

Your satisfaction is guaranteed.

NATS Total E Fit™ NATS Slide & Glide™ Warranty Information

If you are not 100% satisfied during the thirty day period following delivery of your NATS Total E Fit™ or NATS Slide & Glide return your product in its original condition and packaging for a full refund, less shipping and handling.

Return Policy

If you are not completely satisfied with your order, you may return the unused items (excluding cds, dvds, videos, audios and printed materials such as manuals, charts, etc.) within 30 days from the date of invoice for a full refund (excluding shipping charges and any applicable restocking fees). Please call 320-815-5665 for a return authorization number, and follow the return instructions received from NATS LLC. We reserve the right to not accept returns that are in poor condition, do not have a return authorization number, or are not accompanied by a packing slip.

NATS, LLC warrants that the products sold by it are free from manufacturing defects for a period of 30 days from the invoice date. Should your product show signs of defective workmanship or material prior to the expiration of the 30-day warranty, you should call our customer service department at 320-815-5665 to receive an exchange authorization number; or return the product to NATS Nutrition & Aerobic Training Service at 963 Latoka Heights Lane SW, Alexandria, MN 56308. This warranty is limited to the replacement of the product by NATS®, and all transportation, shipping, and return costs shall be at your expense.

This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear. NATS Nutrition & Aerobic Training Service WILL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, including but not limited to use of any product, loss of time, inconvenience, or other incidental or consequential damages with respect to persons, business or property, whether as a result of breach of warranty, negligence or otherwise. NATS PRODUCTS LIABILITY SHALL BE LIMITED SOLELY TO THE REPLACEMENT OF THE GOODS NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED. NO OTHER WARRANTY, EXPRESSED OR IMPLIED, SHALL APPLY.

NATS, Nutrition & Aerobic Training Service LLC, warrants to the original purchaser that the Total E Fit™ will be fully guaranteed against defects in material and workmanship for a period of thirty days from the date of purchase, provided that the Total E Fit™ has been used according to the provided instructions. Our obligation under this Warranty shall be limited to the repair or replacement of any Total E Fit™ that may prove defective under the conditions and during the periods described above.

Before returning a defective product, the product should be packaged and delivery charges prepaid.

YOUR RIGHTS UNDER STATE LAW:

This warranty gives you specific rights, and you may have other rights that vary from state to state.

Recommended care and usage requirements of NATS Total E Fit™, NATS Slide & Glide™ and tubing products:

GENERAL CARE:

- Consult with a physician to discuss any specific guidelines regarding fitness/wellness programs and the use of any NATS health & fitness products.
- When using the Total E Fit board for step exercises the recommended weight limit is 180lbs.
- Always check for possible wear on the tubing and attachment area before each exercise session. If the tubing has a nick or a cut, discontinue use of that tubing product and replace it. There is not a safe way to repair a tubing product.
- You may use a mild soap to clean any part of the NATS Total E Fit, NATS Slide & Glide and tubing products.
- Avoid prolonged exposure to sunlight and salt or chlorine treated water.

TIPS:

- To begin, work at 60 to 70% of your maximum strength and 4-10 repetitions of each exercise. Increase effort, repetitions and sets as your fitness condition improves.
- Recommended exercises with the tubing products are 2-3 times per week and rest a minimum of 24 hours between exercise sessions.
- Perform the exercises in a controlled, slow, careful manner. Do not release the band with a quick snap; keep the band taut through your full range of motion.
- Remember to breath. Inhale before the contraction; exhale during the hard part (contraction).
- Good alignment is very important while exercising. Tighten your abdominal muscles in order to stabilize you center, the core area of your body, which includes your back. When standing, maintain good posture but do not lock your knees.

WARNINGS:

- Warning: To prevent risk of harm to eyes or face, make sure hooks are securely fastened to board, and the carabineer and resistance bands are in good condition.
- Never stretch the tubing beyond 2 times its resting length. Please note, overhead presses should be done while sitting. Standing would take the tubing well past its safe working length.
- Black ball must be locked into place, into the handle before each exercise or the tubing may come out of the handle.
- Both feet must always be on the mat unless otherwise specified in the exercise.
- In order to ensure proper usage of the mat, always place feet wide on edges of mat next to the holes containing your resistance bands.

- Never tie two or more pieces of tubing together.
- Never pull tubing towards your face. Avoid any uses that might cause the resistance bands to snap back toward your head or face.
- Children should use NATS products only with adult supervision.
- If you experience any unusual, severe, or prolonged pain and discomfort while using a NATS Total E Fit, or the Slide and Glide immediately discontinue use and get medical assistance.