

# BODY CROSS<sup>®</sup> FUNCTIONAL FITNESS



**Usage instructions and safety information  
for the BodyCROSS<sup>®</sup> product range**



## **Imprint (German)**

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# Safety Information

## BodyCROSS® Tube Grip Stick (TGS)

In order to prevent injuries and to train safely in the long term, read this information carefully before use and observe it during training!



Before you start exercising with the TGS, you should seek medical advice. Training with this device is demanding and should only be performed if you are in good health..

**Always ensure sufficient, general and special warm-up training. Warming up protects against injuries and promotes performance.**



The TGS is approved for a maximum load of 60kg and may only be used with the supplied rubber cables (tubes). The rod (stick) must not be used as a pull-up rod. The threaded bolts of the stick must always be screwed in to the end and tightened hand-tight. Pulling or lifting other loads is not secured.



Only use the supplied snap hooks or the adapter to attach the TGS. Never attach the TGS to rough or sharp edges. Make sure that the fixing points can withstand the pull of the tube. So that an unintentional release of the tensioned tube is prevented. Attention! Risk of injury! Check the condition of the TGS for damage before each use.



Do not expose the TGS to permanent sun, rain or frost. Store your TGS in a dry and protected place to avoid unnecessary wear and tear of the components.



Ensure a stable, flat and non-slip surface during training. Avoid jerky movements. Perform all movements consciously and in a controlled manner. Ensure sufficient space (minimum area 4x2m) and remove objects that could injure you. The tubes have a very high elasticity. Please note that very high tension can occur during training. Always use the supplied catch loop of the stick.

**If you do not follow these instructions, you may be injured. Any liability is excluded in case of non-compliance with the safety regulations and not intended assembly / use!**

## TGS - Training Requirements / Environment

- TGS Training can be performed indoor and outdoor
- The minimum size of the training area should be approx. 4 m x 2 m.
- Suitable fixing points: load-bearing wall hooks, beams, swings, horizontal bars, railings and trees

The Multiadaption, has been developed for the attachment of the BodyCROSS TGS, the following instructions must be observed when using:

The multiadaption should only be attached to load-bearing, non-sharp-edged fixtures. Otherwise you will damage the webbing and you may injure yourself.

The adaptation is subject to wear and tear and must be replaced if there is even the slightest damage.

Check the condition before each use.

For safety reasons, the threads of the sticks must always be completely screwed in and to be hand-tightened.



The stick must not be used as a pull-up bar, baton or lever device.

**Attention! Risk of injury!**

The stick of the TGS may only be used with the tubes supplied or manufactured by BodyCROSS. and mini loops can be used. A direct hook of the carabiner into the metal eyelets of the stick is FORBIDDEN!!



Tube

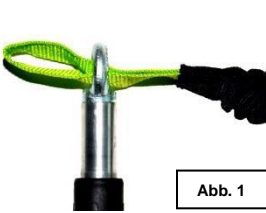


Mini-Schlaufe



Mini-Schlaufe am Stick

### Assembly of the TGS - Tubes - Option 1



1. insert the loop of the tube on one side of the stick through the steel eyelet. (Fig. 1)
2. Pass the other end of the tube through the opening of the loop (Fig. 2).
3. tighten the resulting loop (Fig. 3)

### Assembly of the TGS - Tubes - Option 2



1. Attach the mini loop to the stick by inserting one end through the steel eyelet and the other end through the loop opening and tighten. (Fig. 4)
2. hook the snap hook on the tube and on the mini loop (Fig. 5)

### Important!

The handles with foot strap (grip) may only be attached to the supplied tubes by means of a snap hook.

In order to avoid injuries, you must attach the catch loop to your wrist with the stick during every workout. See Figure 6 - 7 for both options.



You can download our training manual with many exercises and useful tips free of charge on our homepage under [bodycross.de/manuals](http://bodycross.de/manuals) as a .pdf document.

# Safety Information

## BodyCROSS® Sling Trainer

**Read this information carefully before using the Slingtrainer and pay attention to it during training to prevent injuries and to be able to train safely in the long term!**

Before you start exercising with the Slingtrainer, you should seek medical advice. Training with this device is demanding and should only be carried out if you are in good health.

Always ensure sufficient, general and special warm-up training. Warming up protects against injuries and promotes performance.

The complete sling trainer is approved for a body weight of max. 120kg. When using a single sling, a weight of 60kg must not be exceeded. It is not intended to jump into the loop of the handle or to place it in the lower loop. Pulling or lifting of other loads is not secured.

Only use the supplied snap hooks or the adapter with the D-rings for attachment. Never attach the Slingtrainer to rough or sharp edges. Make sure that the attachment points can support your body weight and the sling trainer permanently. Check the condition of the sling trainer for damage before each use.

Do not expose the sling trainer to permanent sun, rain or frost. Store your trainer in a dry and protected place to avoid unnecessary wear and tear of the components.

After the height adjustment, tighten the rope length adjustment (adjustment shaft) of the Slingtrainer with a strong movement on the grip pieces so that the rope can jam in the adjustment shaft. Hold the shaft firmly in one hand.

When exercising, make sure that the ground is stable, flat and non-slip. Avoid jerky movements. Perform all movements consciously and in a controlled manner. Make sure there is enough space and remove objects that could injure you. Easy installation of the rope fibres is due to the design and does not constitute a quality or safety defect.

**If you do not follow these instructions, you may be injured. Any liability is excluded in the event of non-compliance with the safety and regulations improper assembly / use!**

## Safety instructions for attaching the door anchor

The door anchor has been developed for the mobile use of the BodyCROSS Sling Trainer and Tube Grip Stick. The following instructions must be observed during use:



The door anchor can only be fastened in the closing direction of a stable and load-bearing door. A fastening in the opening direction of the door can damage it and you may injure yourself. No liability is accepted for installation contrary to these safety instructions.

## Safety instructions for the use of the spacer

The spacer serves as a spacer between the two slings and is fastened by clamping the two ropes. The use of the sling trainer creates a further axis which allows an even more intensive training and an easier handling of the sling trainer. The following instructions must be observed during use:

The spacer must be inserted straight (horizontally) between the two slings. The safety screws must be used to secure the ropes.



# Safety information for handling the BodyCROSS® Sprint and Bungee Trainer

In order to prevent injuries and to train safely in the long term, read this information carefully before use and observe it during training!

Before exercising with the Sprint or Bungee Trainer, you should seek medical advice. Training with this device is demanding and should only be carried out if you are in good health.

Always ensure sufficient, general and special warm-up training. Warming up protects against injuries and promotes performance.

When attaching to a mounting point (wall, floor, etc.), it is imperative to ensure that it offers sufficient stability and that there is NO person behind you! Furthermore, if the tube is attached to a static mounting point, it must not run into the final expansion of the tube. This can lead to injuries and also cause damage to the components of the Sprint Trainer. If the resistance is not sufficient, use an additional tube (max. 3!). Only use the supplied belt and always pull the strap through both square rings.

To attach the Sprint Trainer, use only the carabiner hooks supplied or the adapter. If you are training in pairs, use the supplied handle and wrist strap for the wrist. NEVER attach the adaptation to rough or sharp edges. Attention! Risk of injury! Check the condition of the rubber straps and belts for damage before each use.

Do not expose the Sprint or Bungee Trainer to permanent sun, rain or frost. Store your Sprint Trainer in a dry and protected place to avoid unnecessary wear and tear of the components.

When training, make sure you have a stable, flat and non-slip surface. Avoid jerky movements. Make sure you have enough space and remove any objects that could injure you. The tubes have a very high elasticity. Please note that very high tension can occur during training. An elongation of the basic length of up to 10% is normal and does not represent a quality defect. If the ends of the tube are damaged, it should not be used any more.

**Failure to follow the instructions may result in injury. Any liability is excluded in case of non-observance of the safety regulations and not intended assembly / use! The supplied tubes are wear parts.**



# Safety information for handling the BodyCROSS® Swimming Trainer

Read this information carefully before use and observe it during training in order to prevent injuries and to be able to train safely in the long term!

Before you do any sports with the swimming trainer, you should seek medical advice. Training with this device is demanding and should only be carried out if you are in good health.

Always ensure sufficient, general and special warm-up training. Warming up protects against injuries and promotes performance.

The complete swimming trainer is approved for a body weight of max. 120kg. Pulling or lifting other loads as well as any other use is not permitted.

Only use the supplied snap hooks and the adapter with the D-ring for fastening. Never attach the swimming trainer to rough or sharp edges. Make sure that the attachment points can support your body weight permanently. It is best to attach the swimming trainer approx. 1m above the water edge and to support the optimal body position in the water. Check the condition of the swim trainer for damage before each use.

Do not expose the swimming trainer to permanent sun, rain or frost. Store your trainer in a dry and protected place to avoid unnecessary wear and tear of the components. Allow the swimming trainer to dry completely after each use.

Training with the swimming trainer is physically demanding. The otherwise known gliding phase during regular swim training is not necessary when using the BodyCROSS Swim Trainer. Carry out all movements consciously and in a controlled manner. Make sure you have enough space and remove objects that could injure you.

**Before each workout, check the condition of the belt and the adaption (D-rings) as well as the fastening loops of the rubber band. If they are damaged, they must no longer be used and replaced.**

## Floor mounting for the BodyCROSS Swim Trainer

The supplied ground anchor is used to fix the swimming tube outside the pool/swimming pool.

The ground anchor must be above the edge of the pool or the water surface!

The ground anchor must be inserted into the ground at a slight angle against the direction of pull of the tube. The floor must be load-bearing so that unintentional loosening of the ground anchor is prevented.

**Fully secure the ground anchor into the ground down to a few centimetres. Make sure that nobody is in front of the ground anchor! RISK OF INJURY!**

Place one end of the floating tube (without snap hook) around the ground anchor!

Check that the ground anchor is firmly seated!



**If you do not follow these instructions, you may injure yourself. Any liability is excluded in case of non-compliance with the safety regulations and not intended assembly / use.**

## Safety and warranty information for handling functional training equipment



Read this information carefully before using Functional Training Equipment and observe it during training to prevent injuries and to protect the material.

Before taking part in a functional fitness workout, you must observe the following information. Functional training is demanding and should only be carried out if you are in good health.

The training equipment is exposed to high loads when used in circuit training. This leads to a higher wear of the products even with proper use. That is in the nature of the thing and the training form.

BodyCROSS pays attention to high quality when selecting and manufacturing products. Nevertheless, it can happen that certain articles are damaged during use. In this case, please contact us with confidence. We will always check any warranty claims carefully.

Please inform your coaches and athletes about the proper handling of the equipment. Should you offer free training in your gym or club, i.e. use of the equipment without a trained trainer and without control, BodyCROSS's liability is reduced to pure liability for material defects.



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