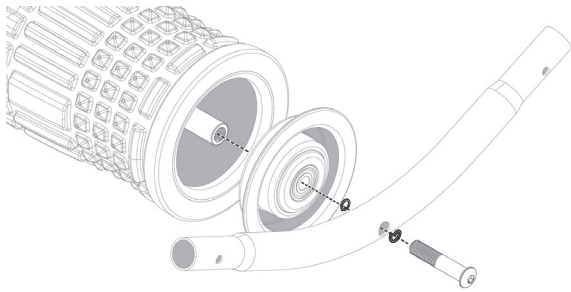




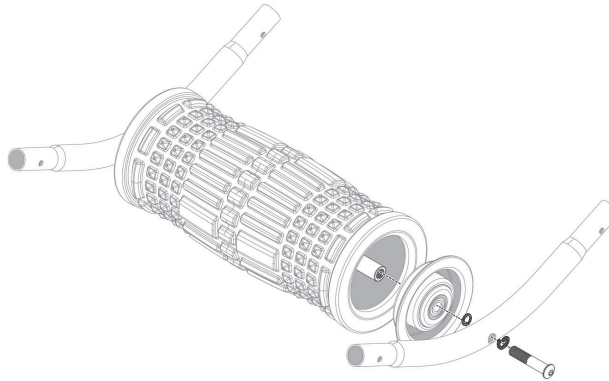
# TOTAL BODY BALANCE ROLLER ASSEMBLY INSTRUCTIONS

# ROULEAU D'ÉQUILIBRE POUR TOUT LE CORPS INSTRUCTIONS DE MONTAGE



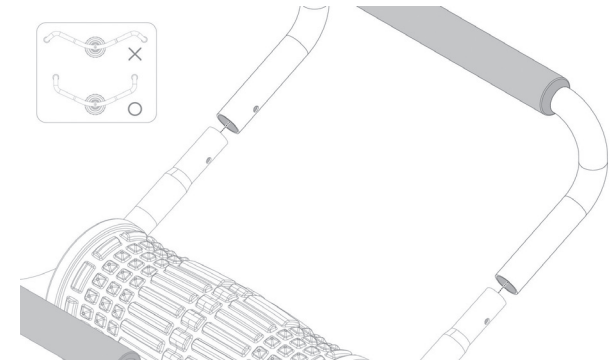
1. Assemble six parts in sequence from left side to the right.

1. Assemblez les six pièces dans l'ordre, de gauche à droite.



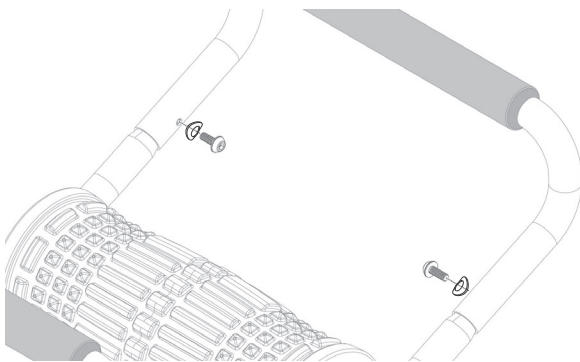
2. Repeat procedure on the other side.

2. Recommencez de l'autre côté.



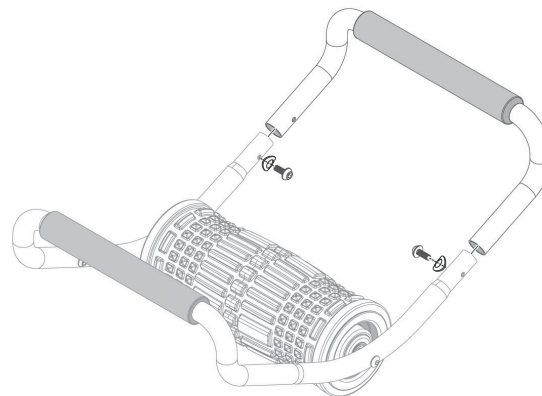
3. Assemble two parts. Both ends should be put together properly.

3. Assemblez les deux pièces. Les deux extrémités doivent s'assembler correctement.



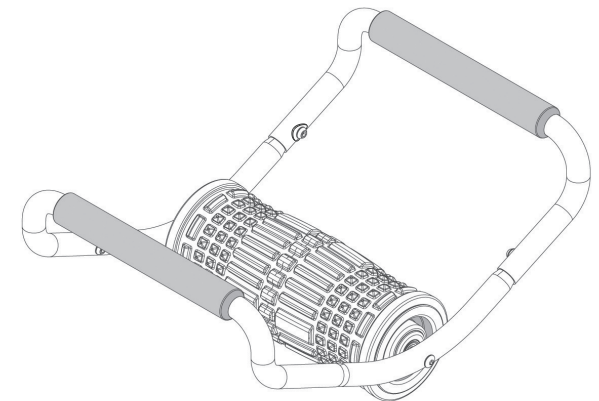
4. Fasten the crews to the iron tubes.

4. Serrez les vis sur les tubes en fer.



5. Repeat procedure on the other side.

5. Recommencez de l'autre côté.



6. Enjoy your training!

6. Profitez de votre entraînement!