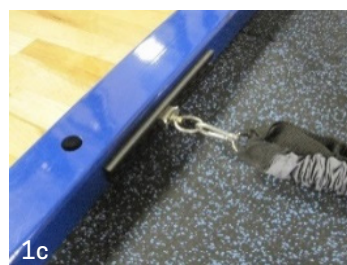


LIFT-X™ BENCH-X™ CORDS



LIFT-X BENCH-X CORDS SET-UP

- 1) Secure cords to the base of rack via pegs (1a) or Trak-X™ Clip (1b, 1c) by adding Trak-X (see Trak-X install sheet).
- 2) There are 2 bar attachment options for loading, first is using the colored loops outside the weight plates (2a). Second is using the quick cam-tether inside the weight plates connected to the metal loop rings (2b). Bench-X has a 2-loop system.

LIFT-X BENCH-X CORDS EXERCISES

Add cord loaded measurable and progressive resistance to the Bench Press (Squat on Squat-X sheet) exercises. For best results contrast train with cord load and non-cord load.



LIFT-X BENCH-X CORDS RESISTANCE GUIDE

Bar Height	Red (Medium)		Blue (Heavy)		Gray (Ex. Heavy)		Black (Ultimate)	
	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop
53	58	62	79	82	94	100	114	121
52	56	60	78	82	94	99	113	120
51	55	59	77	80	93	98	111	119
50	54	59	76	80	91	96	109	117
49	52	58	74	79	89	95	106	114
48	51	56	73	78	88	94	104	113
47	50	55	71	77	86	93	103	111
46	50	52	69	76	84	91	101	109
45	49	52	67	74	82	89	99	106
44	47	51	65	73	81	88	96	104
43	45	50	63	71	79	86	93	103
42	44	50	61	69	77	84	91	101
41	43	49	59	67	75	82	89	99
40	42	47	58	65	72	81	85	96
39	40	45	56	63	70	79	82	93
38	38	44	55	61	68	77	80	91
37	37	43	53	59	65	75	78	89

Bar Height	Red (Medium)		Blue (Heavy)		Gray (Ex. Heavy)		Black (Ultimate)	
	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop
36	35	42	51	58	64	72	74	85
35	34	40	50	56	62	70	72	82
34	32	38	47	55	59	68	70	80
33	31	37	46	53	56	65	67	78
32	30	35	44	51	54	64	63	74
31	28	34	42	50	52	62	61	72
30	27	32	39	47	49	59	57	70
29	25	31	35	46	47	56	54	67
28	24	30	33	44	44	54	50	63
27	22	28	30	42	39	52	45	61
26	19	27	25	39	35	49	39	57
25	16	25	22	35	29	47	34	54
24	15	24	18	33	23	44	28	50
23	10	22	13	30	16	39	19	45
22	5	19	7	25	8	35	10	39
21	0	16	0	22	0	29	0	34
20	0	15	0	18	0	23	0	28

Bar Height	Red (Medium)		Blue (Heavy)		Gray (Ex. Heavy)		Black (Ultimate)	
	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop	Gray Loop	Black Loop
53	58	62	79	82	94	100	114	121
52	56	60	78	82	94	99	113	120
51	55	59	77	80	93	98	111	119
50	54	59	76	80	91	96	109	117
49	52	58	74	79	89	95	106	114
48	51	56	73	78	88	94	104	113
47	50	55	71	77	86	93	103	111
46	50	52	69	76	84	91	101	109
45	49	52	67	74	82	89	99	106
44	47	51	65	73	81	88	96	104
43	45	50	63	71	79	86	93	103
42	44	50	61	69	77	84	91	101
41	43	49	59	67	75	82	89	99
40	42	47	58	65	72	81	85	96
39	40	45	56	63	70	79	82	93
38	38	44	55	61	68	77	80	91
37	37	43	53	59	65	75	78	89

CORD GUIDELINES:

Thank you for your purchase of the Perform-X® Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

USAGE GUIDELINES:

- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise; make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be without defect in material or workmanship. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective cords or Trak-X pieces only, not remove or uninstall; (ii) pay the cost of transporting defective Cords or Trak-X pieces to it and returning replacement Cords or Trak-X pieces to Buyer; Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation; (ii) physical abuse to, or misuse of, the Cords or Trak-X or operation thereof; or (iii) any use of the Cords or Trak-X other than that for which they were intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter, or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cords or Trak-X, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THE SECTION ABOVE, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORDS & TRAK-X, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORDS OR TRAK-X OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF CORDS OR TRAK-X OR THE USE OF THE CORDS OR TRAK-X AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY, DAMAGE, CONDITION OR USE, WITHOUT LIMITING THE FOREGOING AND REGARDLESS OF THE CIRCUMSTANCES AND EVEN IF A REMEDY FAILS. PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF. ANY EXPRESS WARRANTY NOT PROVIDED HEREIN, AND ANY REMEDY WHICH BUT FOR THE WARRANTY CONTAINED HEREIN MIGHT ARISE BY IMPLICATION OR OPERATION OF LAW, IS HEREBY EXCLUDED AND DISCLAIMED INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS OR TRAK-X. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.