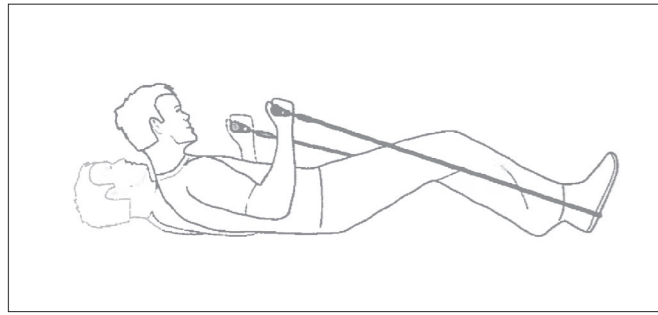


EXERCISE 6



Objective: Abdominals

Posture: Lie down on the floor on your back with your legs at a slight angle. Place the stretch band under both feet. Grip the Pilates/Yoga Bar with both hands from below, keeping your hands shoulder width apart – approx. at hip height – creating some tension in the band.

Exercise: Tense/engage your core/abdominal muscles and slowly raise your upper body, always keeping your head in a straight line so as not to injure the neck or spine. Lower your body without lowering your head. Always keep your core/abdominals engaged and do not pull the band into your chest.

Breathing: Exhale when you lift your arms and inhale when you lower them.

Repetition: 15-20 times.

Modification: Lifting your forearms helps support sitting up as does using a band with greater pulling force.

** Position your feet between the markings on the resistance bands.

LIMITED LIFETIME WARRANTY

Your Medic Therapeutics Pilates/Yoga Exercise Bar is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations.

This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear. Should you discover your Medic Therapeutics Pilates/Yoga Exercise Bar is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced, we will reserve the right to change it for a similar or newer model.

Please note that a flat rate of \$35.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$35.00 made out to Medic Therapeutics to:

Address:

Medic Therapeutics Service Center
3069 Taft Street
Hollywood, FL 33021

Contact:

warranty@medictherapeutics.com



PILATES/YOGA EXERCISE BAR

User Manual

SAFETY INFORMATIONS:

- Use only as intended.
- The Pilates/Yoga Bar is a piece of sports equipment and intended for domestic use only.
- The bar is not suitable for commercial use in fitness centers and therapeutic institutions as you may injure yourself or other people in your immediate vicinity.
- The Pilates/Yoga Bar has been manufactured and tested to the highest standards.
- The bar should not be used by young children or any individual with special needs.
- The bar should never be used as a toy and when not in use, it always needs to be stored in a place that is not accessible to small children.
- To avoid the risk of injury, infants must not be within range of the device while in use.
- The bar is intended for the exclusive use of adults or capable young persons with appropriate physical and mental development.
- Always ensure that every user is familiar with the proper operation and handling of the device or is otherwise supervised. Parents and other supervising persons should be aware of their responsibility.
- There is a risk of suffocation- keep all packaging material out of the reach of children.

WARNINGS

Wear comfortable clothes and non-slip, soft-sole shoes while exercising. Make sure that your clothes are not too long and cannot get caught or snagged while exercising. Footwear must give your feet firm support and have non-slip sole. Do not exercise barefoot. Be sure to place your feet firmly on the floor when standing to exercise. Ensure you have enough space to move freely while exercising with your Pilates/Yoga Bar. Remove any surrounding objects or furniture from the exercise area. Leave enough space between yourself and other people.

PRECAUTIONS AND CARE

- The force tolerance range is about 20% (+/-).
- Select the resistance band that best matches your strength and fitness level.
- For beginners, it is recommended to start with the yellow resistance band (10 lbs.) As fitness improves, increase the strength level by switching the bands. If any discomfort happens stop use and use preferred

- resistance level that best matches fitness level.
- Store the equipment out of reach of any children.
- Pilates/Yoga Bar:
 - Not to be used with multiple people.
 - Never use to hit or push people, animals, objects, etc.
 - Never use as a lever.
 - Never use for support or anything similar.
 - Never modify the bar.
 - Prior to use, always ensure that the connections are tight and that the bar is not damaged. Do not use if there is visible damage.
- To avoid risk of serious injury, contact the manufacturer for repairs.

ADDITIONAL TIP AND PRECAUTIONS

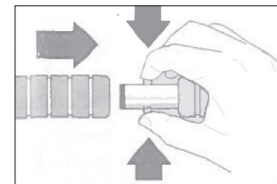
- Check the stretch bands regularly for flaws or damage. Faulty stretch bands must not be used again.
- Drink plenty of fluids when exercising.
- Do not exercise immediately after meals.
- Do not exercise if you are tired or cannot concentrate.
- To achieve the best possible exercising results and avoid injuries, always begin with a warm-up phase and end with a cool down.
- The following applies to all exercises:
 - Begin slowly and with only a few repetitions.
 - Gradually increase reps as fitness improves.
 - Do not attempt more than you can manage.
- Ensure the exercise area is well ventilated while avoiding drafts.
- Consult your doctor before using the equipment and follow any advice or instructions.
- If you have special physical conditions such as a pacemaker, are pregnant, or if you suffer from inflammation of the joints or tendons or any other orthopedic complaints always consult your doctor.
- Incorrect or excessive exercising can endanger health.
- Stop exercising immediately and visit your doctor if one of the following symptoms occur: nausea, dizziness, intense shortness of breath or pain in the chest region.
- Not suitable for therapeutic exercising.
- Do not stretch the stretch bands further than 6' feet (185 cm) as the bands may tear.

Your Pilates/Yoga Exercise Bar set comes with 1 Pilates/Yoga Exercise Bar, 3 Sets of Resistance Bands, 2 Handles.

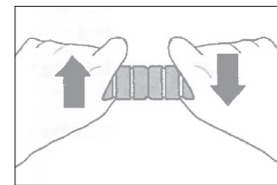
RESISTANCE BANDS LEVELS TABLE:

Color	Level of Resistance	Strength
Yellow	Light	10 Lbs. (4.6 kg)
Red Band	Medium	15 Lbs. (9.0 kg)
Green Band	Heavy	20 Lbs. (13.7 kg)

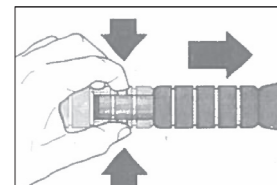
ASSEMBLY



1. Press the two locking buttons and fit the Pilates/Yoga Bar parts together. Be cautious not to pinch fingers.



2. Twist the two parts in opposite directions until they audibly latch into place.



3. To take the Pilates/Yoga Bar apart, pull the foam cover back, press in both locking buttons and gently pull the Pilates/Yoga Bar apart.

CARE AND STORAGE

The Pilates/Yoga Bar material is sweat-resistant but does need to be cleaned periodically for good hygiene purposes.

- Dampen a clean, soft cloth with water and wipe down the bar. Do not use any cleaning agents or detergents.
- Store the equipment away from direct sunlight, in a dry, climate-controlled area. Do not store in extreme temperatures or in high humidity.

PREPARATION FOR EXERCISE

- Wear well-fitting, light sports clothing that's easy to move in.
- Wear non-slip, soft-sole shoes that won't damage the stretch bands.
- Do not work out directly after meals. Wait at least 30 minutes after a meal before you begin.
- Do not exercise if you feel unwell, are ill, tired or any other factors that would impact focus and balance.
- Always begin slowly, breathing consistently throughout exercising. Avoid making any sudden quick movements.
- Concentrate on the exercises you are doing. Do not allow yourself to be distracted.
- If you experience pain during an exercise, stop immediately.

WARMING UP BEFORE EXERCISE

A 10 minute, full-body warm-up is recommended prior to exercising.

Only workout within the limits of your fitness level.

- Tilt your head to the side, front, other side, and to the back. Repeat in both directions.
- Raise, lower and make a circular movement with your shoulders.
- Make circular movements with your arms.
- Move your chest forwards, back, and to the side.
- Tilt your hips forwards and backwards and swing to the side.
- Jog in place.

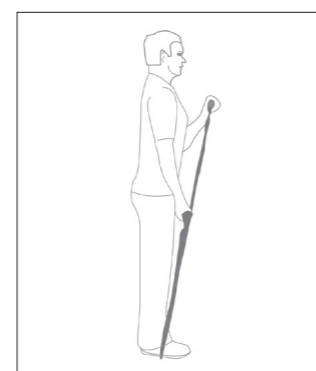
Perform each warmup exercise for 12-30 seconds and repeat the sequence several times.

**For maximum benefit, it is recommended to stretch for at least 10 minutes following a workout.

EXERCISE POSITIONS AND INSTRUCTIONS

NOTE: For all of the exercise positions make sure to place your feet between the markings on the resistance bands.

EXERCISE 1



Objective: Biceps

Posture: Step on the band with your feet shoulder width apart. Ensure your back is straight at all times. Grip the Pilates/Yoga Bar from below with both hands. Keep your hands shoulder width apart, hold the bar at hip height.

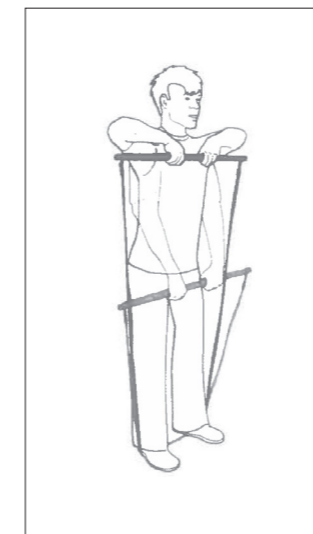
Exercise: Keeping your elbows tucked in, slowly pull your forearms and hands up towards your chest. Slowly, lower your hands back to hip height.

Breathing: Exhale when you lift your hands and inhale when you lower them.

Repetition: 15-20 times. Ensure your shoulders are down throughout the repetitions.

Advanced Modification: Take a wider stance to increase band resistance.

EXERCISE 2



Objective: Shoulder Muscles

Posture: Step on the band with your feet shoulder width apart. Ensure your back is straight at all times. Grip the Pilates/Yoga Bar from above, keeping hands together and holding at hip height.

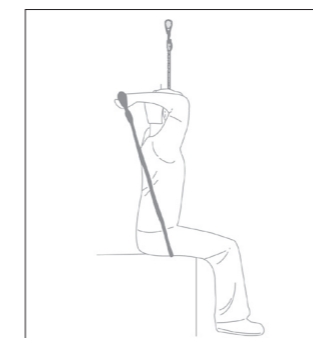
Exercise: Slowly pull the Pilates/Yoga Bar up towards your chest and return to the starting position.

Breathing: Exhale when you lift your hands and inhale when you lower them.

Repetition: 15-20 times. Ensure your shoulders are down throughout the repetitions.

Advanced Modification: Take a wider stance to increase band resistance.

EXERCISE 3



Objective: Triceps

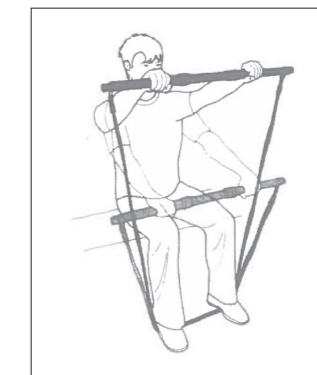
Posture: Using a secure chair, sit on the stretch band. Grip the Pilates/Yoga Bar from above and behind you, keeping your hands shoulder width apart. Ensure your back is straight at all times.

Exercise: Begin with your arms stretched upwards but do not fully extend them. Bend your arms backwards towards your neck, keeping your elbows tucked in.

Breathing: Exhale when you lift your hands and inhale when you lower them.

Repetition: 15-20 times. Ensure your shoulders are down throughout the repetitions.

EXERCISE 4



Objective: Front Shoulder Muscles

Posture: Sit on a secure chair and step on the stretch band with your feet. Grip the Pilates/Yoga Bar from above and in front of you, keeping your hands shoulder width apart. Ensure your back is straight at all times.

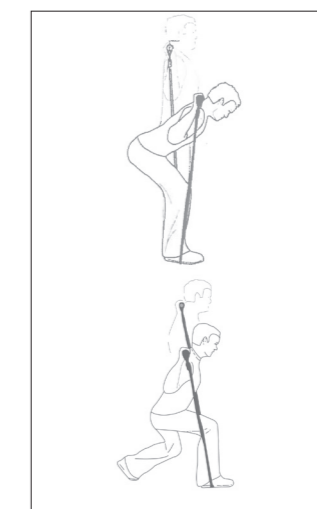
Exercise: Slowly pull the Pilates/Yoga Bar up to head height and then lower.

Breathing: Exhale when you lift your hands and inhale when you lower them.

Repetition: 15-20 times. Ensure your shoulders are down throughout the repetitions. Advanced

Modification: Lift the Pilates/Yoga Bar above your head and then lower.

EXERCISE 5



Objective: Legs and Lower Back

Posture: Step on the band with your feet shoulder width apart. Grip the Pilates/Yoga Bar from above, keeping hands shoulder width apart.

Exercise: Lift the bar behind your head and place on your shoulders. With the weight in your heels and a flat, straight back, slowly begin squatting.

Breathing: Inhale when you straighten, exhale when you squat.

Repetition: 15-20 times.

Advanced Modification: Step on the band with your front foot, bend the front leg into a lunge-squat, repeat on the other leg.