



RBS3TM

RESISTANCE BAND STATIONTM

OWNER'S MANUAL



CORE ENERGY
*Fitness*TM

COREENERGYFITNESS.COM

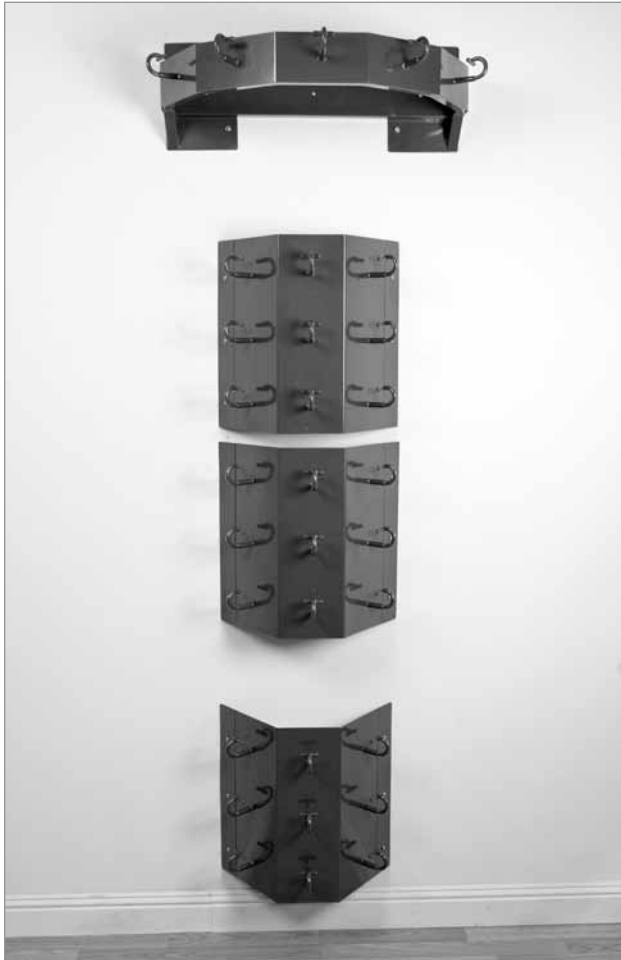
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INTRODUCTION

RBS3 Resistance Band Station

The RBS3 Resistance Band Station is a wall mounted, modular resistance band training station that was developed to give sports, fitness and rehabilitative professionals the ability to utilize all types of resistance bands to their full potential.



Ten Anchoring Points

With ten different anchoring points in a single column, from ankle height to above the head, the RBS3 allows users to perform hundreds of resistance band exercises. When used in conjunction with destabilized devices such as stability pads or balls, the RBS3 opens the door to a wide range of core, stability and rehabilitative exercises.

The RBS3 Difference

- Wall mounted space saving design
- Hundreds of exercises
- Ten hooking angles
- 32 hooking options
- Up to 12 users with four-station modular configuration
- Works with all resistance bands
- Heavy-duty construction

The RBS3 Resistance Band Station is Patent Pending.

For the first time in the history of fitness, RBS3 users will be able to realize the important benefits of resistance band training. If you have never experienced a comprehensive resistance band program, you are in for a big surprise. Resistance band training is one of the most effective methods for increasing functional strength, joint stability and core strength. And, it's fun.

Hammer Head Safety Hook



The RBS3 features the Hammer Head Safety Hook. With its t-bar barrier tip, the hook allows bands to be pulled from every angle without slipping off of the hook. Users can exercise with confidence that their bands are securely anchored.

The hooks rounded shape was designed for smooth transitions and ease of use. The neck of the hook is reinforced for added strength to accommodate “extra heavy” resistance bands.

The RBS3 can be used with all types of resistance bands. Personal trainers can use medium to heavy bands for core crunching trunk rotations, chops and presses. Therapists can take advantage of the ten anchoring angles to design new therapeutic exercise protocols that, heretofore, were not possible. With the RBS3, it's as simple as looping a band over a “Hammer Head Safety Hook” and pulling. Finally, the days of attaching bands to everything and anything are over.



Modular Design

The RBS3 is a four-component modular system that can be configured to accommodate up to 12 users. In its basic configuration of a vertical stack (pictured), the RBS3 is designed for three users, one per side. By mounting each of the four components in separate locations, the RBS3 can accommodate up to twelve users exercising simultaneously.

No other piece of gym equipment offers the versatility, effectiveness and value of the RBS3 Resistance Band Station.


IMPORTANT SAFETY INSTRUCTIONS

Warning: The RBS3 Resistance Band Station is designed for use with rubber or latex resistance bands. Do not fasten resistance bands to the Hammer Head Safety Hooks with metal clip hooks or other hooks made of hard materials. This has the potential to damage the coating on the hooks and cause premature wear. Do not use the RBS3 as an anchor for suspension type exercise devices. Do not perform pull-ups on the RBS3.

- Read all instructions before using the RBS3.
- Consult your doctor before embarking on a fitness program.
- Do not allow children or persons unfamiliar with fitness equipment or exercise in general, near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose as described in this manual. Failure to do so has the potential to void the warranty.
- Always inspect the equipment for damage before each use. Do not use the equipment if it is damaged. If damaged contact Core Energy Fitness at CoreEnergyFitness.com

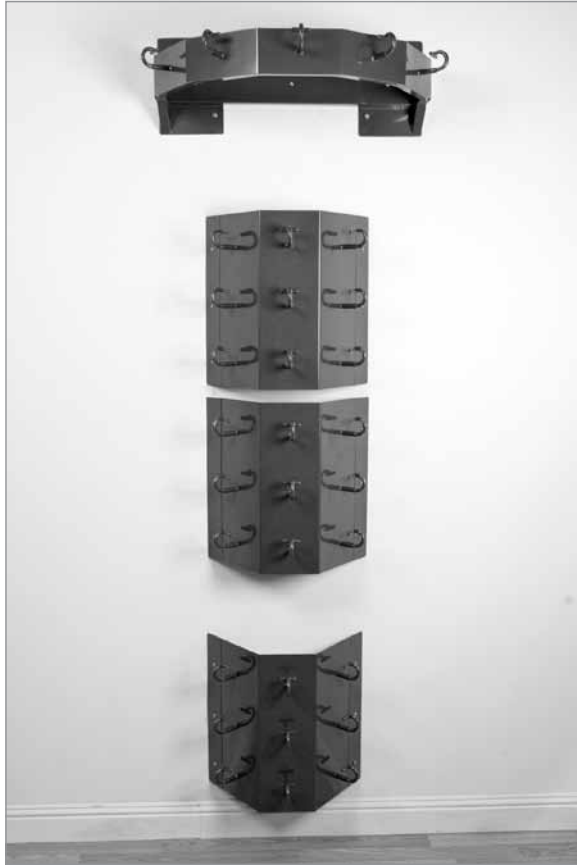
Warning Labels

The following warning labels are affixed to the RBS3 in multiple locations. Please read each label carefully.

 CAUTION
Serious injury can occur if this equipment is not used properly.
<ul style="list-style-type: none">• Always consult a physician before beginning any exercise program.• Use only as instructed in User Manual.• Use only authorized exercise devices with this equipment.• Check resistance bands for wear.• Do not use device for pull-ups or other similar exercises.• Keep children away from this equipment.• Do not remove this label. Replace when worn or damaged.
For more information visit coreenergyfitness.com

MAINTENANCE SCHEDULE
Check the integrity and function of the following items:
<ul style="list-style-type: none">• Check wall mount screws weekly. Tighten as needed.• Check weld-joints regularly for rust or damage. Do not use if weld-joints are rusted or damaged.• Do not remove this label. Replace when worn or damaged.
For more information visit coreenergyfitness.com
Patent Pending

SPECIFICATIONS, TOOLS & INSTALLATION



Specifications

The RBS3 consists of four components – three lower units and one upper unit (also known as the RBS3 Arc). There are a total of 32 Hammer Head Safety Hooks configured to allow three users at a time – one for each side of the lower unit.

The lower units are 17 inches tall, 17.5 inches wide and weigh 22 pounds. Including the hooks, the lower unit extends 10 inches from the wall (at the middle hook).



RBS3 Arc

The upper unit or RBS3 Arc is 28 inches wide with a faceplate that measures four inches in height and weighs 17 pounds. Including the hooks, the upper unit extends 18 inches from the wall (at the middle hook). The mounting plates are 6 inches wide and ten inches tall.

The design, testing and labeling of the RBS3 Resistance Band Station and the RBS1 Resistance Band Station were based on standards provided by: ASTM F 1749-09 Standard Specification for Fitness Equipment and Fitness Safety Signage and Labels; F2276-09 Standard Specification for Fitness Equipment; and F2571-09 Standard Test Methods for Evaluating Design and Performance Characteristics of Fitness Equipment.

Tools

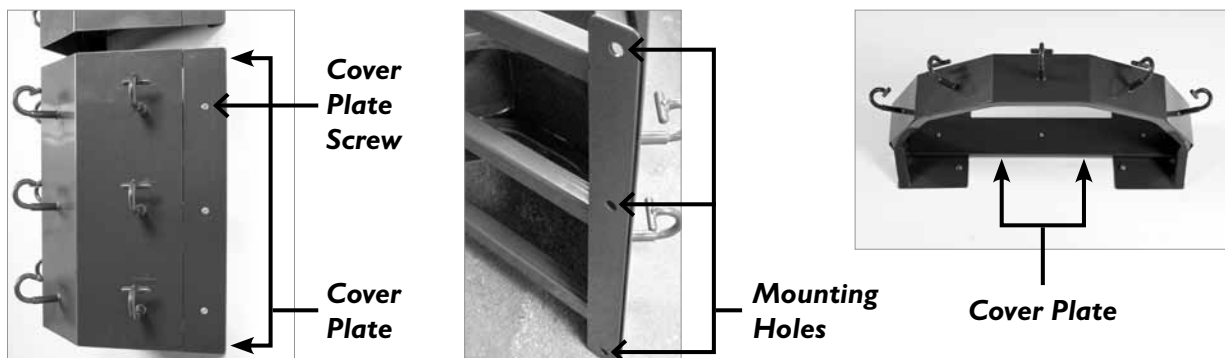
To install the RBS3, you will need the following tools:

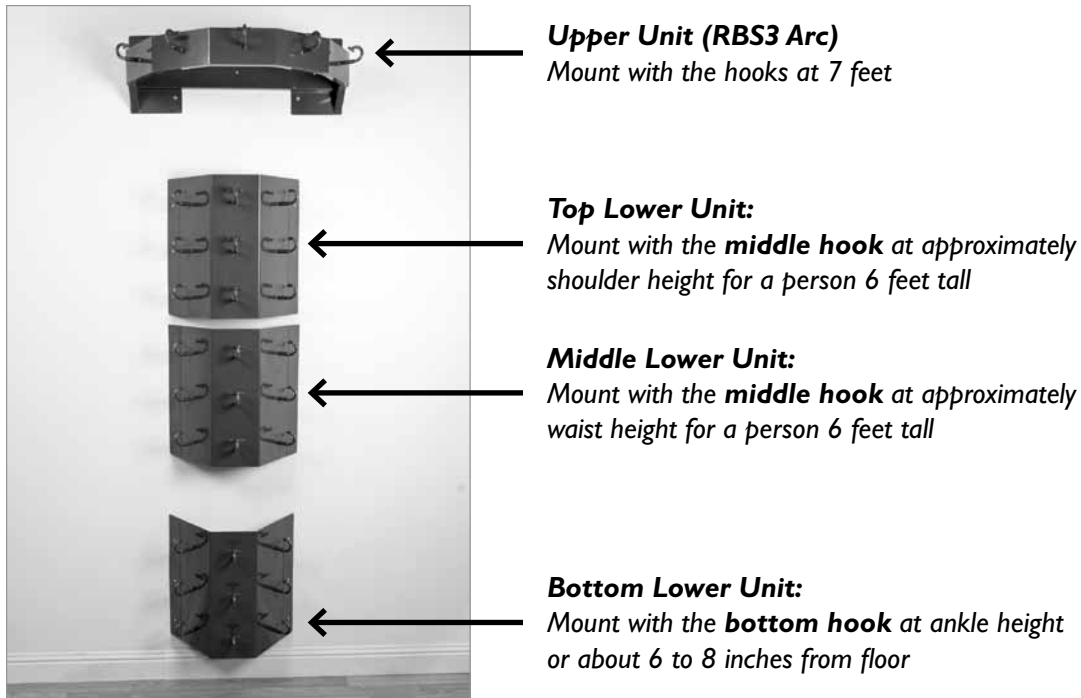
- Stud Finder
- Leveler and Tape Measure
- Socket Wrench ($\frac{3}{4}$ inch to $\frac{1}{2}$ inch drive size)
- $\frac{1}{2}$ inch Socket (6-point hex bit or 12-point)
- 2 inch Socket Extension ($\frac{3}{4}$ inch or $\frac{1}{2}$ inch drive size)
- Power Drill (with drill bit sufficient to drill starter holes as described in #6 on Page 7)
- Allen Wrench (supplied)
- 26 – $2\frac{1}{2}$ inch Lag Screws (supplied)
- 26 – Washers for use with the Lag Screws (supplied)
- 21 – Cover Plate Hex Button Screws (supplied)
- 21 – O-rings used with Cover Plate Screws (supplied)

Installation

The RBS3 is mounted to load bearing wall studs using $2\frac{1}{2}$ inch lag screws (supplied). Each bottom component is mounted with six lag screws, three on each side. The RBS3 Arc is mounted with eight lag screws, four on each side. The mounting holes on each side of the individual components are sixteen inches apart for mounting on two weight-bearing wall studs. To install, please follow the following instructions:

1. **Location.** Identify the location to mount the RBS3. The recommended height for the RBS3 Arc is seven feet (measured from the hook to the floor). The user has the option of mounting the RBS3 Arc at any desired height. The key is having hooks above the head to perform downward pulling exercises. You will need wall space measuring a minimum of 28 inches wide and 7.5 feet high. Make sure there is enough floor clearance for users to perform exercises from all three sides of the unit.
2. **Studs.** Locate the wall studs with a stud finder. Mark the center line of the studs.
3. **Cover Plates.** Remove the cover plates on each side of the lower units and the center cover plate on the RBS3 Arc using the Allen wrench (hex key). The mounting holes will be revealed.





4. Lower units. There are three lower units (bottom, middle and top).

A. Mount the bottom lower unit with the bottom hook at ankle height or about six to eight inches from the floor. Hold the lower unit in the desired position against the wall and in-line with the center line of the studs. Mark the location of all six mounting holes.

Note: *The individual RBS3 components can be mounted at any desired height depending on the size of the users or needs of the facility.*

B. Mount the middle lower unit with the middle hook at approximately waist height for a person six feet tall. Hold the lower unit in the desired position against the wall and in-line with the center line of the studs. Mark the location of all six mounting holes.

C. Mount the top lower unit with the middle hook at approximately shoulder height for a person six-feet tall. Hold the lower unit in the desired position against the wall and in-line with the center line of the studs. Mark the location of all six mounting holes.

D. Mount the upper unit (RBS3 Arc) with the hooks at seven feet. Hold the upper unit in the desired position against the wall and in-line with the center line of the studs. Mark the location of all eight mounting holes.

5. With all 26 mounting holes marked, confirm that the mounting holes are level for each of the four components.

6. Create starter holes through the drywall and penetrating the wall studs approximately $\frac{3}{8}$ inch.

7. Using a socket wrench, mount the upper unit first followed by the upper lower unit, middle lower unit and bottom lower unit.

8. After all units are mounted, attach cover plates with button screws and Allen wrench.

SAFETY – ANCHORING & THREADING BANDS

With a total of 32 Hammer Head Safety Hooks spread over four components, the RBS3 provides numerous options for anchoring resistance bands. The ability to anchor bands securely gives users the freedom to move confidently when performing exercises that include broad vigorous movements.

The hooks can also be used to “thread” bands to adjust their length and tension. This added level of control brings a whole new level of versatility to resistance band training.



Basic Loop

For most exercises, especially those without lots of dynamic movements, it is sufficient to simply loop the band over the hook.

If the exercise you are performing is dynamic or calls for upward lateral pulls, we strongly recommend “wrapping” the bands around the hook. See below.



Wrapping

To increase the safety of anchoring bands, the user has the option of wrapping the band around the hook. This will form a closed loop around the hook providing a secure and safe anchor.

Wrapping is recommended when performing dynamic exercises or exercises that require upward pulls.

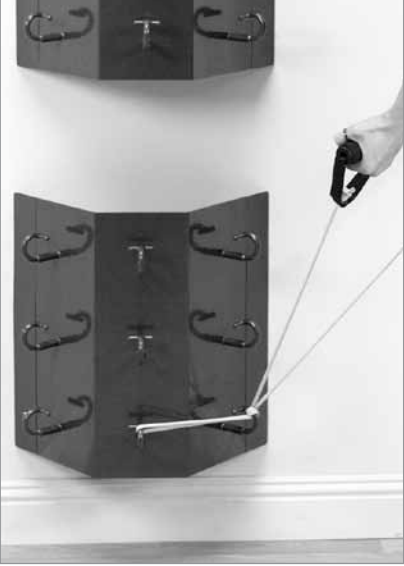
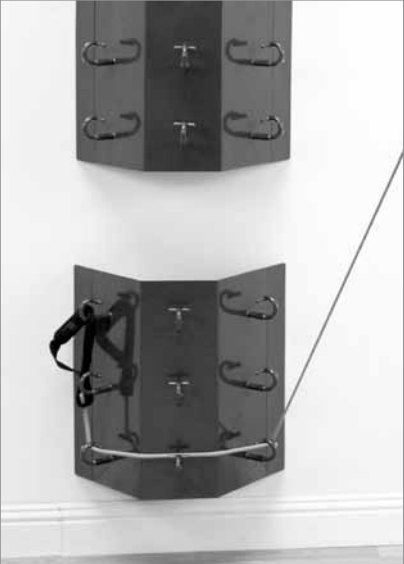


Threading – Adjusting Length & Tension

To adjust the length and tension of a band, the user can “thread” a band using multiple hooks. In the photo, the user has anchored the handle on one hook and threaded the band on a lower hook. When threading a band, it is important to follow a threading path that provides the greatest safety. In general, it is safer to thread in a top down or lateral pattern.

For added safety, the user also has the option of wrapping the band on the lower hook.

Sample Threading and Wrapping Techniques



GETTING STARTED - EXERCISES

The RBS3's anchoring system provides the platform to perform hundreds of exercises. To get you started, below are ten Level I exercises. In the future we will be adding numerous dynamic exercises to our Web site, including exercises on unstable surfaces, e.g., stability balls and pads. For more exercises, please visit CoreEnergyFitness.com

01 – Chest Press



02 – Fly



03 – Front Raise



04 – Lateral Raise



GETTING STARTED - EXERCISES

05 – Tricep Press



06 – Bicep Curl



07 – Straight-Arm Press



08 – Standing Row



GETTING STARTED - EXERCISES

09 – Lunge



10 – Trunk Rotation



CUSTOMER SERVICE

If you have any questions regarding use of the equipment, installation or other products, please visit our Web site at CoreEnergyFitness.com or call 310-527-2138.

Customer service is open Monday through Friday from 9:00 a.m. to 5:00 p.m. PST.

WARRANTY

Please read these warranty terms and conditions carefully before using your Core Energy Fitness RBS3 Resistance Band Station. By using the equipment you are consenting to be bound by the following warranty terms and conditions

RBS3 Resistance Band Station Limited Warranty

Core Energy Fitness warrants the RBS3 Resistance Band Station to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. The warranty periods commence on the invoice date of the original purchase.

WARRANTY CLAIMS. All claims require serial number and any information supporting existence of the alleged defect.

This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Core Energy's obligation under this warranty is limited to replacing or repairing, at Core Energy Fitness' option, the product through one of its authorized service centers or representatives. All repairs or replacement components for which warranty claims are made must be pre-authorized by Core Energy Fitness. To make a claim under this warranty, the buyer must notify Core Energy Fitness within 30 days after the date of discovery of any defect and make the affected product available for inspection by a Core Energy Fitness service representative. If the product is shipped to Core Energy Fitness or one of its authorized service centers or representatives, freight charges to and from the service center will be the customer's responsibility. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by Core Energy Fitness or an authorized service center. Parts repaired or replaced under terms of this warranty will be warranted for the remainder of the original warranty period only.

Core Energy Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Core Energy Fitness Systems, LLC will provide, at its option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

CORE ENERGY *Fitness*[™]

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Resistance Band Training:

RBS3 Resistance Band Station

RBS1 Resistance Band Station

Dynamic Stretching:

Dynamic Stretch Pole

Dynamic Anchor Strap

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THE RBS3 RESISTANCE BAND STATION AND THE RBS1 RESISTANCE BAND STATION ARE PATENT PENDING. THE DYNAMIC ANCHOR STRAP IS PATENT PENDING.

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