCore RBT™

12. If using a counter weight, make sure the pulley housing is secured as close to the anchor point as possible. A few inches is preferred. Also, make sure the user or any bystanders are a minimum of six feet away from the resting point of the counter weight at all times while CrossCore RBT™ is in use. Always exercise in a slow and controlled manner with or without a counter weight. When using a counter weight, do not exceed a 50 lb. maximum. When finished, remove counter weight from CrossCore RBT™

### 13. CrossCore® Wall / Ceiling Anchor Mount

**INSTALLATION BY A LICENSED CONTRACTOR IS RECOMMENDED**

- a. Only mount to strong wall or ceiling beams able to bear a minimum weight load of at least 300 lbs (136.1 kilos). If more than one CrossCore® Wall / Ceiling Anchor Mount will be attached to a single beam for multiple users, CrossCore **STRONGLY RECOMMENDS using a licensed contractor** for installation that will confirm that the combined user weight will not compromise the structural integrity of the beam or attachment points at any time.
- b. Each time that you use the product, inspect the CrossCore® Wall / Ceiling Anchor Mount and the operable parts of the product in order to insure that the product is safe for its intended usage. **Never use CrossCore RBT™ on a loose or improperly installed CrossCore® Wall / Ceiling Anchor Mount.**
- c. Installed CrossCore® Wall / Ceiling Anchor Mount should be secured completely flush to wall / ceiling with no movement. Carefully perform a weight test prior to using installed CrossCore® Wall / Ceiling Anchor Mount.
- d. Use a stud finder at several points along stud to be certain of its center.
- e. Wood Lag Bolts are NOT meant for installation into Concrete or Steel.

**Maximum weight load for all persons using the CrossCore RBT™ Wall / Ceiling Anchor Mount must not exceed 300 lbs.**

**14. CrossCore ® Door Anchor Use and Installation - Warning!** Do not use the door anchor on sliding doors, glass doors, lightweight closet doors, double doors or doors that have a large gap of a 3 inches or more between door and frame. Make sure that the door cannot be opened without completely turning the door handle. Door anchor can ONLY be used on a strong and solidly constructed door that can support the users total body weight. Make sure not to slam or drop pulley on the door after performing each exercise as this can damage the door.

- a. **Attach the Door Anchor so that the door opens AWAY from you. This is the most secure setup as your body-weight will pull the door closed. (RECOMMENDED)**
  1. Put door anchor and strap over the top of the door and centered, close door securely making sure the door handle lock engages.

2. Perform weight test by pulling the strap to make sure door is securely closed and that anchor is secure prior to performing any exercise.

**b. Attaching the Anchor with door opening TOWARD you (not recommended).**

1. Put door anchor and strap over the top of the door and then slide the strap and anchor all the way above the upper door hinge (this is the most secure and stable point of the door and will not put force on the door and will help to prevent door from accidentally opening. Close door securely making sure the door handle lock engages.

2. Perform weight test by pulling the strap to make sure door is securely closed and that anchor is secure prior to performing any exercise.