

43559879 WEIGHTED H/HOOP BLACK

Usage Instructions



PRECAUTIONS:

1. Before use, Fit the hula hoop tight to your waist by adjusting the size of the exercise hoop and the length of the strap for the gravity ball.
2. Keep the hoop horizontally and steady during exercise. Make sure the gravity ball is fastened tightly. It is better to wear suitable clothes for exercise.
3. Pay attention to the gravity ball during exercise and avoid contact with other people or objects.
4. It is recommended to exercise -30 minutes a day, exercise 1-2 times a day.
5. Do not exercise within half an hour before or after meals;
6. Don't put the exercise hoop around your neck or other sensitive parts.
7. Not recommended for the elderly.
8. Not recommended for children under age of 16 years.

WARNING: ALWAYS CHECK EQUIPMENT FOR ANY DAMAGED PARTS AND ENSURE ROPE IS SECURELY FASTENED BEFORE USE. PLEASE STOP USING EQUIPMENT IF ANY DEFECTS ARE FOUND.



WARNING: BUTTON CELL BATTERIES ARE HAZARDOUS (NEW OR USED). KEEP AWAY FROM CHILDREN. BUTTON CELL BATTERIES CAN CAUSE SEVERE OR FATAL INJURIES IN 2 HOURS OR LESS IF THEY ARE SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY. IF YOU SUSPECT YOUR CHILD HAS SWALLOWED OR INSERTED A BUTTON CELL BATTERY, CALL THE 24HOUR POISONS INFORMATION CENTRE IN AUSTRALIA ON 131126 OR IN NEW ZEALAND 0800 764 766 OR CONTACT YOUR COUNTRY'S EMERGENCY DEPT. USED BATTERIES MUST BE DISPOSED OF IN THE GARBAGE OR A BATTERY RECYCLE FACILITY.

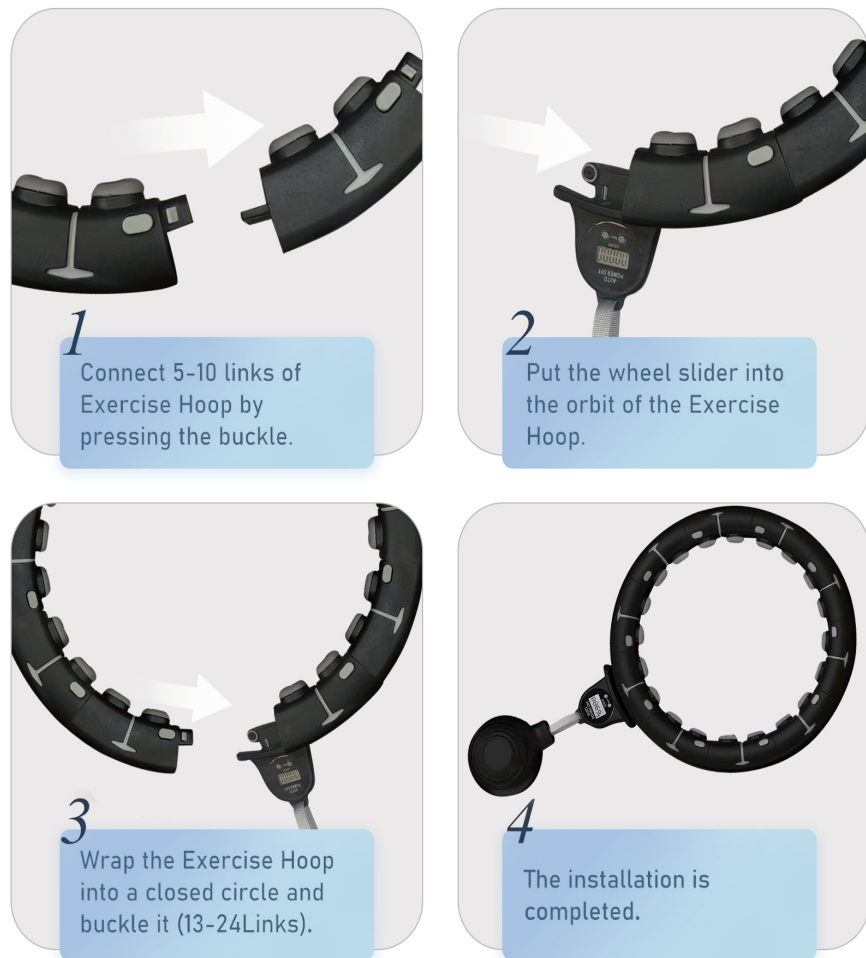


THIS PRODUCT CONTAINS
BUTTON CELL BATTERIES
SCAN THE QR CODE FOR
MORE INFORMATION.

Note: Symbols and "WARNING" text should be printed in colour where possible.

WARNING: ONLY USE THIS PRODUCT IN AREAS THAT ARE CLEAR OF OBSTACLES, OBJECTS, AND OTHER PEOPLE OR PETS. KEEP FAR AWAY FROM FRAGILE ITEMS WHEN USING.

ASSEMBLING



This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

BUTTON CELL REPLACEMENT Model: LR1130



EXERCISE GUIDE

1. Keep your body steady. Fit the hula hoop tight to your waist by adjusting the size of the exercise hoop and the length of the strap for the gravity ball. Hold the weighted ball and swing it by hand to feel the inertia.
2. Both feet open as wide as the shoulders. Circle your hip left and right, driving the abdominal force.
3. Keep the other part of your body stable and relaxed to get used to your waist and abdomen strength and then speed it up.
4. Take your time to learn to use your waist and abdomen to exert strength step by step.