

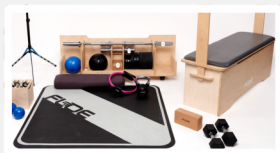
Congratulations on the purchase of your FLOE Gym! Before diving into your workout, please observe the following safety precautions to ensure a safe and smooth start:

1. **Packaging Disposal:** Dispose of any plastic packaging immediately to prevent potential choking hazards for children and pets.
2. **Moving your FLOE Gym:** Utilise the wheels on the FLOE Gym box for easy transportation. Don't forget to apply the wheel brake to keep it securely in place.
3. **Lifting Heavy Equipment:** When handling heavy FLOE equipment including weight plates, kettlebells, deadballs, dumbbells, bars, attachment and lid, remember to bend your knees and brace your core. If you have any pre-existing health conditions or concerns, consult with a healthcare professional or fitness expert before engaging in heavy lifting exercises. Whenever possible, have a spotter present to assist and ensure your safety during heavy lifting routines.
4. **Child Safety:** This equipment is not suitable for children. Ensure it is securely packed away in the FLOE Gym box when not in use.

### Streamlined Storage: Your Ultimate FLOE Gym Repacking Guide

#### Weight and Bar Placement

1. Position short dumbbell bars on the lower supports in the centre at the back.
2. Place the long barbell bar on the upper supports in the centre at the back.
3. Slot the yoga blocks into the centre bottom compartment, and stack the weight plates in the compartment directly alongside on the right.



#### Barre Attachment Placement

1. Slide the wooden Barre support slats followed by the Barre pole (2) into the custom-made slot at the back.

#### Left-Hand Compartments

1. Stack the dumbbells, kettlebell, and blue Pilates ball in the bottom compartment on the far left.
2. Place the pink Pilates circle beside the black slamball in the next compartment on the middle left side.



#### Storage Insert Box

1. Place the accessories into the small storage box, including metal collars from the weights bar, Pilates toning balls and bands.
2. Slot the storage box into the bottom compartment on the far right.

#### Front Placement

1. Fit the yoga bolster into the front at the bottom.
2. Place the device stand on top.
3. Complete with the rolled-up FLOE mat.



#### Box Assembly

1. Carefully slide the lid into position at the back, ensuring a secure fit, before gently slotting it down into place.