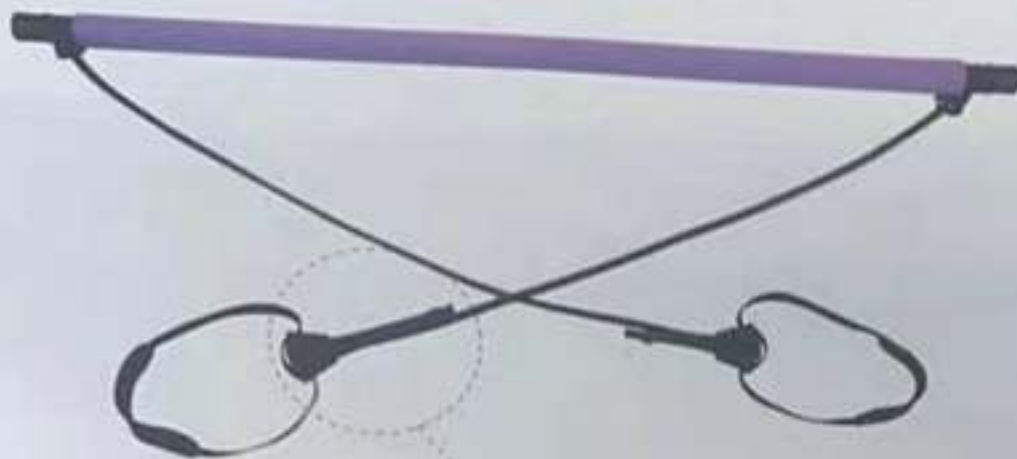


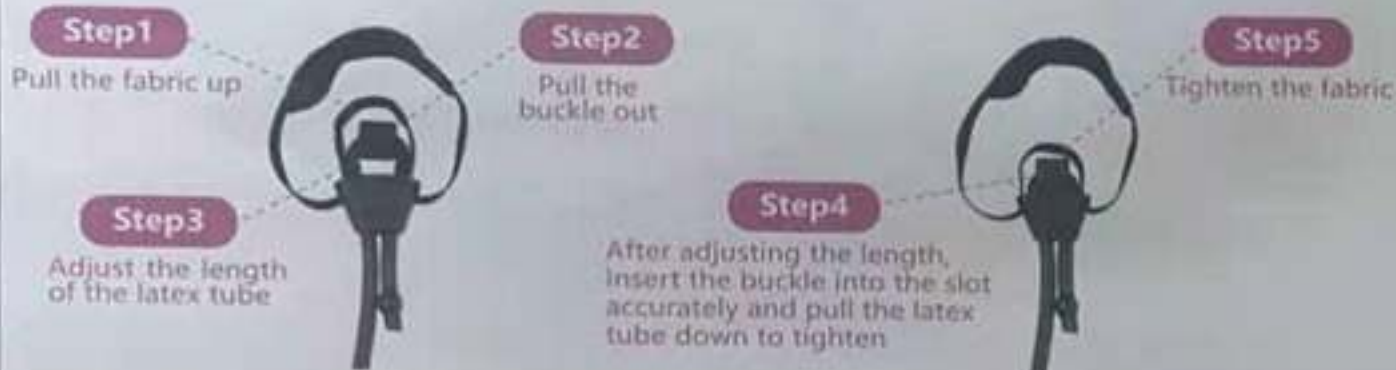
PILATES STICK USE INSTRUCTIONS

Adjustment:



Length adjust buckle of Latex hos

(The shorter the latex tube, the greater the intensity of the exercise. Please adjust to the appropriate length according to the exercise intensity you need and your height.)



Notice:

Different hurt may be occurred in the movement due to the improper usage, please make sure that training equipment are used correctly, you can do some warming movement before training to avoid muscle strain, also, you should avoid a long time doing strenuous training, it depends on your physique. The key of keeping fitness is perseverance!

PILATES STICK USE INSTRUCTIONS

Product Standard:

Material: steel tube + memory foam + rubber hose + nylon



Product specification:

1. Instead of a barbell for a squat exercise, scouring the buttocks, thin arms.
2. Thick and high density memory foam anti-slip handle; thickened anti broken steel inner tube.
3. Thickening latex elastic tube, anti deformation and anti fracture.

The use of graphic:



Assembly:



1. Press in the two locking buttons and fit the training bar parts together.

⚠ Caution: Risk of pinching your fingers!



2. Turn the two parts in opposite directions until they audibly latch into place.



3. To take the training bar apart, pull the cover back slightly, press in both locking buttons and pull the training bar apart.