

## After-sales Service

### Warranty Description:

When the product is repaired, please send (mail) this warranty card together with the purchased products to our company's future service department for maintenance notes:

1. Since the day you buy the product, if you install and use the product according to the product instructions, the company will maintain it free of charge within one year, and only charge the cost of maintenance after one year.
2. The company only charges the maintenance cost for the damage caused by improper use, improper storage, unauthorized dismantling and other reasons not caused by the quality of our products.

### A Tips

Dear user, thank you for purchasing this product. In order to better serve you, please read and fill in carefully after purchasing the product, and keep this warranty card properly. Yongkang Yijiu industry and Trade Co., Ltd. reserves the right of final interpretation and modification of the contents of this warranty card.

### Warranty Card

Username: ----- Contact Number: -----

Warranty reasons : ----- Customer Name: -----

Warranty date: ----- Item Order Number: -----

Date of manufacture: -----

Quality



## Company Information

Manufacturer:  
location:  
Telephone number:

## Matters Needing Attention

1. The rotation speed of the hula hoop should not be too fast. It is appropriate to keep a stable and uniform movement. The body feels relaxed and breathing. The foot does not have to be too stiff. You can walk slightly to avoid local muscle and joint fatigue caused by repeated movement for a long time.
2. It is recommended that the hula hoop should be turned for more than 20 minutes and exercise twice a day in a gradual manner. The hula hoop belongs to aerobic exercise that consumes calories. In order to achieve the effect of thin waist, it is recommended to adhere to and continue every day. (time to use hula hoops according to your own situation)
3. Waist force, tighten the waist and abdomen, turn the hula hoop mainly by waist force, and fully exercise the psoas, ABS, lateral psoas and other parts. Adhering to exercise can achieve the effect of tightening the waist and abdomen.
4. Do not exercise before and half an hour after meals.
5. Special groups: if suffering from diseases, physical discomfort, women avoid exercise during pregnancy and menstruation.
6. Please exercise in a spacious field and ensure that the connection and buckle of each single section are firm, so as to prevent the gravity hammer from falling off and injuring people or objects around you, especially children.

## Installation Guide



Scan wechat  
Watch the installation video

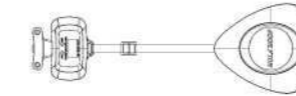
## Product List



Subject x1



Adjustable device and Quantity in package



Count the hammer assembly XI

## Installation Steps



1. Press the internal joint with the thumb of the right hand and other fingers to deform and compress it, AAMC the index finger of the left hand sticks to the position shown on the joint and lifts it upward until the joint closes.



2. Joint installation completed

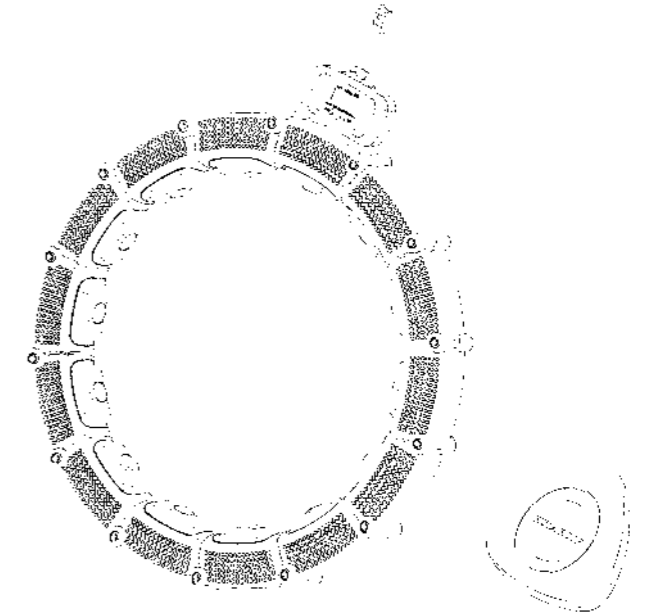


3. Align the two-way roller with the pulley track



3. Push the counter into the card slot

## Intelligent Hula Hoop



## User's Manual