

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important instructions and precautions.

FitnessPod assume no responsibility for personal injury or property damage sustained by or through the use of our equipment.

- 1. Before you begin any exercise program consult your physician. This is especially important for persons over 35 years or persons with existing medical problems.**
- 2. It is your responsibility to familiarize yourself with the safe usage instructions of all equipment and take all precautions to avoid injury.**
- 3. Inspect all machinery for damage or loose parts before beginning your exercise workout.**
- 4. Do not use equipment if it is not working properly, has been damaged or in the case of electrical machinery has come into contact with water.**
- 5. Wear appropriate clothing whilst exercising. Do not wear loose clothing which could become caught in moving parts. Always wear athletic footwear for foot protection whilst exercising.**
- 6. Keep fingers away from moving parts.**
- 7. Take care when mounting or dismounting equipment.**
- 8. Drink plenty of fluids during your workout.**
- 9. Heart rate/hand pulse monitors are not a medical device. Various factors may affect the accuracy of heart readings. The heart rate monitors are provided only as an exercise aid.**
- 10. Over exercising may result in serious injury or death. If you experience chest pains, nausea, dizziness or shortness of breath whilst exercising stop immediately and cool down. Consult your physician before continuing your exercise program.**

Maximum User Weight Limits for Equipment

Concept 2 Indoor Rower – 500lbs / 227kg

Weider Weight System – 300lbs / 136kg

E1500/ E3100 Fitness Bike – 300lbs / 136kg

NordicTrack Elliptical Trainer – 330lbs / 150kg

Treadmill – 400lbs / 182kg