

# T'AI CHI

## BEGINNER'S KIT

### Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your T'ai Chi Beginner's Kit.

#### **SETUP**

1. Remove the T'ai Chi Beginner's Kit from the packaging and check for possible shipping damage.
2. Your T'ai Chi Beginner's Kit is ready to use.

#### **WORKOUT TIPS**

1. Use a smooth and steady motion when performing each exercise.
2. Perform exercises to the best of your ability without discomfort.
3. Avoid holding your breath while exercising.
4. Always use your T'ai Chi Beginner's Kit in an open area free of furniture or other items that could get in the way while exercising.

#### **CARE**

1. Dry the T'ai Chi Easy-Grip Ball with a towel after use.
2. Wipe the T'ai Chi Easy-Grip Ball with a damp cloth to clean. Air dry.

GAIAM  RESTORE™

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#### **IMPORTANT SAFETY CAUTIONS!**

Please read before setting up or using your T'ai Chi Beginner's Kit.

1. Consult with your doctor before beginning this or any other exercise program.
2. Perform exercises in a slow and controlled manner.
3. Do not use if deep scratches or gouges exist.
4. Stop and rest if you feel dizzy or short of breath.
5. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

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