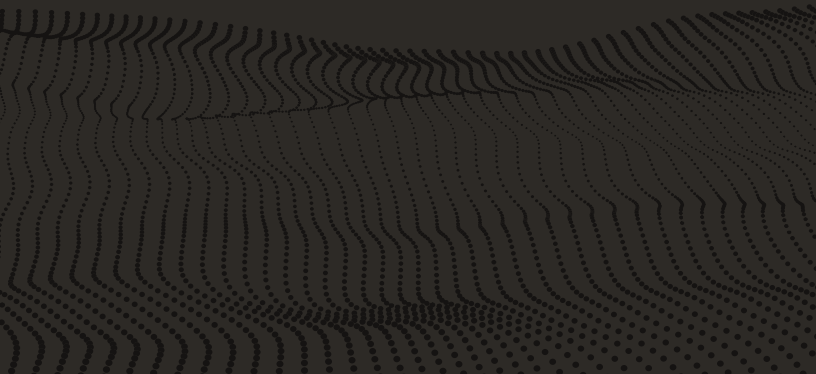


# X3

QUICK START  
GUIDE





***GREATER  
FORCE,  
GREATER  
GAINS***

# HOW TO USE X3

- 1** Watch the X3 Workout Program introduction videos before you begin and when you need a reminder of best practices. View individual exercise tutorial videos prior to performing each movement and as needed for checking your form.
- 2** For each exercise, perform a single set of 15–40 complete repetitions, followed by as many partial reps as possible. Continue until you can no longer move the bar even an inch. Do not follow low-repetition tactics often used with free weights.

**3** Maintain constant tension in the band throughout each set. Never let the band go slack at the bottom of a movement. Never lock out your joints at the top of a movement.

**4** Perform all repetitions in a slow and controlled manner. A rep speed of 2–3 seconds up and 2–3 seconds down will produce the best results.

**5** Start with the lightest band for all exercises. Only move to the next heavier band when you can complete 40 slow and controlled repetitions with good form.

# HOW TO USE X3

- 6** Move down in resistance to a lighter band if you cannot perform 15 slow and controlled repetitions.
- 7** When using the ground plate, make sure to center your weight over the middle of the band channel. The band should be aligned with the midfoot for most exercises and at the ball of the foot for calf raises.
- 8** Be careful to maintain control of the bar and keep a firm grip on the bar at all times.

**9** Except when performing the squat, keep your wrists straight and wrap your thumbs around the bar at all times. Do not use a suicide grip.

**10** Never use X3 on slippery, unstable, or rough surfaces.

**11** Never step off the ground plate if there is still tension on the band.

**12** Stay consistent and the gains will come.

# WARNINGS

- ▶ **INSPECT YOUR BAND BEFORE EACH USE FOR DAMAGE. IF YOUR BAND APPEARS DAMAGED, PLEASE CONTACT CUSTOMER SERVICE TO CONFIRM WHETHER IT IS STILL SAFE TO USE.**
- ▶ **ALWAYS MAKE SURE YOU MAINTAIN A FIRM GRIP ON THE BAR TO AVOID INJURY.**
- ▶ **ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**
- ▶ **NEVER STEP OFF THE GROUND PLATE OR LET GO OF THE BAR WHILE THERE IS TENSION IN THE BAND.**
- ▶ **BEFORE PUTTING TENSION ON THE BAND, MAKE SURE THE BAND IS FULLY SEATED IN THE HOOKS.**

**WARNING:** Failure to follow these instructions can result in serious injury!



**WARNING:** By using X3 you acknowledge that you understand that exercise, including exercise such as the use of X3, carries the risk of death and serious injury, and you assume all risks of the same, and upon consideration of those risks, you agree on behalf of yourself and anyone entitled to act on your behalf, to hold harmless, waive, and release Jaquish Biomedical Corporation and all of its officers, agents, affiliates, contractors, representatives, employees, subsidiaries, successors, and related entities from all liabilities, responsibilities, or claims of any kind relating to or arising from your purchase and use of the X3 product. Unless you immediately return the X3 product, you also accept, and agree to be bound by, the Terms of Service posted on the [www.jaquishbiomedical.com](http://www.jaquishbiomedical.com) website. If you purchased X3 from that website, you have already agreed to those Terms.

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