



USER MANUAL - EN

IN 6858 inSPORTline Weight Hoop Magnetic 110 cm



Measurements and material:

Weight: 1.45kg

Diameter: 110cm

Pipe diameter: 3.5cm

Parts: Eight parts are connecting with buttons

Materials: PE pipes with magnetic massage balls

Packing: 1pc/color box, 5pcs/carton

- 1.This hula hoop has advanced massage effect,mainly training the whole body balance control.
- 2.All users can play more easily and feel comfortable without pain.
- 3.Soft and cool feeling massage muscles.
- 4.This product is good for losing weight and lessening obesity.
- 5.Characteristics: environmental friendly,corrnson resistant,good flexibility,anti-aging.
- 6.High degree of accuracy,good looks, smooth surface.
- 7.No poison,abrasion resistant,weather resistant, resist cold and high temperature.

Assembly:

Assembly Method" Press the one touch button on the body, and assembly orderly according to appropriate colors Those who use the hoop first may have some bruise, pain or itch on the abdomen or the waist due to massaging and pressing by projection of the product. In this case, wear a training uniform and control the strength of exercise. Be careful not collide with children or objects around you during exercise. Do not use the hoop if you are a pregnant woman or an old and feeble person or if your joints, back or waist is not in good condition.

Notice:

1. 5 minutes per day in first 2 weeks after that increase 10 minutes.
2. Do not play hula hoop more than 20 minutes at one time.
3. Do not play hula hoop half an hour before or after meals.
4. New users may cause bruising, and it will fade away after two weeks.
5. If bruising continues after the first two weeks please consult your doctor.
6. Please consult your doctor if you have the lumbar spine, neck or back problem.
7. Pregnants and children are not suitable for playing this hula hoop.