



PILATES TONING RING

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Pilates Toning Ring.

SETUP

1. Remove Pilates Toning Ring from box and check for shipping damage.
2. Your Pilates Toning Ring is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented in the program without using the Pilates Toning Ring. This will help you become more familiar with the workout and its benefits. Begin using the Pilates Toning Ring only after you have become accustomed to the movement.
2. Ensure the Pilates Toning Ring is secure against your body before applying pressure.
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 Pilates Toning Ring with a towel after use.
2. Wipe the Pilates Toning Ring with a damp cloth to clean. Air dry.
3. Avoid exposing the Pilates Toning Ring to heat or excessive sunlight.
4. Store in a cool, dry place.



PILATES TONING RING

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Pilates Toning Ring.

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 physician before beginning this 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 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.

SEE MORE AT WWW.GAIAM.COM

© & TM 2020 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452.

MADE IN TAIWAN.

SKU 05-6387ZCARE