

Soozier

Instruction Manual

A91-093 EN C000000



Thank you for purchasing this product. Please read these instructions carefully before you assemble or use this product. Each language has a separate section.

Important Safety Information

You must read and ensure you understand this manual before assembling this product. Always follow all warnings and instructions.

Keep this manual in a safe place for future reference.

If any part of this product is missing or damaged please contact the retailer so that replacement parts can be sent to you. Do not attempt to use the product if there are parts missing or damaged.

Check the product before each use to ensure all parts are secure and fastened correctly. Remember, fixings can sometimes loosen over time so you must check the product thoroughly before every use.

It is the responsibility of the owner of this product to ensure all users of this product are made aware of how to use the product safely.

This product is suitable for domestic, home use only.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY

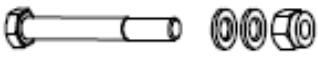
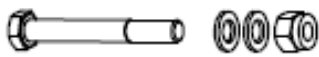

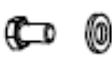






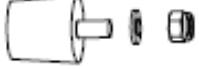
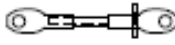
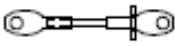






Always consult your doctor before undertaking any exercise program
Injuries to health may result from excessive or incorrect training
Have your doctor review your diet and training plans so they can advise you of a workout routine that is safe for you to adopt
Remove jewellery or anything else that may catch or snag before exercising
Always wear suitable clothing and footwear when exercising. Do not wear loose clothing that could get caught
Ensure any long hair is put up so that it does not get caught
After eating wait 1 to 2 hours before exercising
To prevent injury always ensure you warm up properly before exercising
We recommend you never do strenuous exercise alone. There should always be someone available to assist you
If you feel any pain or dizziness whilst exercising stop immediately, rest and seek medical attention
This product must only be used on a dry, level surface
Always use this product in adequate space, ensuring there is enough clearance either side and room to move around the product safely
Use this product only in the intended way
You must ensure that all parts and fixings are secure and safe before each use
Do not use this product if there are signs of damage or excessive wear
Keep children and pets away from this product at all times
Care must be taken when moving the product to avoid injury. Seek assistance where required

Note: This list should not be taken as exhaustive

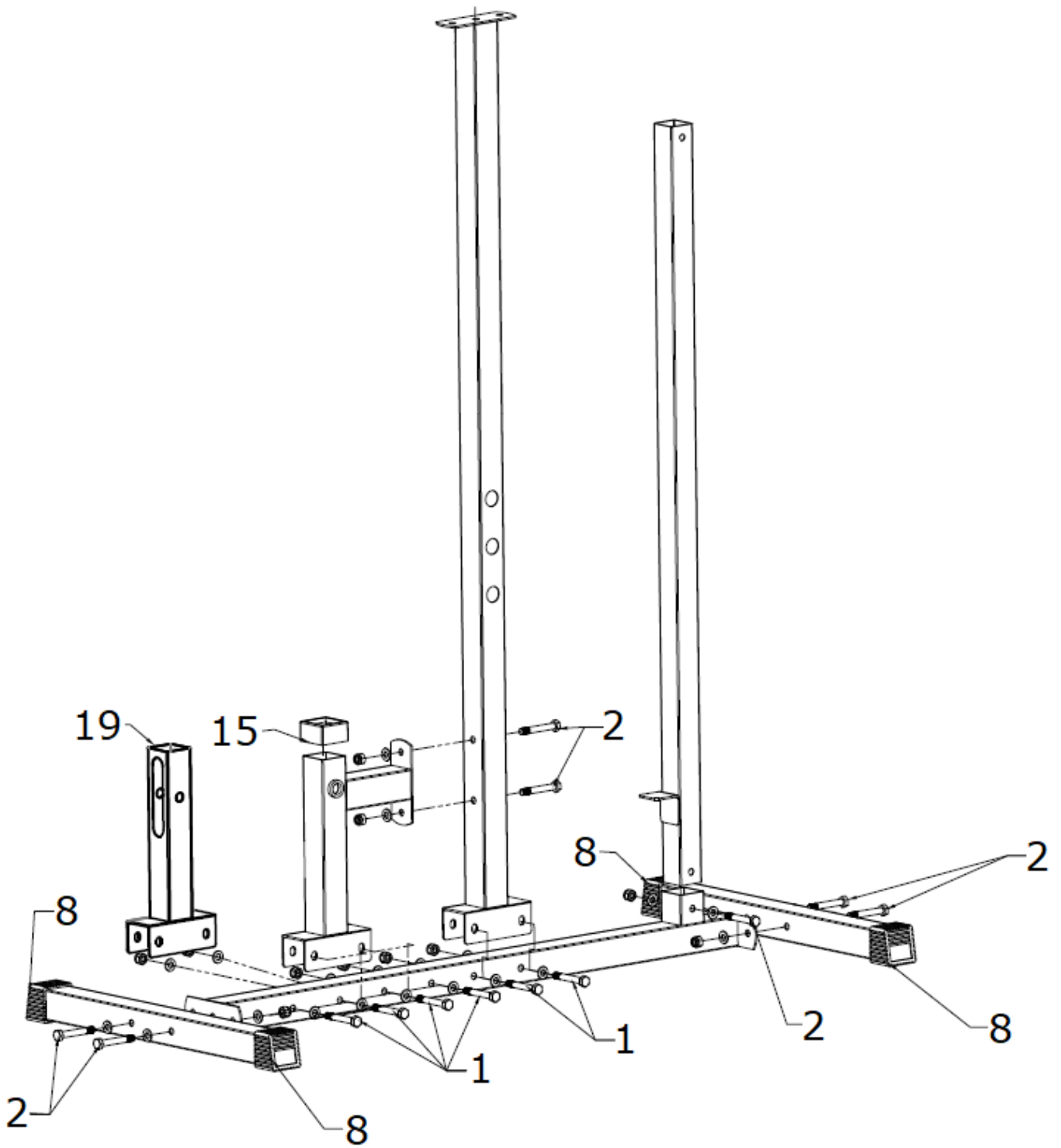
Assembly

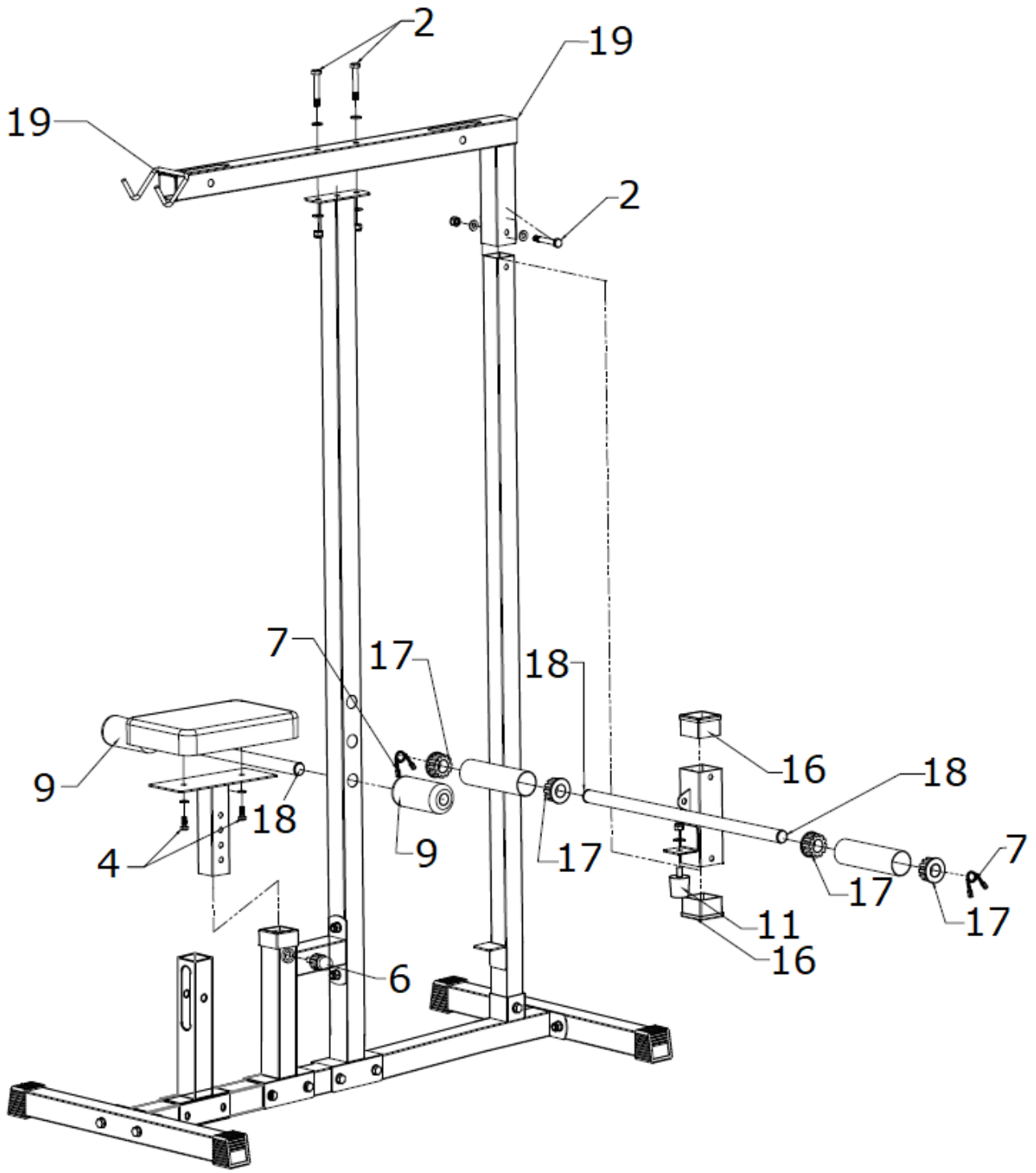
Ensure you follow all assembly diagrams and instructions
Assembly diagrams must be followed in the correct order
You may need at least one person to help you with assembly
Tighten fixings by hand in the beginning to allow for proper alignment. Once all fixings are in place tighten fully
Do not use the product until you are sure that it is assembled correctly and is safe for use

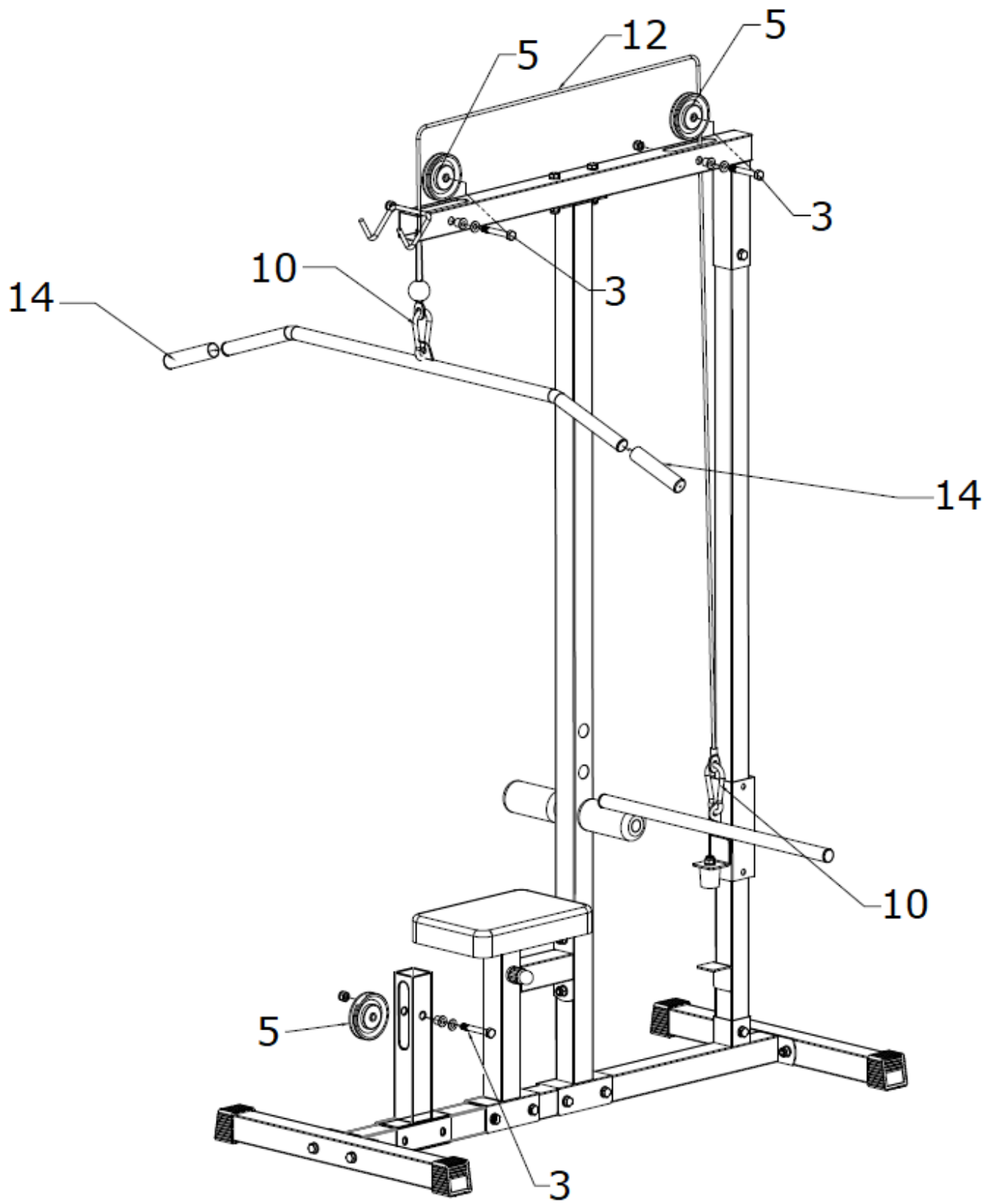
PART LIST

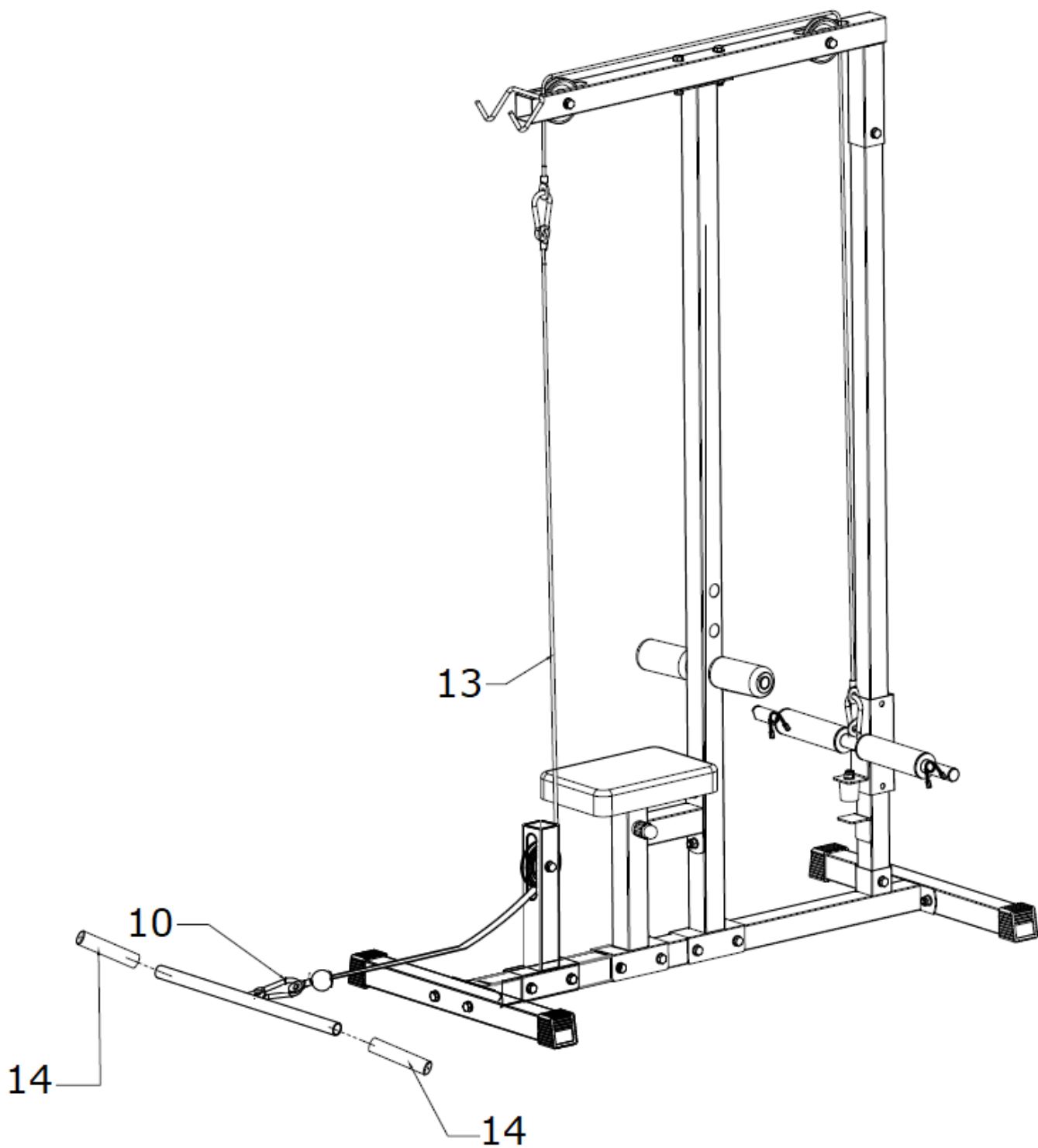
1 M10 x 70  x6	2 M10 x 65  x10
3 M10 x 70  x3	4 M8 x 16  x2
5  x3	6  x1
7  x2	8  x4
9  x2	10  x3
11  x1	12 2.2m  x1
13 1.8m  x1	14  x4
15  x1	16  x2
17  x4	18  x4
19  x3	

ASSEMBLY









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