

# N Ü V A B A R™

The N Ü V A B A R™ is a new way to exercise. It uses resistance and assistance to build strength and lose weight in your abs and core, without getting on the floor.



To get started and access your workouts, scan the QR Code or visit [NUVABAR.COM](https://www.nuvabar.com)

QUICK START GUIDE





## Welcome to the N Ü V A B A R™ Family

Every time you push down on the handle of the N Ü V A B A R™, you'll experience smooth, gentle resistance. Then on the way back, you'll love how it helps assists and lifts, while it rebounds you back up to your starting position.

With the N Ü V A B A R™, we'll feel younger and stronger together!

*Brenda DykGraaf*

To get started and access your workouts and eating guide, scan the QR Code or visit [NUVABAR.COM](https://www.nuvabar.com)



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# N Ü V A B A R™

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

**⚠ CAUTION** The Resistance Bands contain synthetic rubber latex which may cause allergic reactions.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **N Ü V A B A R™**.

## SAFETY INSTRUCTIONS

- Consult a physician prior to commencing any exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Save these instructions and ensure that other exercisers read this manual prior to using the **N Ü V A B A R™** for the first time.
- Read all warnings and cautions posted on the **N Ü V A B A R™**.
- The **N Ü V A B A R™** should only be used after a thorough review of this Quick Start Guide and the manual located on the **N Ü V A B A R™** website.
- Make sure that the **N Ü V A B A R™** is properly assembled and tightened before use. Before using, inspect the **N Ü V A B A R™** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
  - Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- It is recommended that you use this exercise equipment on a workout mat.
- Keep children away from the **N Ü V A B A R™**. Do not allow children to use or play with the **N Ü V A B A R™**. Keep children and pets away from the **N Ü V A B A R™** when it is in use.
- Set up and operate the **N Ü V A B A R™** on a solid level surface. Do not position or use the **N Ü V A B A R™** on loose rugs or uneven surfaces.
- Only use the **N Ü V A B A R™** in an open area free of furniture and other items that could get in the way while exercising.
- Keep fingers clear of all pinch points when assembling, using and storing the **N Ü V A B A R™**.

- DO NOT release the **N Ü V A B A R™** while under tension. The **N Ü V A B A R™** contains resistance bands that may snap or recoil towards you if they break or release under tension.
- Always use smooth, controlled movements and never release the **N Ü V A B A R™** while under tension.
- DO NOT modify the **N Ü V A B A R™** or use attachments not recommended by the manufacturer.
- Never use the **N Ü V A B A R™** with wet or greasy hands. Grip the **N Ü V A B A R™** securely to prevent it from slipping out of your hands. Losing your grip can cause the **N Ü V A B A R™** to recoil causing serious bodily injury, including to your eyes.
- Misuse or abuse of the **N Ü V A B A R™** may cause serious bodily injury and damage to the product.
- Do not wear loose or dangling clothing while using the **N Ü V A B A R™**.
- Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross-training shoes that fit well, provide foot support, and feature non-skid rubber soles.
- The **N Ü V A B A R™** is only intended for personal use. This product should not be used for commercial purposes.
- Manufacturers and distributors shall not be liable for any injury or damage that may occur while using the **N Ü V A B A R™**.

## **MAINTENANCE OF RESISTANCE BANDS FOR N Ü V A B A R™**

To keep your resistance bands in good condition, follow these steps:

- Do not attempt to patch or repair the resistance band if punctured or cut.
- Make sure the floor surface is free of pins, staples, and other sharp objects that could damage the resistance bands.
- Do not use resistance bands on abrasive surfaces.
- Do not allow the resistance bands to be exposed to heat sources for prolonged periods (direct sunlight, lamps, heaters, furnaces).
- Store the **N Ü V A B A R™** and the resistance bands in a cool and dry area. Place on a protective surface when not in use.



Scan now to view assembly directions  
or visit [NUVABAR.COM/assembly](http://NUVABAR.COM/assembly)



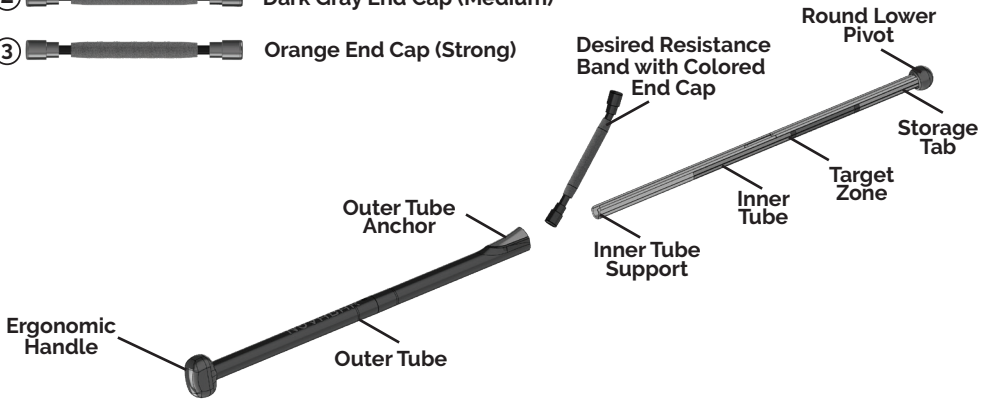
No tools  
needed

## PARTS

### RESISTANCE AND ASSISTANCE BANDS

\*Actual product may vary slightly from  
the one pictured.

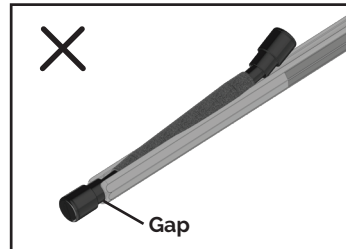
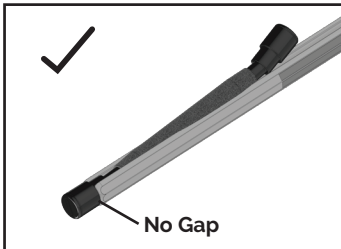
- ① Gray End Cap (Light)
- ② Dark Gray End Cap (Medium)
- ③ Orange End Cap (Strong)



- ④ Black End Cap (Extreme) \*\*Only included in certain models\*\*  
Offered as an accessory on NUVABAR™ website.

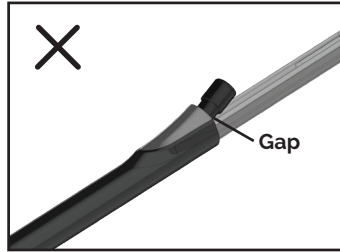
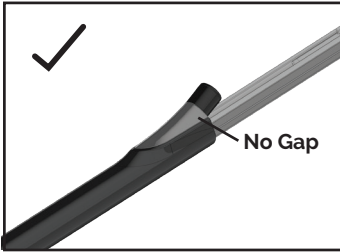
## ASSEMBLY

- Select desired level of resistance and insert the RESISTANCE BAND with COLOR END CAP into INNER TUBE SUPPORT.
- Make sure RESISTANCE BAND with COLOR END CAP is fully inserted into the INNER TUBE SUPPORT without any gap.



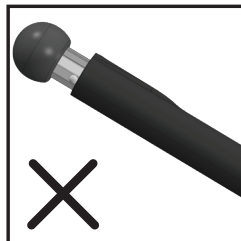
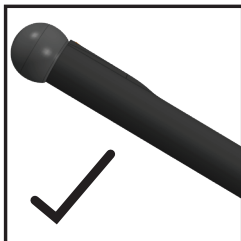
## ASSEMBLY CONTINUED

- Securely place the OUTER TUBE with the ERGONOMIC HANDLE on the workout mat or floor so it is in a vertical position.
- While securely grasping the OUTER TUBE in the vertical position, make sure the INNER TUBE SUPPORT and open channel are properly aligned with the OUTER TUBE ANCHOR.
- Carefully slide the INNER TUBE into the opening of the OUTER TUBE until the RESISTANCE BAND with COLOR END CAP reaches the OUTER TUBE ANCHOR.
- Firmly press the REISTANCE BAND with COLOR END CAP into the OUTER TUBE ANCHOR.
- Make sure the RESISTANCE BAND with COLOR END CAP is fully inserted into the OUTER TUBE ANCHOR without any gap.



## STORAGE

- Place the ERGONOMIC HANDLE on the workout mat or floor and disengage the RESISTANCE BAND with COLOR END CAP from the OUTER TUBE ANCHOR by pulling firmly.
- Gently slide the INNER TUBE out of the OUTER TUBE and remove the RESISTANCE BAND with COLOR END CAP by pulling firmly on the END CAP out of the INNER TUBE SUPPORT.
- Make sure the open channel of the INNER TUBE is properly aligned with the OUTER TUBE ANCHOR.
- Carefully slide the INNER TUBE inside the OUTER TUBE until the STORAGE TAB becomes fully engaged with OUTER TUBE.



Shorten the NÜVABAR™  
for storage

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# USING THE NÜVABAR™



**Seated Ab Crunch**



**Standing Ab Crunch**



**Seated Oblique  
Twist**



**Standing Oblique  
Twist**



**Squat**



**Lunge**



# MANUFACTURER'S LIMITED WARRANTY

This product is warranted to be free of defects in material and workmanship and to be in perfect working order at the time of purchase.

If the product should become defective within 90 days of purchase while under normal use, service, and proper operation, you may ship the product to the manufacturer for repair or replacement. The item must be in the original packaging and the shipping cost to return the item to the manufacturer is the responsibility of the purchaser.

If you have a warranty issue, contact us by phone at 1 (800) 375-7520 or by e-mail at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)

You can also mail your warranty claim with a brief description of the defect to:  
Stamina Products, Inc. 4435 West Manufacturers Street, Springfield, MO. 65803

THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.

Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

## STAMINA NEED HELP? CALL US FIRST

Although Stamina® tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part does not fit or is missing. PLEASE DO NOT RETURN THE PRODUCT. For your convenience, Stamina® has a Customer Care Department with a toll-free number. If you have a missing or defective part, please call 1(800)375-7520 (in the U.S.) between 7:30 a.m. and 5:00 p.m. Central Standard Time, Monday through Thursday, 8:00 a.m. and 3:00 p.m. Friday Central Standard Time or fax us at (417)889-8064. You can also visit us on-line at [www.staminaproducts.com](http://www.staminaproducts.com).



Our Customer Care Department will be able to assist you with your problem and all necessary parts will be mailed directly to your home.

## EQUIPMENT CAUTION & NOTICE LABELS

### CAUTION

For consumer use only. Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Weight limit is not applicable if product is used properly. This unit is not designed to fully support users weight.

### CAUTION

Do not use if allergic to synthetic rubber latex! This product contains synthetic rubber latex that may cause allergic reactions.

**GUARANTEED PERFORMANCE**

 **STAMINA**

Customer Care  
**1 (800) 375-7520**

Mon-Thurs • 7:30am - 5pm, Fri • 8am - 3pm CST  
FAX: (417) 889-8064 • [www.staminaproducts.com](http://www.staminaproducts.com)  
United States and/or International patents apply and/or are pending. See [www.staminaproducts.com](http://www.staminaproducts.com) for details.

**Model #**

**Serial #**

MADE IN TAIWAN

To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

# NÜVABAR™

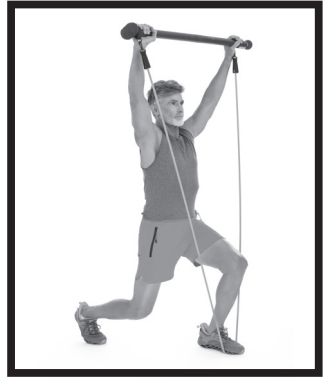
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## ACCESSORIES



### EXTREME BAND

Thickest Band



### TOTAL BODY BAND

Extra long band with (2)  
high-quality, durable attachments



### WRIST WEIGHTS

1 lb. each. Secure to thumb & wrist  
with open palm designs



### WORKOUT MAT

Strong and durable  
24" x 68" x 1/8"



To see accessories for the NÜVABAR™,  
Scan the QR code or visit  
[NUVABAR.COM/accessories](https://www.nuvabar.com/accessories)

# NOTES



**N Ü V A B A R<sup>TM</sup>**



**To get started and access your  
workouts, scan the QR Code  
or visit [NUVABAR.COM](https://www.nuvabar.com)**