



REFLECTIVE SAFETY VEST

Setup and Care & Safety Guide

Please read before setting up or using your Reflective Safety Vest.

SETUP

1. Remove Reflective Safety Vest from box and check for possible shipping damage (scratches, gouges or tears).
2. Your Reflective Safety Vest is now ready for use.

CARE

1. Dry the Reflective Safety Vest with a towel after use. Check for nicks or tears.
2. Machine wash in cold water on a delicate cycle with a mild detergent. Air dry.
3. Avoid exposing the Reflective Safety Vest to sharp or abrasive surfaces, or to heat or excessive sunlight.

GAIAM WELLBEING™

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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 program.
6. 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 GaiamWellbeing.com

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