

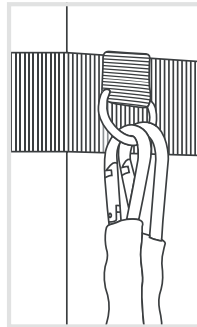
DOOR BELTS

FITS ALL STANDARD SIZE DOORS

Crossover Symmetry door belts transform most any door into a workout station without using permanent mounting hardware.



Crossover Symmetry... Door Belts
NEW
Made in China

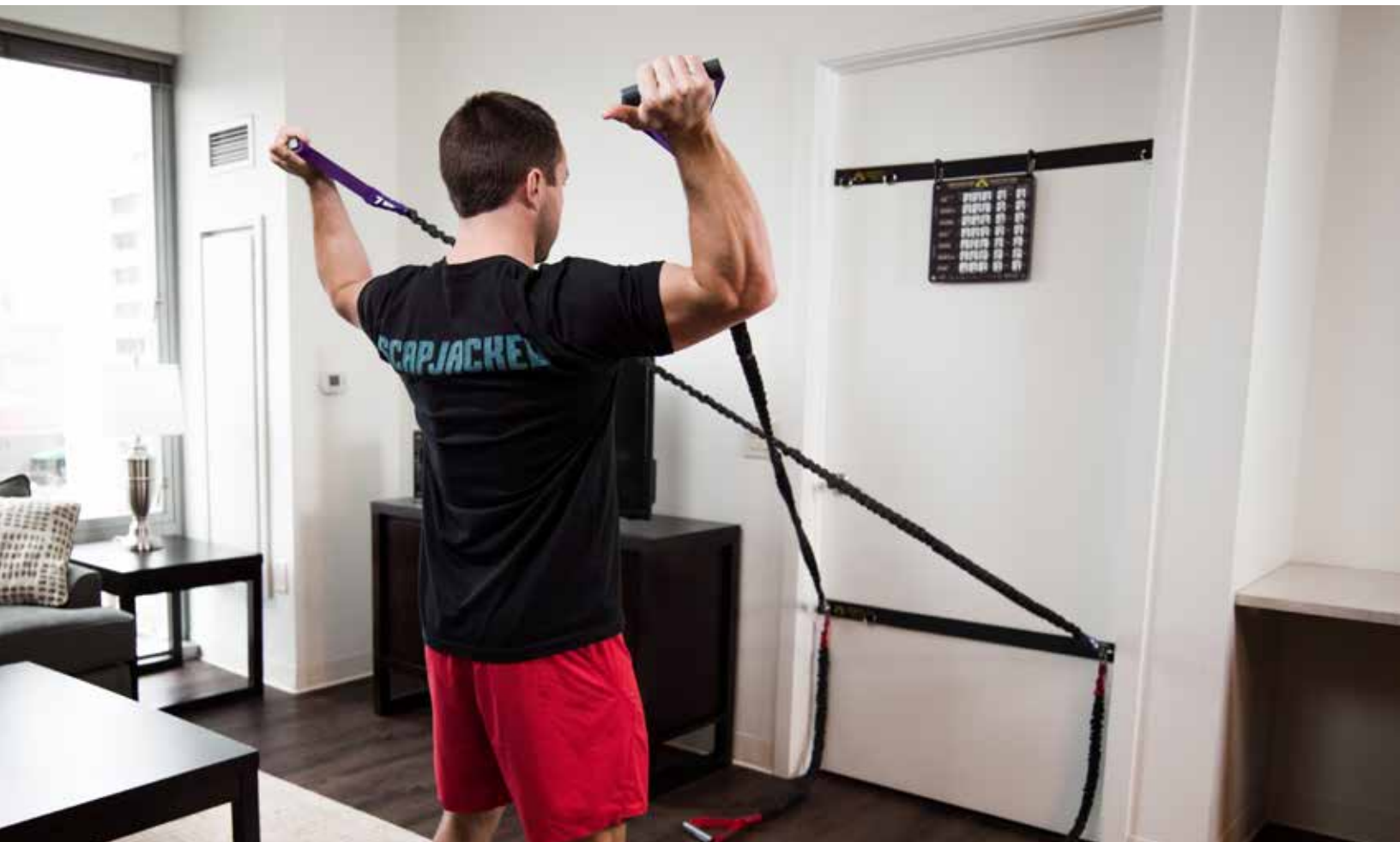


READ ALL INSTRUCTIONS & DISCLAIMERS BEFORE USE.

Do not use for purposes other than those described below.

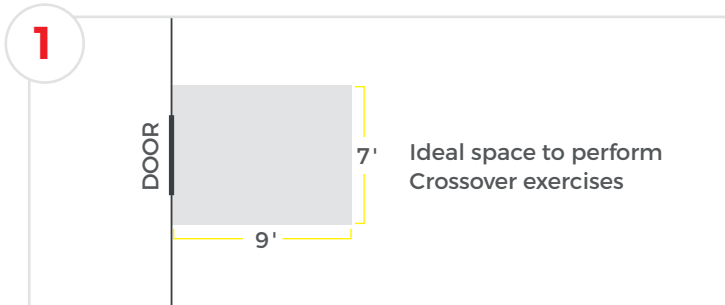
1. Minors should only use this product under direct adult supervision.
2. Crossover door belts are only designed for use with Crossover Cords.
3. Prior to use, test the D-ring attachment points to ensure they are strong and secure.
4. Replace immediately if fabric becomes damaged, cut through, or detached.
5. Yearly replacement is recommended. Replace sooner if worn.
6. Do not continue to pull cords once they have reached their max stretch.
7. Never pull the cord directly towards the face or head.
8. Do not pull against the door belt with your full weight.

DISCLAIMER: THE FOLLOWING GUIDELINES SHOULD BE OBSERVED WHILE USING THIS PRODUCT. ALWAYS CONSULT YOUR PHYSICIAN BEFORE PARTICIPATING IN ANY PHYSICAL ACTIVITY. READ ALL INSTRUCTIONS CAREFULLY BEFORE USE. INSPECT THE FABRIC AND ATTACHMENTS FOR TEARS AND OTHER DAMAGE PRIOR TO EACH USE. DO NOT USE IF DAMAGED, REPLACE IMMEDIATELY. INSPECT AND TEST THE STRENGTH OF EACH ANCHOR POINT BEFORE CONNECTING CORDS. THIS PRODUCT CAN BE EXTREMELY DANGEROUS IF USED INCORRECTLY. NEITHER MANUFACTURER NOR DISTRIBUTOR ASSUMES ANY LIABILITY FOR ACCIDENTS OR DAMAGE THAT MAY OCCUR WITH THE USE OF THIS PRODUCT, INCLUDING BUT NOT LIMITED TO FAILURE OF A STRUCTURE OR CHAIN LINK FENCE THAT IS USED AS AN ANCHOR FOR THE CORDS. THIS EQUIPMENT IS SPECIFICALLY DESIGNED FOR USE WITH CROSSOVER CORDS. PLEASE DIRECT ADDITIONAL QUESTIONS TO SUPPORT@CROSSOVERSYMMETRY.COM.



DOOR ATTACHMENT INSTALLATION

READ ALL INSTRUCTIONS BEFORE BEGINNING



To begin, find the widest door* with adequate space surrounding it to perform the Crossover program. Open the door.



With the rings facing out, place 1 end of the door attachment around the hinged side of the door.



Wrap the remaining end around the outside of the door, & buckle the 2 ends together to adjust the position of the metal rings.



Move the strap to knee or eye level, & position the rings near the edges of the door where they will not be caught in the door frame.**



Pull the excess webbing through the buckle until the door attachment is taut & will not move up or down once the door is closed.



Close and lock the door. Be sure to pull outward on the strap to test its proper installment before beginning the Crossover program.

* A wider door will increase the effectiveness of the crossover exercises. The front door is typically the widest in the house.

** Use the two outermost rings on a wide door, or the right and center rings for a more narrow door.

WARNING: TO AVOID DANGER OF SUFFOCATION, KEEP THIS PLASTIC BAG AWAY FROM BABIES AND CHILDREN. DO NOT USE THIS BAG IN CRIBS, BEDS, CARRIAGES OR PLAY PENS. THIS BAG IS NOT A TOY.