



USER MANUAL - EN

IN 6860 inSPORTLine Weight Hoop 105 cm



Measurements and material:

Weight: 0.41kg

Diameter: 105cm

Pipe diameter: 1.5cm

Parts: Ten parts are connecting

Materials: PE pipes

Packing: 1pc/color box, 20pcs/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.

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.