



IMPORTANT: Before you begin, please read thoroughly and in it's entirety the included **Set Up Instructions & Starter Exercise Guide** all **Product Safety Precautions and Warnings** and **Important: Before You Begin** section before getting started.

****BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.**

Please visit www.BedGym.com for more exercises

Exercise Guide

PRODUCT SAFETY

Precautions and Physicians Warning

- Not all exercise programs and equipment are suitable for everyone. Therefore, we always recommend that you consult your physician before beginning any exercise program, weight loss routine or nutritional program with the BedGym.
- IF YOU ARE ILL, SUFFER FROM ANY LUNG OR BREATHING CONDITIONS, INJURED, RECOVERING FROM AN INJURY OR ARE PREGNANT, PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM, NUTRITIONAL PROGRAM OR WEIGHT LOSS ROUTINE/REGIMEN.
- As with any exercise program, if you experience sharp pain, shortness of breath, dizziness or lightheadedness using the product, stop immediately and contact your healthcare provider;
- As with any exercise program, muscle soreness may be experienced over the first few days. If pain should persist, then you should consult your physician.
- If you have any questions or concerns regarding the BedGym, or any particular component, do not use the BedGym until you have contacted the BedGym at info@bedgym.com, and have had your questions or concerns answered to your satisfaction.
- If the BedGym, or any component of the BedGym, appears damaged, worn or defective, DO NOT USE IT, and email customer service at info@bedgym.com for a replacement of the broken or defective component.
- IT IS IMPORTANT TO ENSURE THAT YOUR MAIN BELT IS ASSEMBLED **FIRMLY** ONTO YOUR MATTRESS. WHEN NOT IN USE, THE MAIN BELT SHOULD NOT BE SLACK OR LOOSELY HANGING ON ANY PART OF THE MATTRESS.
- Many of the BedGym exercises utilize resistance bands, handles and ankle straps, and using these pieces of equipment involves strenuous activity, so understanding and using the proper use and care of the BedGym and its components is vital.
- Begin each exercise slowly, especially if you are new to exercise or out of condition, in order to build strength, stamina and coordination. Do not perform exercises or moves that are beyond your ability to stay balanced or controlled.
- Remember that you know your body best, so listen to it, and take breaks when necessary, modify your movements, or stop your exercise routine altogether if and as necessary.
- The meal plan included in the BedGym package, on our website, and the statements made about our products and meal plan (or iterations thereof) have not been evaluated by the Food and Drug Administration (U.S.) or other state or federal agencies. The meal plan and our products are not intended to diagnose, treat, cure or prevent any condition or disease.
- Please consult with your own physician or licensed health care specialist regarding the suggestions and recommendations made in this pamphlet and at www.BedGym.com, as well as any other such sites which distribute the content therein, and before beginning any exercise routine, diet, suggested meal plan or change in your nutritional regimen.

Warnings:

- Use of this product can cause serious injury when not used properly. To avoid injury read the directions completely and follow all safety instructions *before* use of this product.
- NOT APPROPRIATE FOR USE BY CHILDREN, PETS AND INDIVIDUALS WHO MAY REQUIRE SUPERVISION. THIS IS NOT A TOY. FOR ADULT USE ONLY. DO NOT LEAVE THE BEDGYM PRODUCT OR ANY COMPONENT UNATTENDED AROUND CHILDREN, PETS OR ADULTS WHO MAY REQUIRE SUPERVISION WHEN NOT IN USE.
- Avoid exercises that involve stretching the resistance bands in such a fashion or direction that it may recoil or snap toward the face, head, eyes or neck and cause injury. Always use extreme caution to protect your face, head and eyes when using resistance bands. You may choose to wear protective eyewear to prevent personal injury should you lose your grip or in the event of breakage/recoiling.
- Before each use, be sure the resistance bands are not frayed or showing signs of excess wear, and that they are securely attached to the D-Rings on the handles, ankle straps and/or grommets, as applicable, and that the D-Rings are fully closed and properly anchored to the grommets on mattress using the Main Belt provided.
- If the grommets are loose or not properly attached to the Main Belt, do not use that grommet or Main Belt, as it may cause injury.
- Do not overstretch the resistance bands by more than 3 times its resting length. (Example: an 18 inch band should not be stretched to an overall length of more than 54 inches).
- Always firmly hold handles and securely attach ankle/foot straps attached to the resistance bands when performing any exercises to avoid slippage and personal injury.
- Never let go of handles, ankle straps or resistance band while the resistance band is under tension, since doing so could cause the product to recoil and may cause serious personal injury or damage to personal property.
- Be sure to allow sufficient room around you when using the BedGym, including when using the product off the bed. Ensure that you have moved away any loose objects, pets, young children, and any items that could cause you to trip, slip or fall, or which may be easily damaged.
- To avoid damage to the resistance bands or personal injury, before exercising and using the resistance bands, keep resistance bands away from sharp objects, including sharp edges of furniture, long fingernails, watches, rings, pins, chains and other jewelry which could puncture, nick or tear the resistance bands.
- When using the BedGym in a standing position, ensure you use a safe non-slip surface with the appropriate footwear (sneakers or non-slip socks, e.g., on hardwood or other non-carpeted flooring) for complete stability and safety. Do not wear flip-flops, sandals or high heels while exercising.
- Do not exercise on area rugs that are not fully secured, or which are prone to slip or move. Do not stand on your bed, as you may fall and cause you or someone else personal injury. Do not stand on or place your foot though the resistance band handles.
- Do not wrap the resistance bands or other BedGym components around your head, neck, mouth, shoulders or torso.
- Two people should NEVER use the same resistance band at the same time, as it may result in serious injury.
- The resistance bands and the BedGym are not designed or intended for outdoor use or permanent installation.
- Do not attempt movements or activities that are not specifically demonstrated in our instruction pamphlets, videos, or other BedGym LLC produced videos or photos.

LATEX WARNING

If you have latex allergies you should not use this product. Latex allergies may cause minor to life threatening allergic reactions in some people. Minor symptoms include hives or nasal congestion. Severe reactions may result in anaphylaxis, a dangerous systemic reaction that causes a drop in blood pressure, difficulty breathing, swelling of the throat, tongue, and nose, and possibly even a loss of consciousness. These symptoms, or any of these conditions could be life threatening if unattended. Emergency medical attention is needed at the first sign of anaphylactic reaction. Any information or guidance we provide is not a substitute for the consultation, diagnosis, and/or medical treatment of your doctor, healthcare provider, nutritionist or dietician.

Care & Maintenance

- Before each use examine the resistance bands for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.
- Before each use, inspect the product and make sure that the Main Belt provided is secured tightly around the mattress and all D-rings are securely attached to the grommets.
- After each use, remove all resistance bands and store out of direct sunlight, away from sources of heat and not in extreme temperatures. Do not store near sharp or abrasive objects.
- To clean, wipe with clean damp cloth. Do not use soap or other chemicals on resistance bands.

ONE YEAR LIMITED WARRANTY

BedGym LLC warrants to you, the original purchaser ("Consumer") that this product ("Product") will be free of from manufacturing defects for a period of one (1) year from original purchase. Should your product show signs of defective workmanship or material, you should contact our customer service department at info@bedgym.com to receive an exchange or return the product to BedGym LLC at 9433 Third Avenue, Suite 461, Brooklyn, NY 11209.

This Limited One (1) Year Warranty is the Consumer's sole and exclusive remedy, and BedGym LLC sole and exclusive responsibility under this warranty will be the replacement of the Product by BedGym LLC. All transportation, shipping and return costs shall be at Customer's expense. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the Product in accordance with the instructions furnished with the Product, unreasonable use, accidents, alterations, or ordinary wear and tear.

PRODUCT REPLACEMENT IS MANUFACTURER'S SOLE WARRANTY OBLIGATION AND IS IN LIEU OF ALL OTHER REMEDIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, WHICH WARRANTIES ARE HEREBY EXPRESSLY DISCLAIMED. Some states do not allow limitation on how long any implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

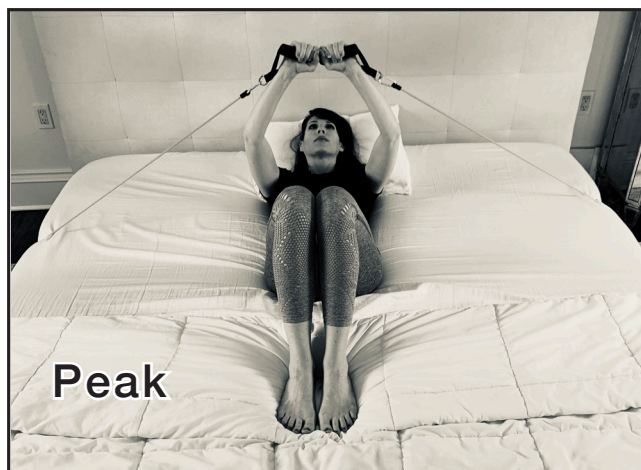
Limitation of Liability:

UNDER NO CIRCUMSTANCES SHALL MANUFACTURER'S AGGREGATE LIABILITY ARISING OUT OF OR IN CONNECTION WITH A DEFECTIVE PRODUCT, IN CONTRACT, TORT, WARRANTY, OR OTHERWISE, EXCEED THE PURCHASE PRICE OF THE PRODUCT TO WHICH SUCH LIABILITY RELATES. IN NO EVENT SHALL MANUFACTURER BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL, INDIRECT OR COMPENSATORY DAMAGES.

CHEST

Lying Chest Press

Short bands from each side of the bed at shoulder level and with the handles attached.

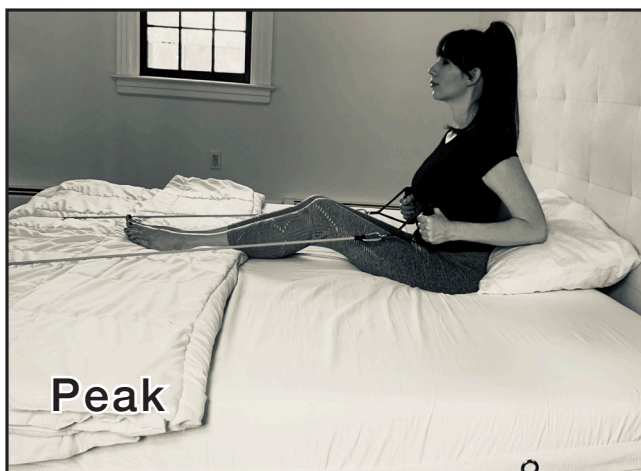
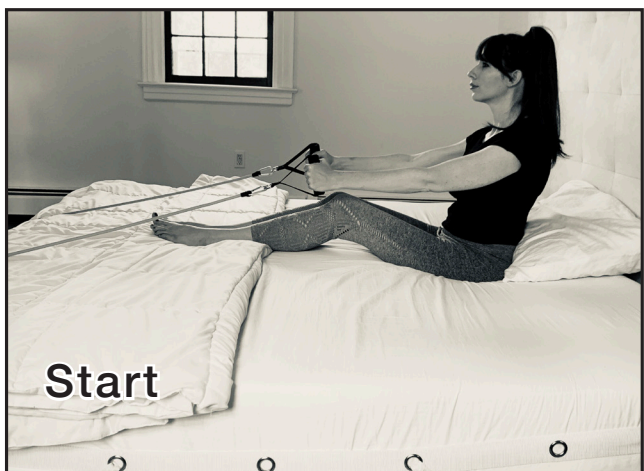


- Lying on your back with hands at chest level, elbows bent at a 90 degree angle and out to sides, palms facing down. Using a slow and controlled motion, press your arms forward (while squeezing your chest muscles) and straighten. Do not lock your elbows. Keep your wrists in line with your forearms. Return to start position and repeat.

BACK

Rows

Long bands from in front of you at the foot of the bed, at least shoulder width apart, with the handles attached.



- Start by sitting up straight with your arms raised in front of you, your palms facing each other, and elbows slightly bent. Using a slow and controlled motion, pull handles back to your sides drawing elbows in as you squeeze your shoulder blades. Keep your wrists in line with your forearms. Return to start position and repeat.

SHOULDERS

Lateral Raises

Long bands from in front of you at the foot of the bed. At least shoulder width apart and with the handles attached.



- Lying on your back, with arms straight at your sides, elbows slightly bent and palms facing in. Using a slow and controlled motion, raise arms and hands up to shoulder height. Keep your wrists in line with your forearms. Return to start position and repeat.

LEGS

Lying Side Leg Raise

Long bands from behind you, from the head of the bed, at least shoulder width apart. Bands attached to the arches of your feet and secure.



- Lying on your side with your arm in front of you for support. Start with your legs straightened and together, using a slow and controlled motion, lift and lower your top leg. Keep hips stacked on top of each other. Return to start position and repeat.

LEGS

Heel Slide

Long bands from behind you from the head of the bed, more than shoulder width apart. Bands attached to the arches of your feet and secure.



- Lying on your back with your knees bent. Start by extending and straightening one leg in front of you with knees slightly bent, using a slow and controlled motion with your heel on the bed. Return to start and repeat.

ABS

Heel Touches

Short bands from behind you at the head of the bed, at least shoulder width apart, with the handles attached.



- Lying on your back, knees bent and your feet flat on the bed. Extend your arms down the side of your body, crunch your torso forward and to the right until you can touch your right heel with your right hand using a slow and controlled motion. Return to the starting position and repeat the movement, this time to your opposite side. Keep your wrists in line with your forearms. Return to start position and repeat.

