

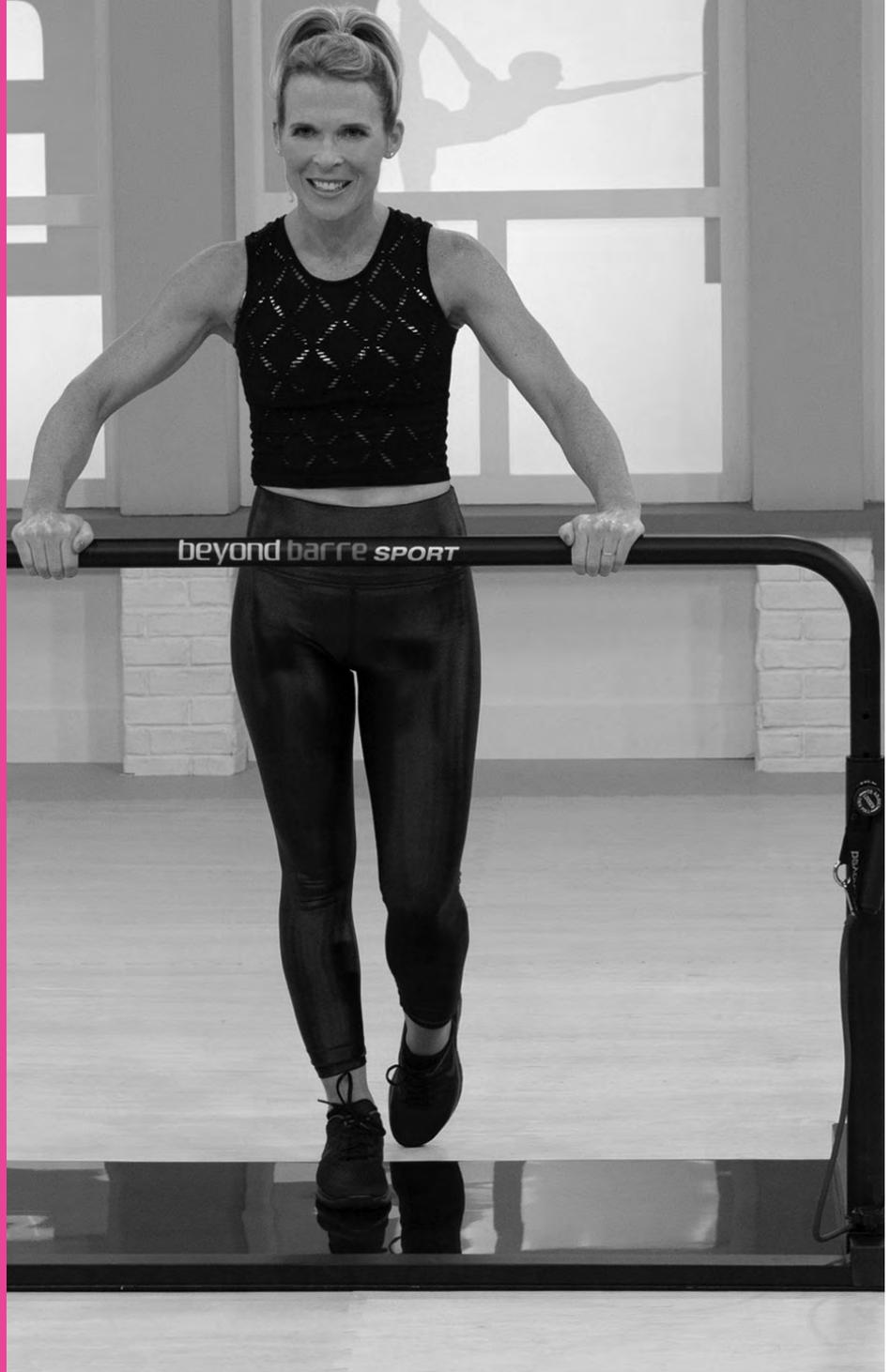
# beyond barre™ SPORT

## OWNER'S MANUAL

For maximum effectiveness  
and safety, please read  
this Owner's Manual and  
view the Video before using  
your BeyondBarre™ Sport

**FEATURING::  
COLLEEN KETCHUM**

*Fitness Expert & Founder of  
BeyondBarre™ Training Method*



## *Table of Contents*

Congratulations .....	2
Safety Instructions.....	3
Equipment Warning Labels .....	3
Product Specifications .....	4
Assembly and Set Up.....	4
Assembly Instructions .....	5-6
Inspection, Maintenance & Storage .....	7
Warm-Up & Cool Down Stretches.....	8-9
Parts List & Overview .....	10

## *Limited Warranty*

ATP Development, LLC warrants that under normal, personal, residential use, BeyondBarre™ is free from defects in material or workmanship. Parts are warranted for six (6) months from the date of purchase. THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER AND IS NOT TRANSFERABLE.

ATP Development, LLC's obligation under this warranty is limited to replacing the defective part(s); or at its option, repairing or replacing (or refund in its sole discretion) the product. For service call 1-800-668-0360. Warranty coverage is void for defects or damage caused by the use of unauthorized parts or service.

This warranty does not cover product damage attributable to misuse, abuse, neglect, accidents, unauthorized alterations, failure to follow manufacturer's direction for use or storage, improper maintenance, vandalism, usage for commercial or rental purposes, or "ordinary wear and tear". This warranty does not cover any separately sold items, parts, or accessories.

There are no other warranties other than expressly set forth herein. **Any implied warranty of merchantability or fitness for a particular purpose is limited to the duration of this warranty.** No agent or retailer of the BeyondBarre™ has authority to modify this warranty in any respect.

**ATP DEVELOPMENT, LLC SHALL NOT BE HELD LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES ARISING OUT OF USE OR PERFORMANCE OF THIS PRODUCT.** These include – but are not limited to – loss of use of the product; loss of time, enjoyment, or revenue; inconvenience; installation or removal costs; or other incidental or consequential damages.

SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. This warranty gives you specific legal rights; you may also have other rights which vary from state to state. This warranty is valid in the U.S. and Canada only.

BeyondBarre™ is manufactured and distributed by ATP Development, LLC, BeyondBarre Division.

## ***Congratulations on purchasing your BeyondBarre™ Sport!***

From everyone here at BeyondBarre™, a most sincere thank you for choosing the **BeyondBarre™ Sport Home Workout System**. We are very proud of this wonderful exercise product, and hope you will use and enjoy it for years to come.

Now, you can get a serious cardio workout while having fun “skating”. And, at the same time, you will slim, shape, and firm your body.

The gliding surface is a special “slippery” plastic that will hold up to years of use. Be aware that the hands-on manufacturing process sometimes results in slight scratches or scuffing of the plastic surface.

Any such slight imperfection is normal and will not affect the performance of the product.

### **CUSTOMER SERVICE QUESTIONS**

If you have questions about your BeyondBarre™ Sport, please call Customer Service at 1-800-668-0360, Monday through Thursday, 8:30 am to 5:00 pm, EST.

### **ORDERING REPLACEMENT PARTS**

When ordering parts, please contact our Parts Department, toll free at 1-800-668-0360, Monday through Thursday, 8:30 am to 5:00 pm, EST.

**IMPORTANT:** You must have your serial number and this manual ready when calling for parts.

Serial # \_\_\_\_\_

### **PLEASE ALSO PROVIDE THE FOLLOWING INFORMATION:**

1. Name, Mailing Address and Telephone Number
2. Date of Purchase
3. Where Product was Purchased (Name of Retail Store, City)
4. Model Number
5. Part Order Number and Description

## *Safety Instructions*

**IMPORTANT:** Before using the BeyondBarre™ Sport, you must read, understand, and follow the safety instructions presented here. Failure to do so could result in death or serious personal injury.

**DO NOT GET ON THE BEYONDBARRE™ SPORT GLIDEBOARD SURFACE UNTIL YOU FULLY UNDERSTAND HOW TO PROPERLY USE IT.**

- Consult your doctor before using the BeyondBarre™ Sport, or before starting any other exercise program. This is especially important if you are over 35 or have pre-existing health problems.
- If, at any time while using the BeyondBarre™ Sport, you feel faint, dizzy, short of breath, or experience pain or tightness in your chest, stop exercising and immediately consult your doctor.
- This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed.
- The plastic surface of the BeyondBarre™ Sport glideboard is very slippery. To avoid slipping and falling, always use care while on the BeyondBarre™ Sport, and when stepping on and off.
- To prevent someone from inadvertently slipping and falling on the BeyondBarre™ Sport, immediately store when not in use.
- The BeyondBarre™ Sport is not safe for children to use. Do not allow children to step on the glideboard surface.
- Use the BeyondBarre™ Sport only on a solid, flat and level surface to prevent unexpected movement.
- Do not use the BeyondBarre™ Sport glideboard surface in bare feet. (Use with skating booties over athletic shoes or canvas ballet slippers.)
- Inspect your BeyondBarre™ Sport before each use to ensure proper operation. If any parts begin to show signs of wear, including Knobs, Sliding Surface and Resistance Bands, replace before using your BeyondBarre™ Sport.

## *Equipment Warning Labels*

WARNING LABEL 1 (2 Locations)



WARNING LABEL 2 (2 Locations)



WARNING LABEL 3



## Product Specifications

### UNIT DIMENSIONS

Assembled (L x W x H):  
56.61" x 25.98" x 42.8" (highest) & 33" (lowest)

Carton (L x W x H): 57.87" x 28" x 5.72"

### UNIT WEIGHTS

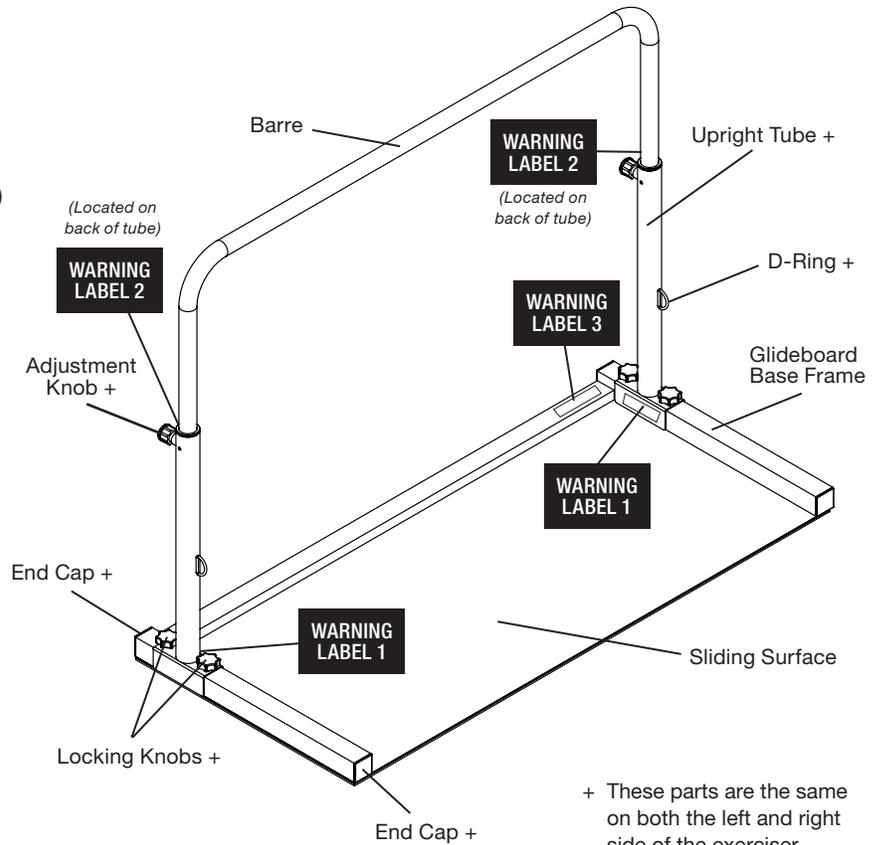
Unit (out of carton): Approx. 34.1 lbs.

Unit (in shipping carton): Approx. 42 lbs.

Maximum user weight: 375 lbs.

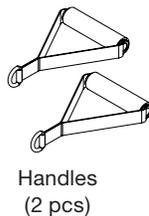
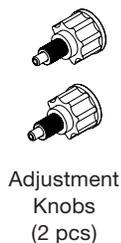
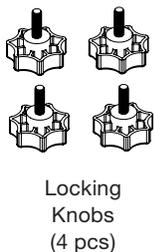
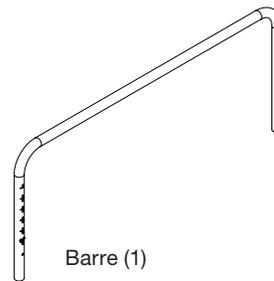
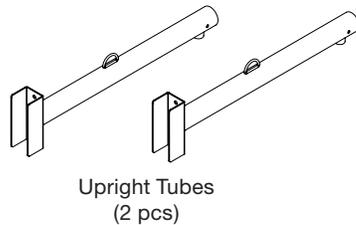
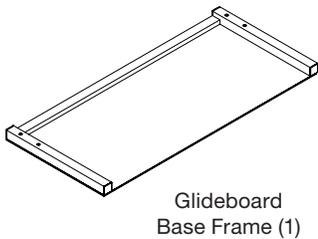
### INCLUDES

- 3 Workout DVD Programs
- Wall Chart
- Nutrition Guide
- Silicone Lubricant
- Resistance Bands with Handles



## Assembly and Set Up

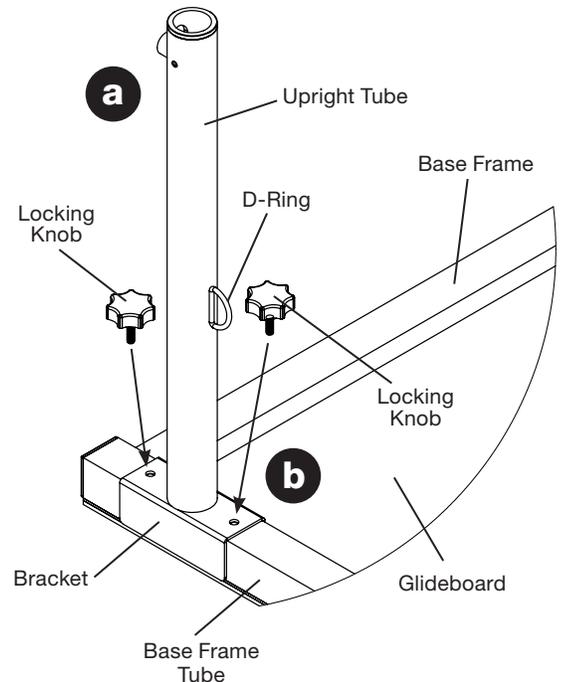
Before beginning, remove all contents from the carton.  
Make sure you have all the parts as shown below.



## Assembly Instructions

### Step 1: Upright Tubes

- a) Lay Base Frame on a flat and level surface. Attach one Upright Tube on the left side of Base Frame tubing as shown. **Note:** The D-ring should face the glideboard user side.
- b) Secure by inserting two Locking Knobs. Align the holes on the bracket of the Upright Tube to the holes in the Base Frame Tube. Secure by turning the Locking Knobs clockwise. For ease of assembly, we recommend starting both Locking Knobs before completely tightening.
- c) Repeat on the right side.

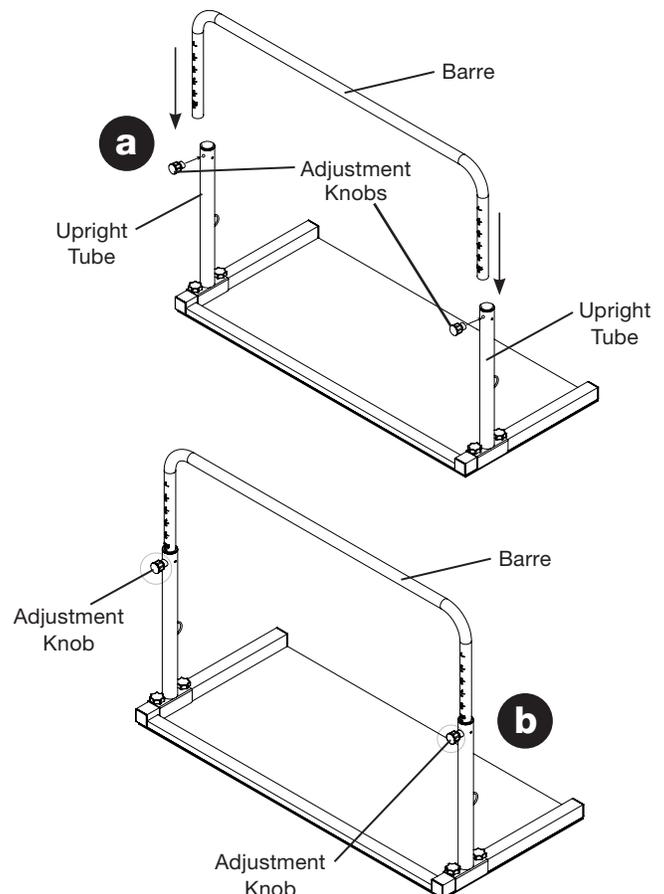


### ⚠ WARNING

Ensure Locking Knob is securely tightened and locked in place before use.

### Step 2: Barre

- a) Insert the Barre into the Upright Tubes with holes facing forward (away from the glideboard surface). **Make sure your Barre is even on the left and right sides by using the same number (shown as indentation on the Barre Frame Tube).** Insert Adjustment Knobs on the left and right Upright Tubes. Turn clockwise to fully tighten.
- b) To adjust your Barre for your height, loosen the Adjustment Knobs on the left and right side of the Upright Tubes by turning counter-clockwise until approximately 3 threads are showing. Pull out the Knob to release, then raise or lower the Barre. Select the same position on both sides and release the Knob until you hear it pop into place. **Note:** If you did not hear the Adjustment Knob pop into place, try pulling out the Adjustment Knob slightly first. Adjust one side at a time. For proper height of the Barre, adjust it so there is approximately a 90 degree angle between your hands (when resting on the Barre), elbows and shoulders. Your hands should be slightly lower than your elbows.

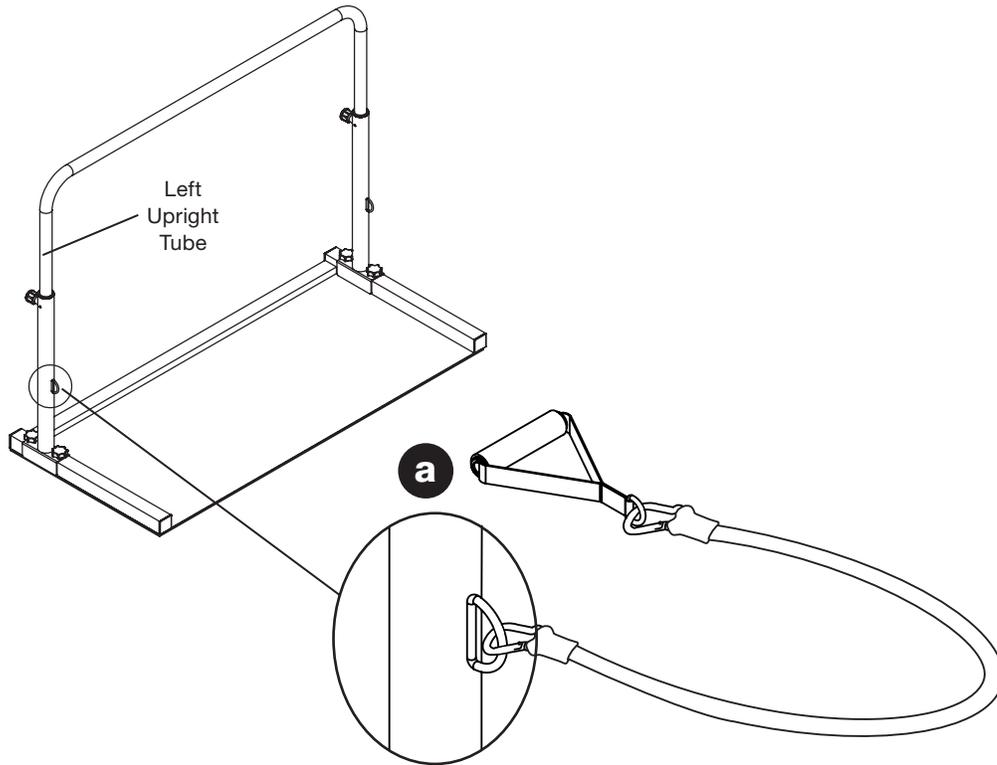


### ⚠ WARNING

Ensure Adjustment Knob is securely tightened before use.

### Step 3: Resistance Bands

- a) Connect one end of the Resistance Band to the D-ring on the Left Upright Tube.  
Connect the Handle on the other end of the Resistance Band.
- b) Repeat on the right side.



## *Inspection, Maintenance & Storage*

### **INSPECT UNIT PRIOR TO EACH USE**

*Inspect your exerciser before each use to ensure proper operation.*

- Do not use unless all moving parts are working properly. All nuts, knobs and bolts should be securely tightened.
- The exerciser should only be used on a solid, flat and level surface. For safety, allow at least 2 feet of free space around it.
- To avoid serious injury, care should be taken at all times when getting on and off this product. Also, take care when lifting or moving equipment, so as not to injure your back. Always use proper lifting techniques and/or assistance.

### **MAINTENANCE**

*The BeyondBarre™ Sport Glideboard is basically maintenance-free.*

- Dirt build-up can be removed by lightly scrubbing the glideboard with a clean, soft cloth, warm water, and a drop of mild dish soap.
- After much use, the plastic surface could lose some luster and not be as slippery. You can renew the plastic simply by lightly spraying a paper towel or clean, soft cloth with silicone (included), and then wiping down the glideboard surface. Allow to dry before using.
- Check the Resistance Bands for signs of wear. If a Band needs replacement, do not use it until it is replaced.
- Regularly check all moveable parts (Barre, Bands, Knobs, etc.) for signs of wear. If anything is worn or broken, do not use the exerciser until part is replaced and unit is in good working condition.
- Never use lubricant such as WD-40® or Armour All® to lubricate or clean unit.
- Clean latex Resistance Bands with water and allow to air dry.

### **STORAGE**

*The BeyondBarre™ Sport can be easily disassembled to store beneath a bed or in a closet.*

## *Warm-Up & Cool Down Stretches*

Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements. 10 to 12 minutes of daily stretching is recommended. This should be done when warming up and cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.

### 1. DOUBLE LEG STRETCH AT THE BARRE

**Set Up:** Place both hands on the Barre. Walk feet back and extend the arms with the torso parallel to the floor, heels under the hips.

**Action:** Bend the right knee in slightly, stretching the back of the leg. Switch sides.



### 2. TRIANGLE STRETCH

**Step Up:** Step the left foot towards the Barre and the right foot back. Right hand lightly on the Barre.

**Action:** Reach left hand towards the left foot. Shift the right hip back. Hold stretch. Pivot the torso to the right while keeping the hips level. Hold stretch. Switch sides.



### 3. TRIANGLE STRETCH CHALLENGE

**Set Up:** Step the left foot towards the Barre and the right foot back.

**Action:** With head in a neutral position reach the right hand to the sky. Balance and hold. Switch sides.



#### 4. FIGURE 4 STRETCH

**Set Up:** Standing with the right hand on the Barre, cross the right ankle over the left thigh.

**Action:** Sit back as if into an imaginary chair. Hold stretch. Switch sides.



#### 5. LEG STRETCH ON BARRE

**Set Up:** Stand facing the Barre; hold the Barre lightly with both hands.

**Action:** Lift the left leg to the side and place the ankle on the Barre. Lift the right arm up by the ear. Stretch the torso over the left leg. Hold stretch. Switch sides.



#### 6. RELEVÉ STRETCH

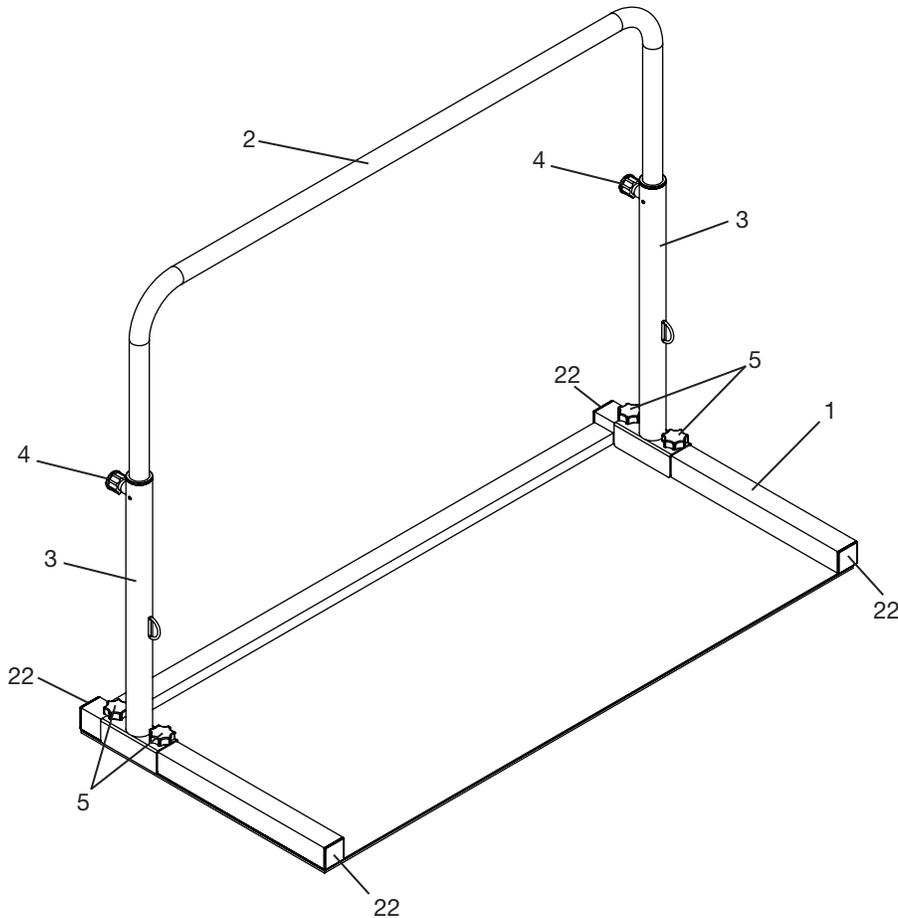
**Set Up:** Stand on the floor facing the glideboard, palms lightly on the Barre.

**Action:** Lift the heels; rise up onto the balls of the feet. Stretch the legs. Lower the heels with resistance.



## Parts List & Overview

ITEM #	PART#	DESCRIPTION	QTY	ITEM #	PART#	DESCRIPTION	QTY
	BBARRE	The BeyondBarre™ Unit	1	13	BBDVDSS	Sculpt & Skate DVD	1
1	BFRAME	Glideboard Base Frame	1	14	BBDVDGG	Grace & Glide DVD	1
2	TBARRE	Barre	1	15	BBDVDEC	Extreme Cardio DVD	1
3	UPTUBES	Upright Tube	2	16	BBANDG	Green Resistance Band Loop <i>(part of upsell package, optional)</i>	1
4	ADJKNOB	Adjustment Knob	2	17	BBANDP	Pink Resistance Band Loop <i>(part of upsell package, optional)</i>	1
5	LCKKNOB	Locking Knob	4	18	BBMAT	Yoga Mat <i>(part of upsell package, optional)</i>	1
6	BBHANDLES	Handle	2	19	BBALL	8" Ball with Straw and Plug <i>(part of upsell package, optional)</i>	1
7	BBANDSB	Resistance Band Blue	2	20	BBWC2	Ultimate Conditioning Wall Chart <i>(part of upsell package, optional)</i>	1
8	BBOOTIES	Bootie	2	21	BBDVDUC	Ultimate Conditioning DVD <i>(part of upsell package, optional)</i>	1
9	SILBOTTLE	Silicone Bottle	1	22	BBECS	End Caps	4
10	BBMANUAL	Owner's Manual	1				
11	BBNUTGUIDE	Nutrition Guide	1				
12	BBWC	Wall Chart	1				



# beyond barre™ SPORT

## *Dedication to Quality*

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty for details.

## ***Save your sales receipt.***

You may wish to staple into this manual.

© 2018 ATP Development, LLC, BeyondBarre Division. All rights reserved.

No part of this booklet may be reproduced in any form, by any means, electronic, mechanical or otherwise, without the express written consent of the copyright holder.

BBMANUAL