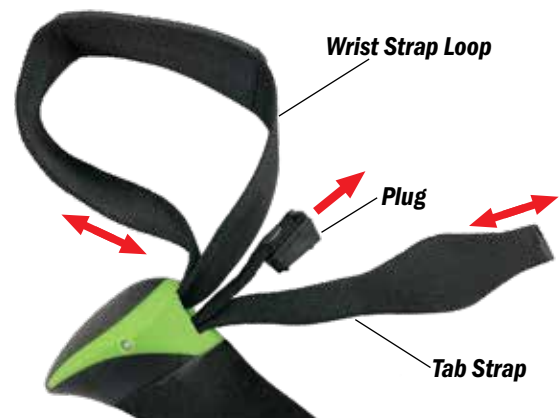


Adjusting the Wrist Straps


- 1 Pull the **Tab Strap** to release the **Plug**.
- 2 Adjust the **Wrist Strap Loop** to your desired length by alternately pulling on the **Wrist Strap Loop** and the **Tab Strap**.



- 3 When adjustment is complete, reposition the **Plug** by pulling the **Wrist Strap Loop**, then pressing firmly on the **Plug**.



⚠️ WARNING

 Read and follow all information before using this product. Serious injury or fatality may occur.

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes, the illustrations depicted in this program portray well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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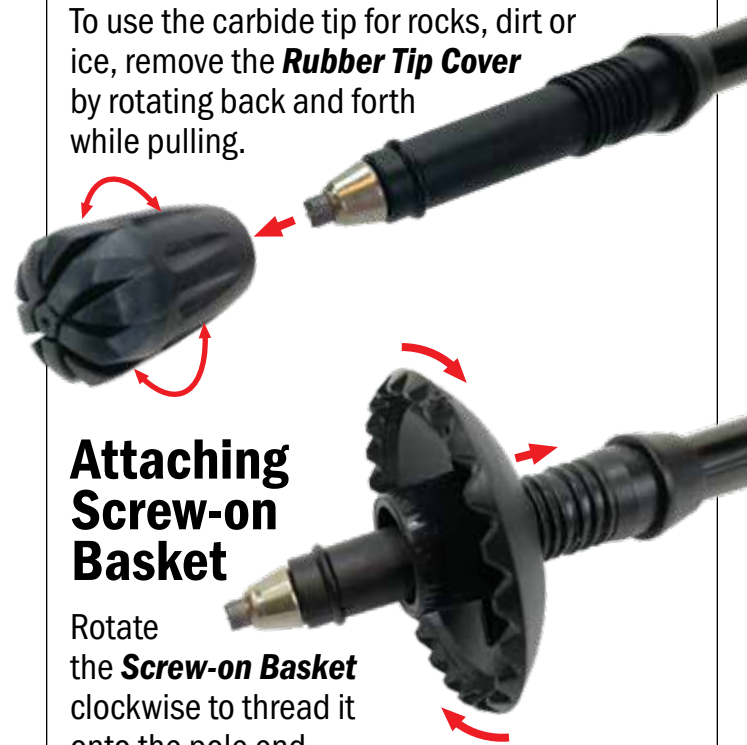
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Warnings, Usage and Care:

- Keep Go Trek Trekking Poles out of reach of children and pets as they could pose a hazard. If allowing anyone under 18 to use them for exercise, they must have constant adult supervision.
- GoFit, LLC is not responsible for any personal injury or property damage that may occur while using Go Trek Trekking Poles.
- Use Go Trek Trekking Poles only for their intended purpose of assisting with balance and support while “walking/hiking/ trekking.” They are not intended for full-body weight support.
- Always consult a physician before attempting any exercise. Use caution while determining your physical limitations.
- Clean with mild soap and warm water. Do not use abrasive or chemical cleaners. Do not immerse in water for extended period.
- To extend the life of Go Trek Trekking Poles and their parts, store in cool, dry conditions.

Changing pole attachments

To use the carbide tip for rocks, dirt or ice, remove the **Rubber Tip Cover** by rotating back and forth while pulling.



Attaching Screw-on Basket

Rotate the **Screw-on Basket** clockwise to thread it onto the pole end



Go to gofit.net for product information.

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 **GoTrek**

TREKKING POLES

Assembly Instructions



Assembling the poles

1

Insert the **Lower Segment** into the **Middle Segment**.



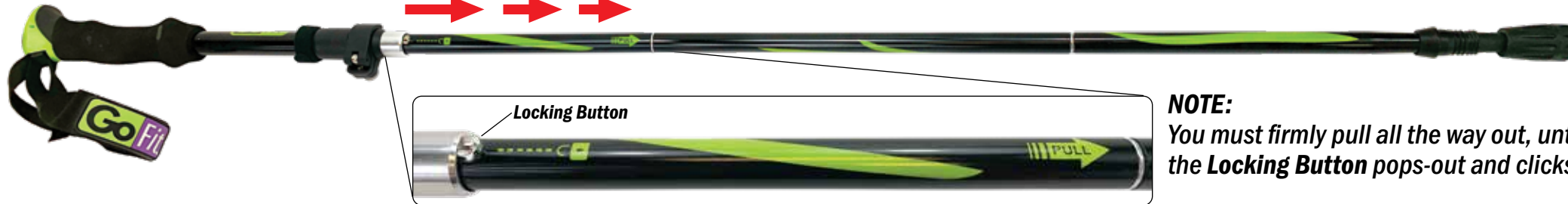
2

Insert the **Middle Segment** into the **Locking Segment**.



3

Pull the **Locking Segment** (with green arrow) out of the **Length-Adjust Segment** until the **Locking Button** pops out.



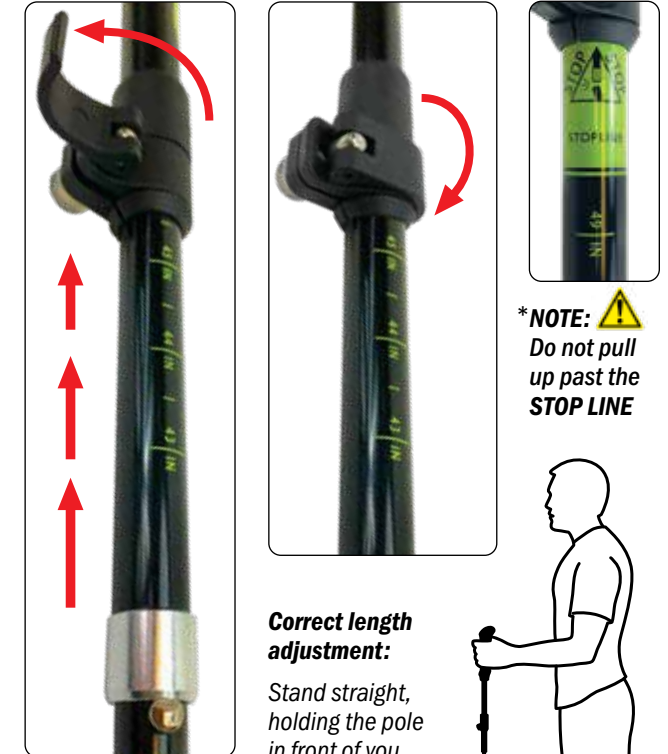
NOTE:
You must firmly pull all the way out, until the **Locking Button** pops-out and clicks.

Assembled pole segments and parts



Adjusting the pole length

Flip-open the **Release Lever**, then pull the **Hand Grip Segment** up to your desired length.* Snap the **Release Lever** back, to lock in place.



Correct length adjustment:

Stand straight, holding the pole in front of you.

With your elbow bent 90-degrees, the end of the pole should touch the ground.

