

LIFT-X™ DEAD-X™ CORDS

PERFORMX
TRAINING SYSTEMS



LIFT-X DEAD-X CORDS SET-UP

- 1) Lay Dead-X cords out along Trak-X in platform (one on each side) with center of cords at the location of the bar for lifts.
- 2) Secure Dead-X cords taught using Trak-X clips on end of cord.
- 3) Attach the cam buckle and tether to the universal bar for loaded lifts.

LIFT-X DEAD-X CORDS EXERCISES

Add cord loaded measurable and progressive resistance to the Dead-Lift exercise with and without resistance. For best results contrast train with cord load and non-cord load.



LIFT-X™ DEAD-X™ CORDS RESISTANCE GUIDE

Resistance Color	Start Position	Finish Position
Red (Medium)	10 lbs	70 lbs
Blue (Heavy)	10 lbs	105 lbs
Gray (Ex. Heavy)	11 lbs	150 lbs
Black (Ultimate)	12.5 lbs	195 lbs

CORD GUIDELINES:

Thank you for your purchase of the Perform-X® Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

USAGE GUIDELINES:

- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise; make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be without defect in material or workmanship, if there is a covered defect. Perform-X will: (i) at Perform-X's election, replace the defective cords or Trak-X pieces only, not remove or uninstall; (ii) pay the cost of transporting defective Cords or Trak-X pieces to it and returning replacement Cords or Trak-X pieces to Buyer; Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation; (ii) physical abuse to, or misuse of, the Cords or Trak-X or operation thereof; or (iii) any use of the Cords or Trak-X other than that for which they were intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cords or Trak-X, or parts thereof, previously sold.

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