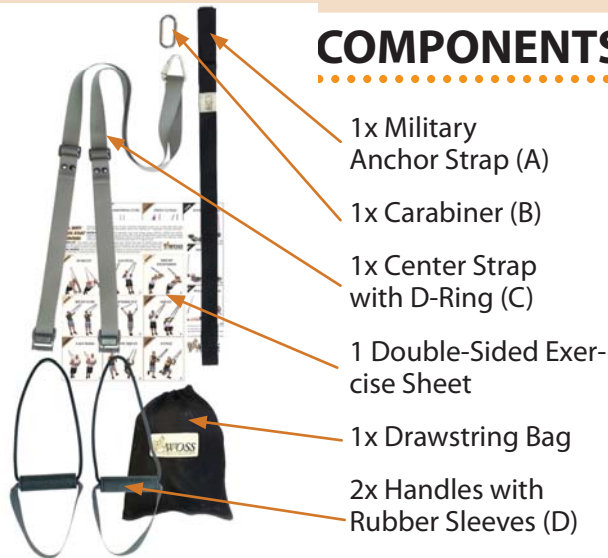


ATTACK



COMPONENTS



BEFORE EVERY WORKOUT

Inspect your Trainer for any worn or damaged parts - replace worn or damaged parts immediately.

Set up your WOSS Trainer on any vertical or horizontal fixture such as a tree branch, tree trunk, post, door or anywhere there is a strong anchor point. Your anchor point should hold your body weight securely - give it a hard pull test.

Perform all exercises on a flat and non-slippery surface.

For long term use keep your Trainer away from sun light, dampness and the elements when not in use.

Do not perform sawing exercises (as done with Pulley Trainers) as this will heat up the webbing and cause the Center Strap to fray prematurely.

Failure to follow these guidelines may result in an injury. The user assumes the risk of injury and all liabilities resulting from the use of the trainer.

HANDLE ASSEMBLY

- 1.) Bring the cord through the Cam Buckle and make a large loop (Pic 1).
- 2.) Feed the Handle (D) through the loop (Pic 2).
- 3.) Pull the Handle (D) all the way through and make sure the Handle is even (Pic 3).
- 4.) Pic 4 Shows a close-up of the finished "Larks Knot".



CAMBUCKLE CENTER STRAP ADJUSTMENT

TO LENGTHEN THE CENTER STRAP:

Depress the Cam Buckle with one hand while pulling on the Center Strap just "above" the slider (pull on the strap itself) (Pic 5). This will allow you to lengthen the Center Strap in one pull.

TO SHORTEN CENTER STRAP:

Hold Cam Buckle in one hand depressing the Cam Buckle with your thumb, while pulling on the slider above the Cam Buckle with your other hand. This allows you to shorten the length in one pull (Pic 6).



**STRENGTHEN YOUR BODY AND
IMPROVE YOUR SPORT**

ANCHORING YOUR TRAINER

USING THE TRAINER ON A DOOR:

Attach the Carabiner to the D-Ring on the Trainer.

Attach the Carabiner to the Anchor Strap either on the short side or the far side away from the Door Anchor Tube (Pic. 7)

Now, lay the Anchor Strap over the Door with the Tube on the other side. (Pic 8). Pull the door shut (Pic 9 & 10).

Make sure that when pulling on the Trainer (exercising) you pull the door "shut", into the door frame, not open.

Always start slowly to help ensure the Anywhere-Anchor is installed correctly!

If for some reason you are not able to pull the door "shut", into the door frame, you may place the Anchor Strap all the way in the corner or even down over the Door hinge (Pic 11). Just make sure the strap does not rub on the hinge.

Pic 12 shows the system with the Anchor Strap used on the short side - better for beginners , and good all-around.

Pic 13 shows the system using the long side of the Anchor Strap. Use this side if the short side is really not long enough - even after making the center strap as long as possible per picture 5 on previous page.

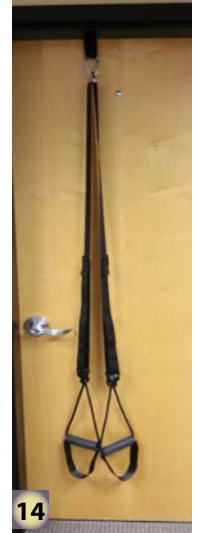
Pic 14 shows the Trainer (with short Anchor side) on a door.

USING THE TRAINER OUTDOORS:

To use the Trainer on a Branch, Rafter or Bar, throw the Anchor Strap over and wrap it around a couple of times if needed (Pic 15). It might help to have the Carabiner attached to the Anchor Strap before throwing it over the branch - the Carabiner will bring the Strap back down. Either secure the Strap by feeding one end of the strap through the other loop (Pic 15 & 16), or alternatively, attach the Carabiner to both loops (Pic 17).

FYI: The Carabiner will fit through the larger Loop.

View on top of Door



Use it on a tree trunk!

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AND MANUFACTURED
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