

USAGE GUIDE

* Always check with your doctor before beginning a new exercise programme for the first time.

* Always inspect all clasps before use.

* Always inspect anchor point before use to check it will support your bodyweight.

* Never use on an anchor point with sharp edges.

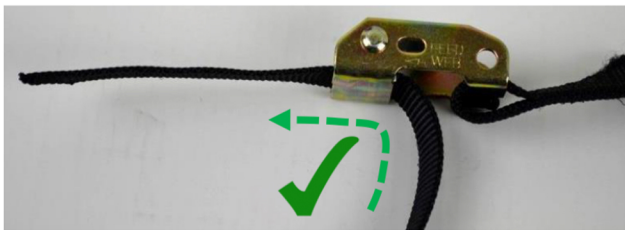
* Suitable for a maximum weight of 200kg.



We accept no responsibility if these guidelines are not followed and injury occurs from improper use.



CORRECT WAY TO FEED THE STRAPS



Follow the 'Feed Web' arrow direction on the buckle.



The correct way to slide the straps through the buckle is to go from underneath the buckle (feed web arrow direction)

Press the buckle down with one hand as you slide the straps through with the other hand.



INCORRECT WAY TO FEED THE STRAPS



Do not slide the strap in opposite direction. If you slide the straps in the opposite direction of the indicated arrow on the buckle, it will cause a sliding effect on the straps and will not be stable for use.



Do not slide the strap on top of the buckle. If you feed the straps going in the same direction as the indicated arrow BUT from the TOP of the buckle, this will lead to unstable usage and could snap and cause injury.



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