

STRETCH & MASSAGE KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Stretch & Massage Kit.

SETUP

1. Remove the Stretch Strap & Massage Ball from box and check for shipping damage.
2. Your Stretch & Massage Kit is now ready for use.

WORKOUT TIPS

1. Begin using the Stretch Strap only after you have become accustomed to the movement.
2. Ensure the Stretch Strap is secure before use.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Dry the Stretch Strap and Massage Ball with a towel after use.
2. Wipe the Stretch Strap and Massage Ball with a damp cloth to clean. Air dry.
3. Avoid exposing the Stretch Strap or Massage Ball to heat or excessive sunlight.
4. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning the workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the workout.
6. Do not stand or balance on product.
7. 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.

Learn more at <http://life.gaiam.com>

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