



GAIAM

# Suspension Trainer

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Suspension Trainer.

### SETUP

1. Remove the Suspension Trainer from the box and check for shipping damage.
2. Follow the instructions included with your Exercise Guide to ensure proper setup of your Suspension Trainer.
3. Your Suspension Trainer is now ready for use.

### WORKOUT TIPS

1. Always use the Suspension Trainer in an open area free of furniture or other items that could get in the way while exercising.
2. Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes focused forward.
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 Suspension Trainer with a towel after use.
2. Hand wash Suspension Trainer in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing Suspension Trainer to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.



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### **IMPORTANT SAFETY CAUTIONS!**

1. Maximum weight capacity is 300lbs.
2. 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.
3. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
4. Inspect the Suspension Trainer before each workout for nicks or tears. If present, do not use.
5. Ensure the Suspension Trainer is secure under your foot and/ or in your hands before beginning each exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the Exercise Guide.

**SEE MORE AT [WWW.GAIAM.COM](http://WWW.GAIAM.COM)**

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