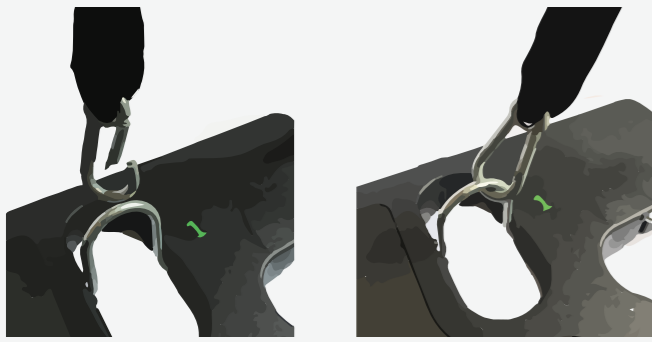


BASE



- 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



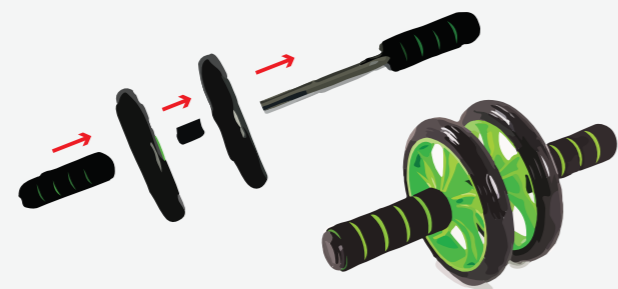
- To put the workout bar together, take the male and female part of the workout bar and twist together.
- Once fully attached, your workout bar is ready to use!.

WRIST/ANKLE



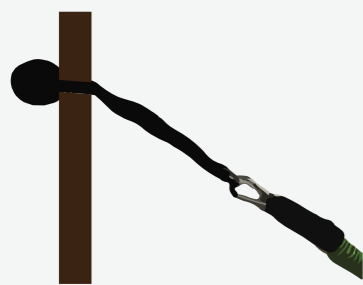
- To apply wrist/ankle wraps first unvelcro, put your wrist/ankle into wrap, adjust the strap as needed and re velcro. Stick the tale under the velcro and to the ring.
- This ring is what you will clip the band into.

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.



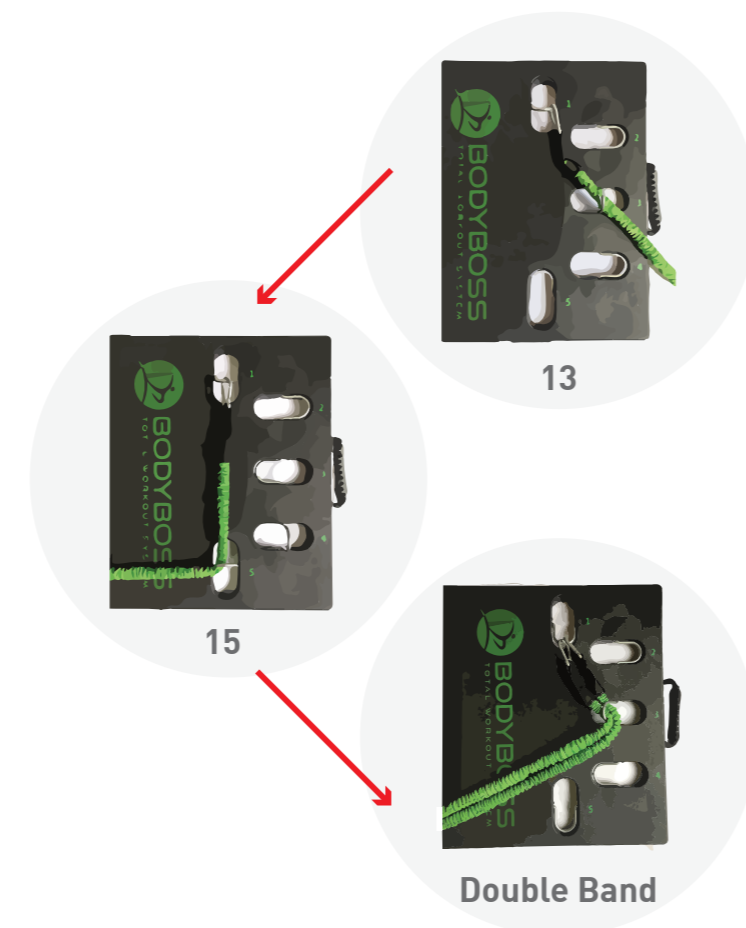
25 - 41

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



BRING THE GYM TO YOU!



GETTING STARTED & SUPPORT

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)



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



WORKOUT GUIDE

Now that you have an overview of everything that comes in the box plus how to adjust and modify the bands resistance level, it's time to get started with your very first workout! Included in your BodyBoss order is a workout guide that covers a variety of exercises you can follow categorized by muscle groups, as well as some routines you can use to get started right away!



SUPPORT & WARRANTY

Any issues with your order? Our Boss Happiness team has you covered! You can contact us directly at support@bodyboss.team, and we'll be sure to get all issues resolved for you in a timeline manner. Also included with your BodyBoss purchase is a copy of our warranty, and you can access it and register online as well with www.BodyBossPortableGym.com/warranty



REFERRAL PROGRAM

Did you know BodyBoss has a cash back program? Earn money simply by working out and recommending the product to friends and family! To sign up, go to www.BodyBoss.PortableGym.com/referral to get your unique ID and code generated today.



SOCIAL

Stay social! We love sharing content from our boss community and highlighting members in their personal transformations. Have a photo or video you'd like to feature? Say hello on any of the following social media channels.

- www.facebook.com/BodyBossPortableGym
- www.instagram.com/BodyBossPortableGym
- www.twitter.com/BodyBossCompany

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.



Administered by:
RhinoBoss, LLC, DBA BodyBoss
4914 Cooper Road, #42181
Cincinnati, Ohio 45242