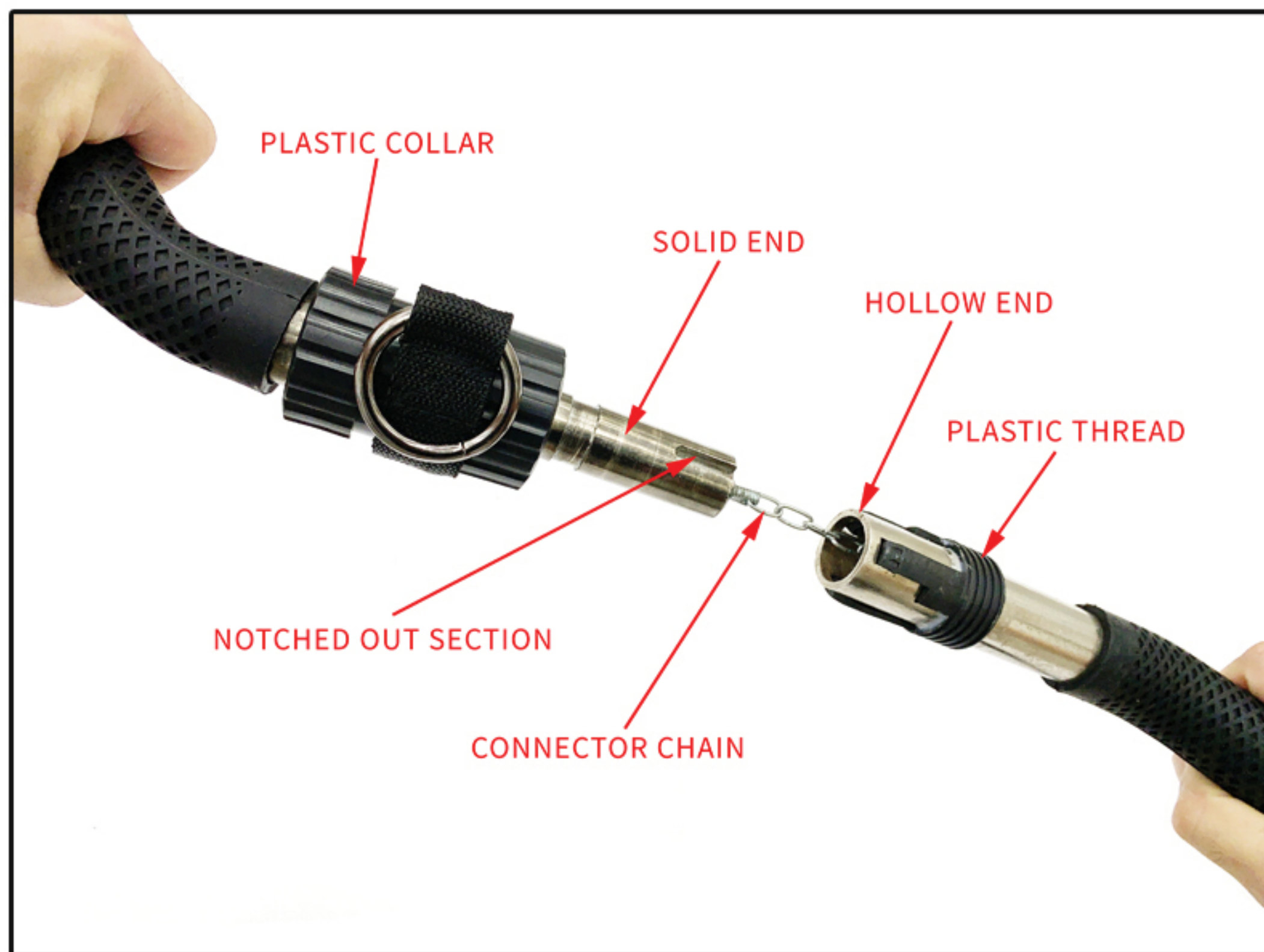




INSTRUCTIONS



Congratulations on purchasing the Incredible Combat Curl, Curl Bar. You will be able to use this bar with your Resistance Bands or cable machine to do the best exercises on the planet: Standing Curls, Preacher Curls, Over head extensions, Lunges, Squats and Tons More!

Best of all this bar breaks down in half, so that you can easily pack it in your suit case.

Now take that bad boy out of the travel bag, connect the two ends and get busy! Enjoy!



STEP 1

Take the collapsed bar out of the travel bag and lay both halves down on a flat service



STEP 2

Hold a half in each hand and feed the connector chain into the half that has the hollow end.



STEP 3

Push the solid end into the hollow end until it stops. Then twist the two halves of the bar until the notched out section from the solid end aligns with the stopper of the hollow end. Once you feel them align, you should be able to move the solid end deeper into the hollow end until it stops.



STEP 4

Now twist the plastic collar (clockwise or counter clockwise (it depends on how you are holding the bar) so the the collar tightens on the thread. Stop twisting when the connection is secure and tight. **DO NOT OVER TIGHTEN THE COLLAR AS IT COULD STRIP THE THREAD.**

STEP 5

Start Training!

Email support@bodylastics.com with any questions or concerns.