

SAFETY INSTRUCTIONS

- ◆ The entire user manual must be read before the device is installed and used. Proper and safe use can only be achieved after proper installation, maintenance and use. It is your responsibility to ensure that all users of the device are aware of all precautions and warnings.
- ◆ Before you start exercising, consult a doctor. The doctor will determine whether there are any health or physical restrictions that could pose a risk to health and safety or prevent proper use. If you are taking medication that affects your cholesterol levels, blood pressure or heart rate, the advice of your doctor is important.
- ◆ The product is only suitable for sports purposes.
- ◆ Incorrect or excessive training can be harmful to your health. You must pay attention to your body's signals. Stop exercising if you experience the following symptoms: drowsiness, dizziness, nausea, pain, tightness in the chest, extreme shortness of breath or irregular heartbeat. If you experience any of these symptoms, you should consult a doctor.
- ◆ Please note that incorrect and excessive training can endanger your health. Start your training lightly and intensify your training in appropriate stages. Even with advanced athletic expertise, it is important to start with light exercises to familiarize yourself with all subsequent exercises before moving on to more advanced variations.
- ◆ Warm up for a few minutes before your workout to avoid injury. Stretching your body before and after exercises helps to prevent injuries or cramps.
- ◆ Suitable sports clothing must be worn. It should allow freedom of movement and be comfortable. Sports shoes with non-slip soles and made of supportive material should also be worn.
- ◆ Pets and children must be kept away from the device. The device is intended for adults only.