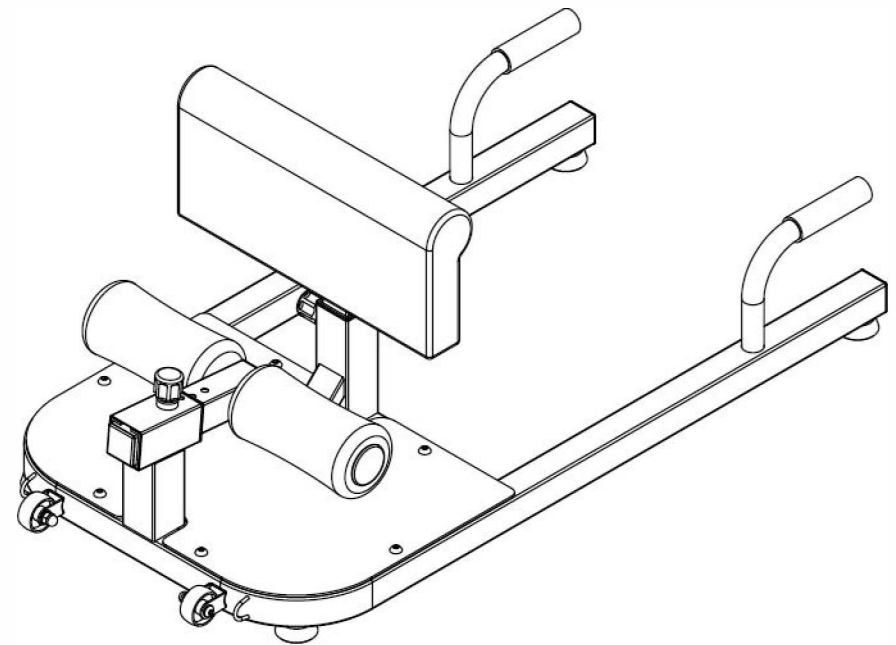




INade038_UK_A91-069



Please carefully read all instructions in the instruction manual before installing and using this product, and keep this instruction manual properly

table of Contents	1
Safety and maintenance instructions	2
Product analysis chart	3
Assembly instructions	4
Assembly steps (1, 2)	5
Assembly steps (3, 4)	6

Safety and maintenance instructions

Although the training equipment has been considered as safely as possible in the design and manufacture process, it is still in the process of operation.

There are some safety precautions to be observed. Please read the manual carefully before assembling and using the training equipment, especially the following safety.

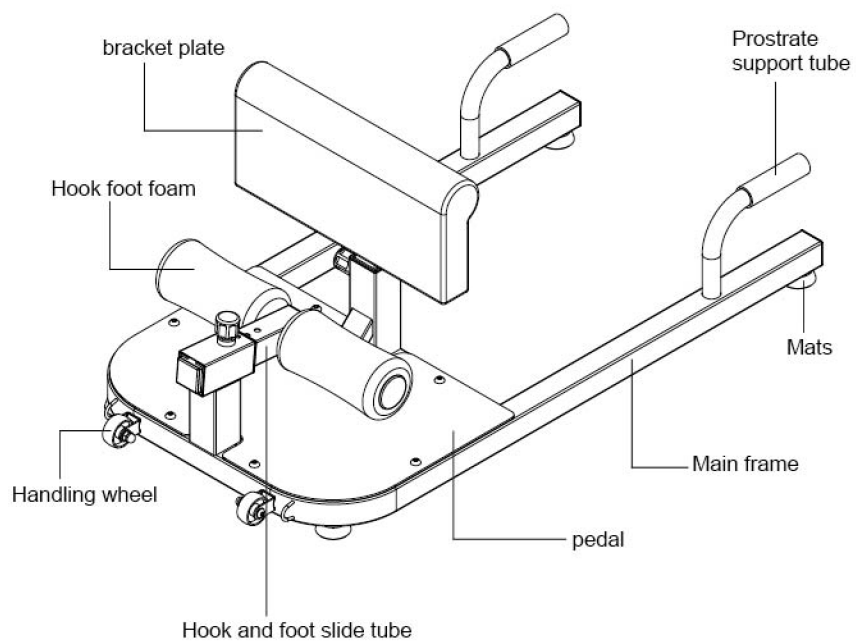
Precautions:

1. Avoid keeping children and pets close to the training equipment, and do not allow unattended children to stay alone in the room where the training equipment is placed. In between.
2. The training equipment is only allowed to be used by one person at a time.
3. If the user feels dizziness, nausea, chest tightness or other discomfort, stop using it immediately and see a doctor immediately.
4. The training equipment is placed on a clean, flat surface. The training equipment should not be used near the water source or outdoors.
5. The hand can not be close to any rotating parts.
6. When using the training equipment for training, the dress should be suitable for training, not wearing a wide or other category may be in the training process.
The clothes that are stuck are also recommended to wear sneakers or health shoes during the training.
7. In the process of using the training equipment, training can only be carried out in the manner described in the operating instructions, and the training not mentioned in the operating instructions is prohibited. Practice the training.
8. Avoid placing any sharp parts around the training equipment.
9. Any disabled person may not use the training equipment without the supervision of the sparring staff or caregivers.
10. Before training, usually warm up by doing various stretching exercises.
11. If the training equipment is abnormal, it is forbidden to use.
12. Training records need to be done at any time during the training process.
13. This product is only suitable for home use. The weight of the trainer must not exceed 120kg.

Warning

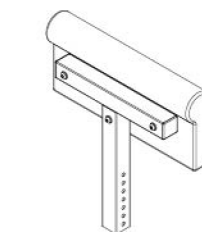
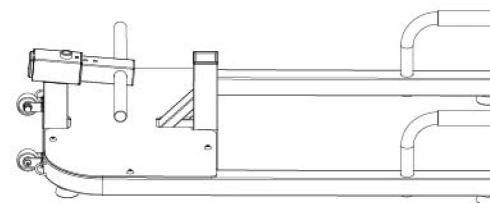
Consult a doctor before training, which is especially important for users over the age of 35 or with medical records. Use any fitnessThe equipment must be carefully read all the instructions and operating instructions before use, the company will not be responsible for the damage caused by its own reasons. Product analysis chart.

Product analysis diagram



Assembly instructions

1. frame sets 1PCS



2. Trailer board
(with screws) 1PCS



3. Hook foot foam 2PCS

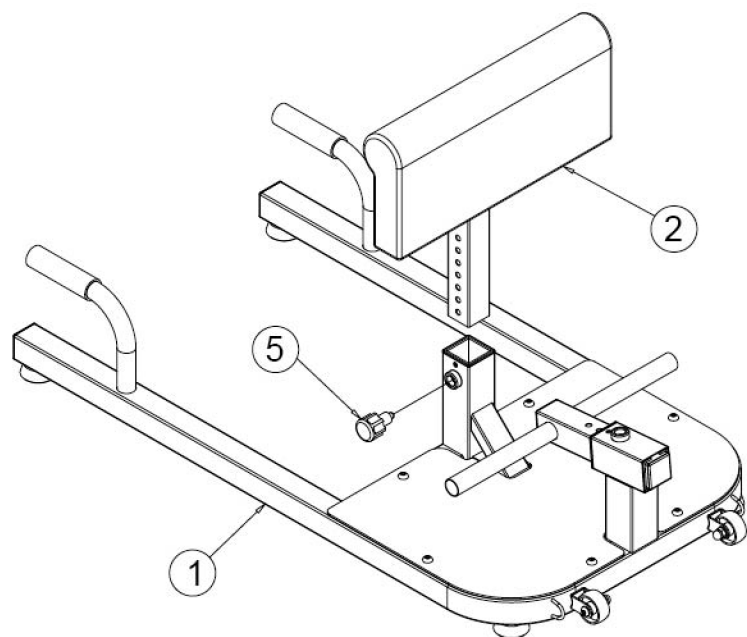


4. pipe plug 2PCS



5. Elastic pull pin 2PCS

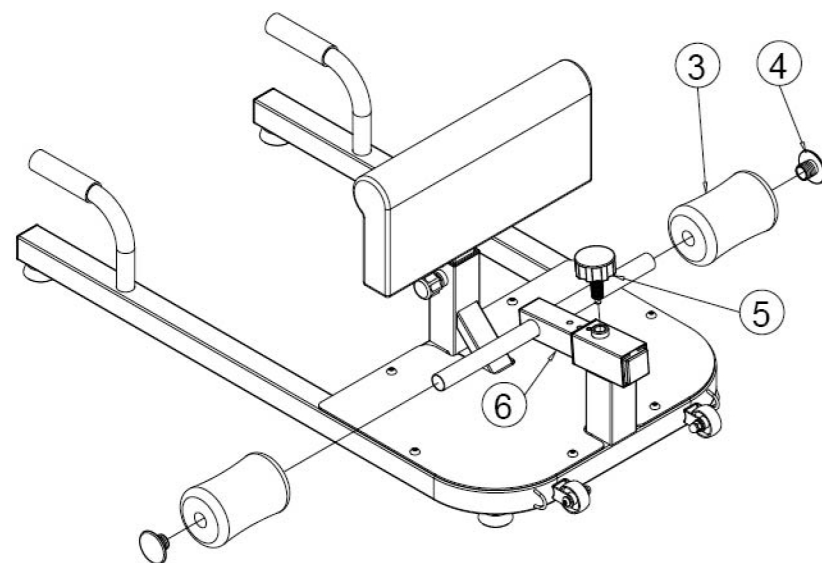
Installation steps



Step (1) assembling the trailer plate

1. Install (2-bracket connection tube) into (1-main frame group), fix it to the appropriate hole position with (5-elastic pull pin twist) and lock it.

Installation steps



Step (2) assembling foam and pipe plug

1. Fix the (5-elastic pull pin twist) to the appropriate hole position and lock it.
2. Insert (3-hook foam) into (6-hook tube set) and then load (4-tube plug) into (6-hook tube set).