

Installation method



1. Open the connector: pull the two clips outward, and then push the two connectors forward and backward.



2. Installation : first put the pulley block into the middle of the product track, then put the hula ring main body on the waist, and then put the two sides of the tail joint protruding cylinder into the connector, and close the clasps on both sides.



3. Adjust the length : if the length of the hula hoop main body is not appropriate, open the connector, and then disassemble or increase the number of sections of the main body to adjust the length. The length should be as compact as possible.

Step 1:
Use a screwdriver to loosen the screws on the weight ball.



Step 2:
Open the lid of the gravity ball and put in about 200g of sand or powder.



Step 3:
Put the sand in the transparent bag, close the lid and tighten the screws.



Note: please read carefully before exercise.

1. The speed of hula hoop rotation should not be too fast. It is better to keep stable and uniform movement, and feel relaxed and breathe evenly. The foot does not need to be too stiff, you can walk slightly, so as to avoid long-term repeated exercise leading to local muscle joint fatigue.
2. It is suggested that hula hoop should be rotated for more than 30 minutes, from once every 4 days to twice a day, step by step. Hula hoop belongs to the aerobic exercise that consumes heat. In order to achieve the effect of thin waist, it is recommended to exercise for more than 30 minutes.
3. Tighten the waist. Hula hoop mainly relies on waist strength, which fully exercises the waist muscle, abdominal muscle, side waist muscle and other parts. Sticking to the exercise can achieve the effect of tightening the waist and abdomen.
4. Do not exercise half an hour before meals.
5. Don't put the hula hoop on your neck.
6. Special population: if suffering from disease or physical discomfort, or women avoid exercise during pregnancy / menstruation.
7. Please exercise in a spacious place, and make sure that each chain link is firm and elastic belt is fixed, so as to prevent the ball from falling off and damaging people or objects around, especially children.