

USER'S MANUAL
Exercise wheels Instruction sheet
BR-2316



STEP 7
Insert the other Crank on the axel



STEP 8
Pull the hand grip onto the axel

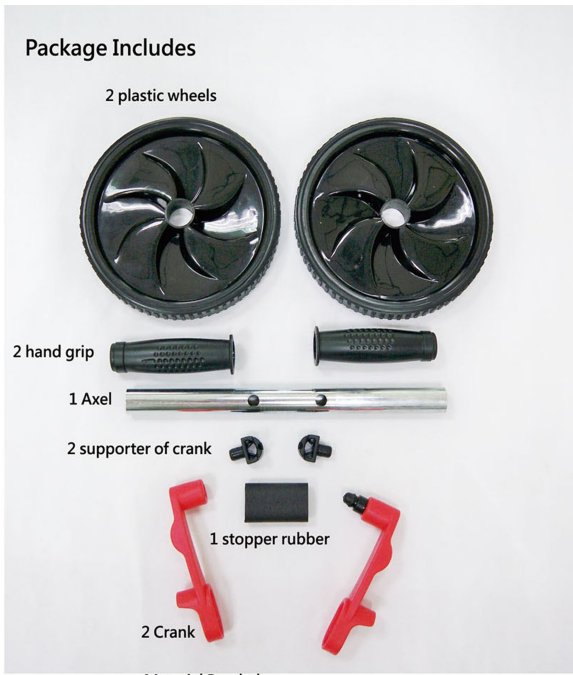


STEP 9 Finish



WARNING:

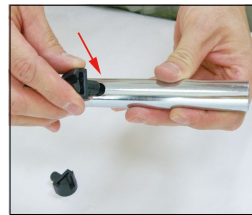
1. Read and follow all warnings and instructions. Failure to do so could result in an unsafe assembly and risks of personal injury and property damage.
2. You should consult your physician before beginning this or any new exercise program to determine if you have any physical limitations that would create a safety or a health risk.
3. Always wear comfortable exercise clothes that do not restrict your movements.
4. Exercise in a slow, controlled manner.
5. Do not use on slippery surface.
6. Use only in an unobstructed area, in which you cannot come into contact with furniture or other objects even if you lose control of your movements.
7. Before each use, carefully examine the product, and do not use it if any parts are damaged, worn, or loose.
8. Do not exercise if you are experiencing pain. Consult your physician if pain persists.



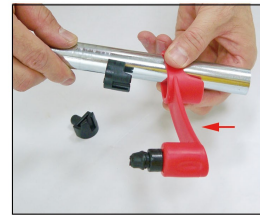
Material Break down:

	Wheel	PVC
	hand grip	PVC
	Crank	PP
	supporter	PVC
	Stopper	NBR

STEP 1
Put the Supporter of crank on the hole of axel



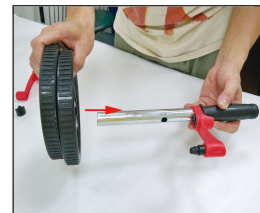
STEP 2
Insert the Crank on the axel



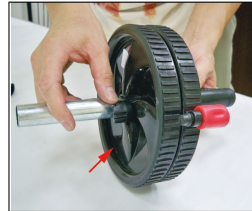
STEP 3
Pull the hand grip onto the axel



STEP 4
Place plastic wheels on the axel



STEP 5
Put the other Supporter of crank on the hole of axel



STEP 6
Place the stopper rubber on the crank

