

HULA SHAPER

ENGLISH

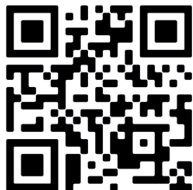
INSTRUCTION MANUAL

Read and keep these instructions carefully and observe the product thoroughly in order to familiarise yourself with the product before assembly and use.

For more languages scan the QR CODE below:

ES. Escanee el siguiente código QR para ver las instrucciones en Español. **FR.** Scannez le code QR suivant pour voir les instructions en Français. **IT.** Scannerizza il seguente codice QR per visualizzare le istruzioni in Italiano. **DE.** Scannen Sie den folgenden QR-Code, um die Anleitung auf Deutsch zu sehen.

NL. Scan de volgende QR-code om de instructies in het Nederlands te bekijken.



SAFETY WARNINGS

1. Product not suitable for children under 6 years of age.
2. This product must not be disassembled or modified by the user.
3. Do not insert fingers or other objects during use to avoid injuries.
4. Always use original accessories.
5. If you detect abnormal defects or malfunctions during use, stop using the product immediately and contact your vendor.



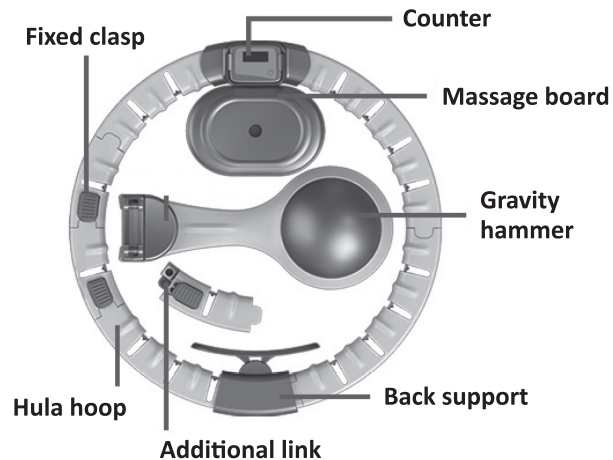
SAFETY WARNINGS

1. Take 1 or 2 days to practice using the product for the first time and familiarise yourself with its use.
2. The main hoop is already assembled, do not remove any of the screws. If you wish to extend the circumference of the main hoop, you can add the extension pieces as indicated in the assembly instructions.
3. The bulging part of the rotating weight pendulum must be positioned facing upwards so that it can slide correctly.
4. The ring should fit tightly around the waist below the navel without being too tight or loose.

CLEANING AND MAINTENANCE

1. Clean the product with a damp cloth and dry it afterwards.
2. **DO NOT** expose the product to the sun or immerse in water for a prolonged period of time. This will accelerate the ageing of the material and shorten the life of the product.

PARTS LIST



This box contains:

1 Hula hoop

1 Counter

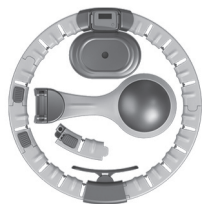
1 Gravity hammer

1 Back support

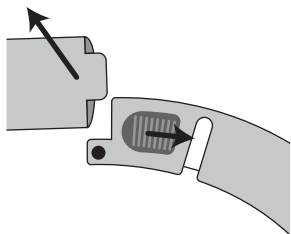
4 Additional links

ASSEMBLY INSTRUCTIONS

1. Unpack



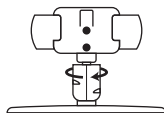
2. Open the ring: Push the tab back and lift the other end to open the hula hop.



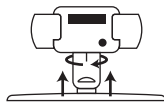
3. Install the front support plate:



3.1. Align the side mark on the bracket with the base as shown in the figure below.



3.2. Rotate 90 degrees counterclockwise to complete the installation. Make sure it doesn't come out.



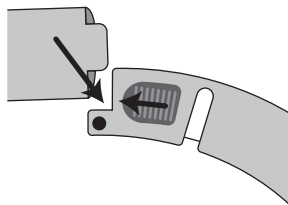
4. Install the gravity hammer with the bulge facing upwards and the screw holes facing downwards, inserting it into the main guide of the outer ring.



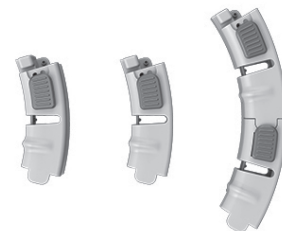
5. Closing:

a) Slide the tab backwards and snap the other end in by pressing down.

b) Secure the closure by sliding the tab forward again.

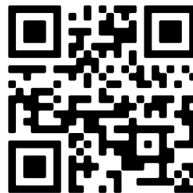


6. The extender pieces can be used to expand the circumference of your Hula Shaper depending on your waist size.



EXERCISES AND MEAL PLAN

SCAN THE QR CODE



RECYCLING AND DISPOSAL INSTRUCTIONS



Do not dispose of the product with household refuse. Recycle it.

Used household equipment must not be disposed in the normal flow of municipal rubbish. It must be collected separately to optimize the recovery factor and the recycling of the materials it contains and reduce the impact on human health and on the environment.

Please leave your product with a specialized collection service or hand it over to the used equipment disposal service of your community. Please comply with the applicable regulations. If you have any doubts, ask your waste management center for their advice.

Separate the packaging for recycling:

- Wedging cardboard and paper can be recycled.
- Plastic bags must be disposed of in the household refuse.



Cardboard and paper to recycling



Plastic to throw away with household garbage.



Electronic devices to be recycled in a dump or at a collection point

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