



USER MANUAL - EN

IN 6859 inSPORTLine Weight Hoop 100 cm



Measurements and material:

Weight: 1.2kg

Diameter: 100cm

Pipe diameter: 3.5cm

Parts: Eight parts are connecting with buttons

Materials: PP framework + NBR foam

Packing: 1pc/color box, 10pcs/carton

Color box size: 42*21.2*7cm

Carton size: 44*43*39cm

NW/GW.: 14/16kgs

- 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,corrnosion 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:

Step 1: Holding the bottom of two sections with both hands, then using the thumb press the button, meanwhile, aims at the assembling cavity.

Step 2: Insert the tube when thumb presses the button. You will hear “lock” voice when you finish the assemble step.

Step 3: Final, pulling at two sections in the opposite direction to confirm the assembly is well finished.

Disassembly steps

Step 1: Holding the bottom of two sections with both hands

Step 2: Thumb presses the button logo.

Step 3: Pull at the two sections in the opposite direction with both hands while thumb presses down the button firmly.

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.
8. Please play the hula hoop in an open place, to avoid the soft foam being damaged by some sharp or hard things when playing.