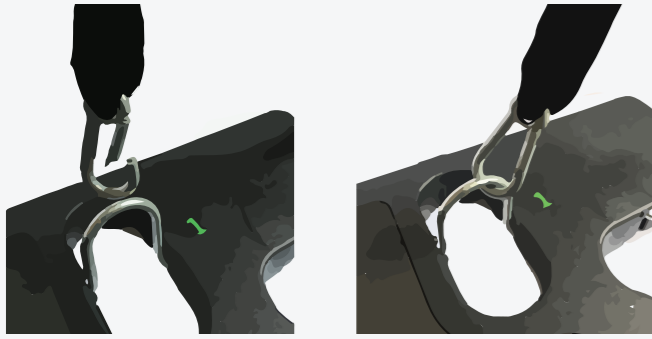


## BASE



- Unfold the base and place on a level surface. Begin by lifting one of the numbered anchor points, and clip the bands into the base.
- You are now able to attach any accessory to the base and begin workouts.

## BAR



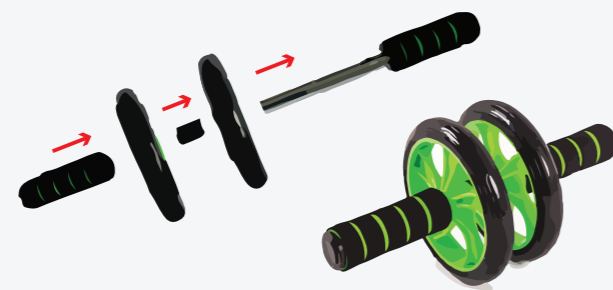
- To put the workout bar together, take the male and female part of the workout bar and twist together.
- Once fully attached, your workout bar is ready to use!.

## WRIST/ANKLE



- To apply wrist/ankle wraps first unvelcro, put your wrist/ankle into wrap, adjust the strap as needed and re velcro. Stick the tale under the velcro and to the ring.
- This ring is what you will clip the band into.

## AB WHEEL



- To assemble your ab wheel, place the spoke through the two wheels, and use the plastic separate piece in between each wheel.
- Secure in place with the other padded handle.

## DOOR ANCHOR



- Take your door anchor and put the soft foam part in the opposite side of the door.
- Shut the door, make sure is safe and you're ready to clip in the bands!.

## HANDLES



- Clip the bands into the metal ring on the handles.
- Adjust the bands to fit the desired resistance level.



# DIFFERENT BAND SETTINGS AND ADDING RESISTANCE



2 - 4

One end hooked onto 2 and 4, the other end hooked onto your ankle straps. Ideal for flutter kicks, heel tops, single leg lowers and kickbacks.



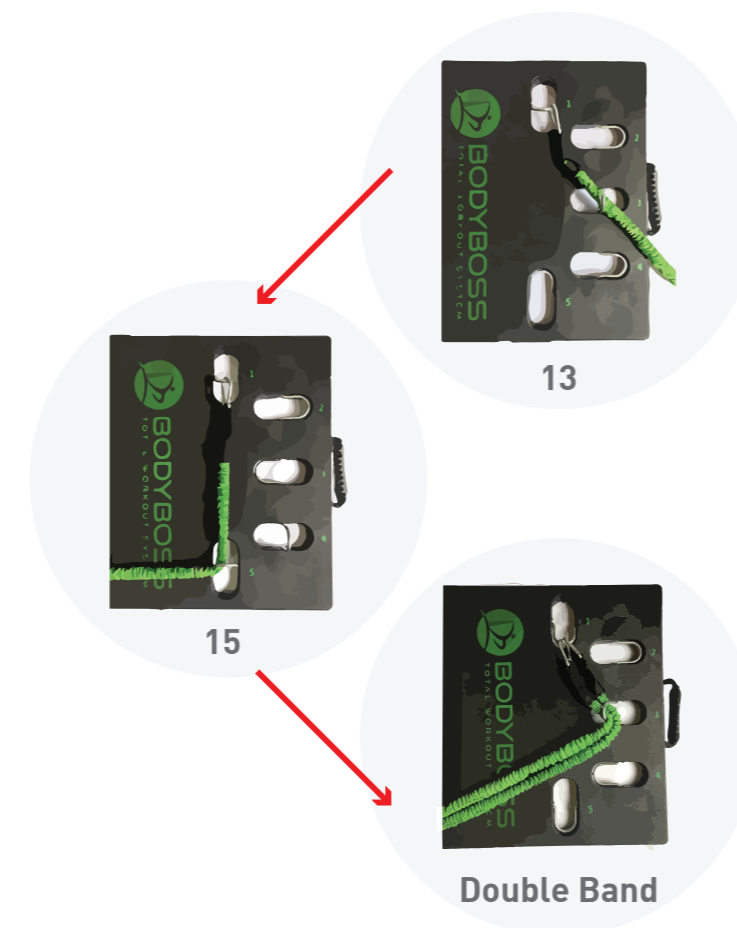
25 - 41

One band through 1 hooked onto 4. One band through 5 hooked onto 2. The other ends clipped to the bar or handles for an intense ab workout.



3

Band through 3 and both ends clipped onto the handle provides a short length that is perfect for arm workouts and oblique crunches.



13

15

Double Band

## + ADDING RESISTANCE

When working out on your BodyBoss 2.0, do you just clip your banding and find that it is too loose or not tight enough or difficult enough while working out? That's ok, we have a solution!.

Try taking the band and put the clip of the band through setting 1 and clipping it to setting 3. This decreases the length of the band, therefore adding tension and more resistance.

Still to easy? Go ahead and take the clip of the band from setting 3 to setting 5, this decreases the length of the band even more! Providing even more resistance.

Still to easy? Go ahead and add bands, this will provide with double the resistance.



## TRAINING JOURNAL

	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Abs							
	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Arms							
	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Back							
	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Chest							
	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Legs							
	Exercises	SET 1		SET 2		SET 3	
		Resistance	Reps.	Resistance	Reps.	Resistance	Reps.
Shoulders							



# BRING THE GYM TO YOU!



# FROM THE BODYBOSS TEAM

## A GUIDE THROUGH THE BOX

Follow these instructions to get started up with your BodyBoss 2.0 Total Workout System. Each step shows you the process for getting all individual pieces of your system put together so you can start working out today. For further instruction, please reference:

1. Workout Guides (included in product box)
2. Online Support & Video Tutorials ([www.bodyboss.tv](http://www.bodyboss.tv))



## WORKOUT SCHEDULE

### MONDAY

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

### TUESDAY

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

### WEDNESDAY

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

### THURSDAY

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

### FRIDAY

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

### WEEKEND

- Abs
- Arms
- Back
- Chest
- Legs
- Shoulders

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### 01 BASE



The base folds out into a platform and has settings from 1 to 5. Each setting has a ring that pops up so that is easy to clip in bands.

### 02 BAR



The bar comes in two separate pieces that you easily screw together forming one workout bar.

### 03 HANDLES



Think of these handles as free weights or dumbbells. Simply add or remove additional bands to modify the weight of your workout.

### 04 STRAPS



The straps can be used in both wrists and ankles giving you a wider range of exercises and more muscles to work on.

### 05 BANDS



This bands are covered up in a special cloth which allows you to move the fabric up and down. Also protects you if the band where to snap or break.

### 06 DOOR ANCHOR



Enables you to perform almost every exercise imaginable. Adjust the height of the strap anywhere from the base to the top of the door for a full range of anchor point options.

### 07 AB WHEEL \*when purchased



Ab wheels are optional ad ons some orders contain. Very easy to put together or pull apart, and designed to withstand total body weight.



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