

LIFELINE MULTI ANCHOR

FITNESS FOR LIFE™



The Multi Anchor is designed for maximum versatility when used as an anchor for resistance cables, bands, and tubes. Its segmented design allows for multiple connection and cinching points when used around posts, poles, beams and branches. The integrated stoppers allow for use as a single or double anchor point (on both sides of a door – up to 34" wide) for additional exercise options. Plastic sleeves on the end loops provide protection against abrasion on cables, bands, and tubes.

DOOR INSTALLATION

There are two ways the anchor can be installed on a door:

When using with a door, ALWAYS STAND SO THAT THE DOOR OPENS AWAY FROM YOU. Place integrated stopper(s) on opposite side of the door frame and close door towards you. The stoppers in the anchor strap must be on the other side of the door, even when it is affixed at the top of the door. NEVER use under a door.

If you stand on the side where the door opens towards you, the force of the tubes can pull the door open and you can be struck by the door or tube with significant force, causing severe injury. You may also fall backwards and hit the floor.

When using the Multi Anchor on both sides of a door, slide one end of the anchor through the hinge side of the door and the other through the open side of the door making sure the integrated stoppers remain on the back side of the door. Close the door securely. ALWAYS STAND SO THAT THE DOOR OPENS AWAY FROM YOU. Before beginning exercise, pull on both ends of the anchor with gradually increasing tension to ensure it is secure.



POLE INSTALLATION

There are two ways the anchor can be installed on a vertical or horizontal pole:

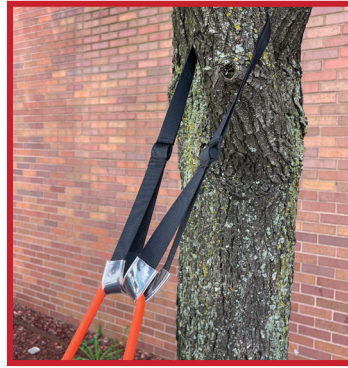
- The anchor strap can be wrapped around the pole and the resistance cable, tube or band can be inserted through BOTH looped ends of the strap.
- The anchor strap can be installed by inserting one end of the strap through one of the sewn segments of the strap to cinch it securely in place. The resistance cable, tube or band can then be inserted through the secured looped end.



BEAM OR BRANCH INSTALLATION

There are two ways the anchor can be installed on an overhead beam, bar or tree branch:

- The anchor strap can be draped over the object and the resistance cable, tube or band can be inserted through BOTH looped ends of the strap.
- The anchor strap can be installed by inserting one end of the strap through one of the sewn segments of the strap to cinch it securely in place. The resistance cable, tube or band can then be inserted through the secured looped end.



WARNINGS

- Consult with your doctor before beginning any exercise program. Escalade Sports assumes no responsibility for personal injury, accidents or damage of any kind that may occur with use of this product.
- Discontinue any exercise that is uncomfortable or causes discomfort. Do not overexert yourself. If you become dizzy, faint, or nauseous, discontinue use immediately and seek medical attention.
- Not for use by children under age 14.
- This product is intended for home use only and is not intended for institutional or commercial applications.
- Using this product for unusual exercise or using it for purposes other than for which it is intended will increase the possibility of product failure and could cause injury or death.

INSTRUCTIONS FOR PROPER USE

- ALWAYS ensure the anchor is securely installed prior to use.
- ALWAYS use smooth, controlled movements when exercising.
- Avoid exposure to extreme temperatures, excessive sunlight and high moisture environments.
- ALWAYS inspect for damage before use. DO NOT use if damaged or missing parts.
- To clean, wipe with damp cloth, do not use soap or chemicals.

WHEN USING WITH A RESISTANCE TUBE

- NEVER wrap resistance tubes around any part of your body, especially the head and neck.
- ALWAYS wear shoes with non-slip soles and keep the tube under the middle of your shoe during exercises that require standing on the tube.
- Use extreme caution as resistance tubes/bands contain elastic properties and will snap back if stretched and released. Safety goggles are recommended during use.

LIMITED WARRANTY

This product is warranted to be free of defects in materials and workmanship and to be in perfect working order at the time of purchase. If the product should, for any reason, become defective within 60 days of purchase, Escalade Sports will replace the product once it is returned to Escalade Sports. This warranty does not apply to any damage caused by accident, abuse or misuse of the product. There are no other warranties other than those expressly set forth within. Product shipped to Escalade Sports must be in original shipping carton with freight prepaid.