

SKDHK-1 HERA I Detachable Hula-Hoop and Elastic Ring Set

for Body Workout, Home Gym Exercise

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!

SQUATZ

USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Suitable for Weight Loss and Workout
- Parts is not Easily Fall During Use
- Helps Burn Body Fats
- Speed is 2 Times Faster than Ordinary Exercise Hoop
- Gravity Ball can Rotate 360 Degrees Around
- Connected with 2 Sets of Silent Bearings
- Adjustable Size/Suitable for Various Body Types
- Loop Bands can be Use for Lower and Upper Body Exercises
- Made from Natural Latex
- Comfortable on the Skin even after the Longest Workouts



What's in the Box:

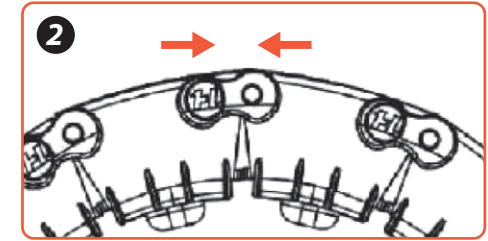
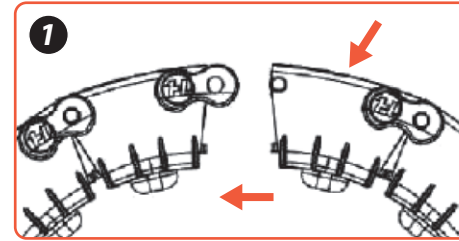
- (1) Digital Hula Hoop
- (5) Resistance Band

Technical Specs:

- Construction Material:
ABS + Rubber + Iron Powder + Terylene, Rubber
- Hula-Hoop Dimensions (L x W x H):
13.87" x 13.87" -inches
- Elastic Ring Dimensions (L x W x H):
14.9 x 14.9" x 2.5" -inches

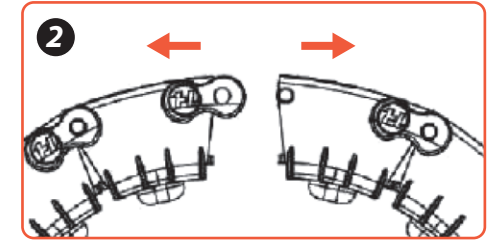
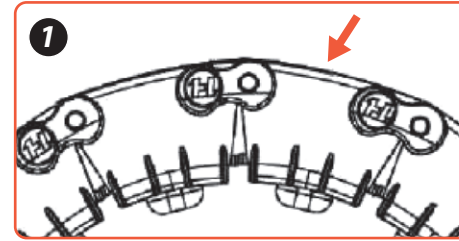
Questions? Comments?
We are here to help!
contact@squatiz.com

Assembly Method



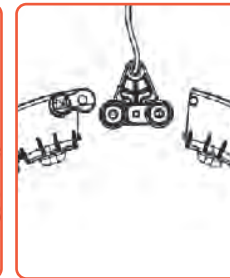
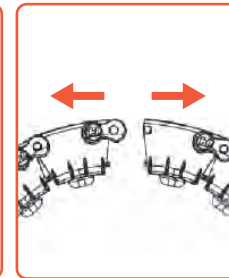
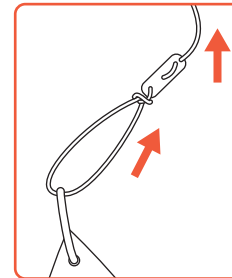
1. Hold the buckle with convex points with your hand and press it close to the corresponding side.
2. Press the buckle and don't let go. First clip it into one side of the buckle, and then clip it into the other side of the buckle. Ensure that the buckle is firmly installed before continuing to install the next section. Install the remaining clips in sequence.

Disassembly Method



1. Select any two buckles, hold the buckle with your right hand and press; Press and hold the slide rail of the left hand and push the other slide rail outward.
2. Press the buckle without letting go, slide it out to the side and remove the remaining buckle in turn.

Gravity Ball Assembly



1. Adjust the length of the gravity ball rope to the appropriate length.
2. Select any two adjacent buckles of the hula hoop to open.
3. Slide the slider magnet of the gravity ball towards one side of the counter into the track in the hula hoop.
4. Reinstall the two clips of the hula hoop to complete the installation.

IMPORTANT NOTES

1. The rope adjustment of the gravity ball should be able to bear. The rope is too long and the centrifugal force is too large, which is not conducive to shaking for a long time. Shaking a heavy hula hoop for a long time will burden the internal organs and muscles. The rope is too short, the centrifugal force is small, and the muscles will be particularly laborious when rotating.
2. Please ensure that the interface has been firmly installed before exercising.
3. Please exercise step by step. In the initial stage of using hula hoops, you may have waist and abdomen pain the next day and gradually get better in the future.

DESIGN ALLOWS EACH COMPONENT TO BE FIRMLY CONNECTED TOGETHER



**ADJUSTABLE FOR VARIOUS
BODY TYPES**



**CONNECTED WITH 2 SETS OF
SILENT BEARINGS**



Important Safety Precautions

Please keep this instruction manual in a safe place for future reference

1. Before assembling and using the training equipment, it is very important to carefully read all the contents of the instruction manual. Only the correct installation, maintenance and use of the training equipment can achieve safe and effective training effect. It is necessary to ensure that users are familiar with all warnings and precautions of the training equipment.
2. Please allow your child to exercise reasonably under the supervision of an adult.
3. Before using the training equipment, please check whether all the places that need to be fastened have been locked to ensure that the training equipment can be used safely.
4. Pay attention to your physical condition at any time during training. Incorrect or excessive training will be harmful to your health. If you have the following discomfort symptoms (including headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, nausea and other symptoms), please stop training immediately and continue training only after the doctor checks and confirms that it is OK.
5. Only often can it be easily damaged Regular repair and maintenance shall be carried out for the parts that are easy to wear and tear, so as to ensure the safe use of the training equipment.
6. Before use, move the waist to avoid waist injury.
7. When removing and installing the buckle, be careful not to put your fingers too close to avoid being pinched.
8. Please adjust the length of the rope of the gravity ball according to your own exercise. The longer the rope, the greater the centrifugal force, the shorter the rope, and the smaller the centrifugal force, so as to be able to bear it.
9. The training equipment is only suitable for exercising waist and abdomen and is not used for other purposes.
10. When using the training equipment, please wear clothes suitable for training and avoid wearing loose clothes. The loose clothes may be stuck by the machine, hinder the operation, and may be trapped on the equipment and unable to move.
11. The training equipment is suitable for home use.
12. The training equipment is not suitable for use as medical equipment.
13. Please ensure that the equipment is used in the way specified in the manual. When defective parts are found during assembly and maintenance or noise is emitted during use, stop the operation and use immediately and ensure that all problems are solved before continuing.
14. To turn the hula hoop, you need to keep moving at a uniform speed, so you don't have to rush. Feel relaxed and breathe smoothly. The feet don't have to be too stiff. You can walk slightly to avoid the fatigue of local muscles and joints caused by repeated exercise for a long time.