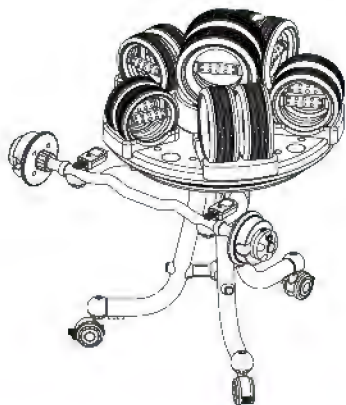


# SPORT-THIEME®

Art. Nr. 2200460

## *THE INSTRUCTION BOOK*



- Please read the instructions carefully before using
- And retain it for future reference

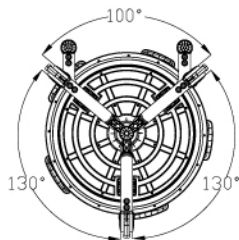


# ***CONTENTS***

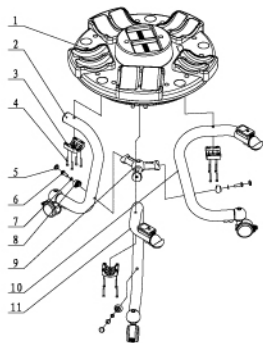
- 1) How to make up the product
- 2) The five advantages of product
- 3) The name of components
- 4) Before you going to play the barbell
- 5) The matters needing attention
- 6) How to use the product
- 7) Warranty card

# 1/HOW TO MAKE UP THE PRODUCT

## How to make up the product



( Look up map )



Number	Name	Specification	Amount
1	The components of the desktop		1
2	The components of the desktop 1		1
3	The aluminium buckle		3
4	Hexagonal screw inside	M5 × 25	12
5	M10 washer plug		3
6	Round Cross Screw	M10 × 70	3
7	Gasket	Φ 10 × 1.8	3
8	M10 washer		3
9	Tripod		1
10	The components of the table bases II		1
11	The components of the table bases II		1

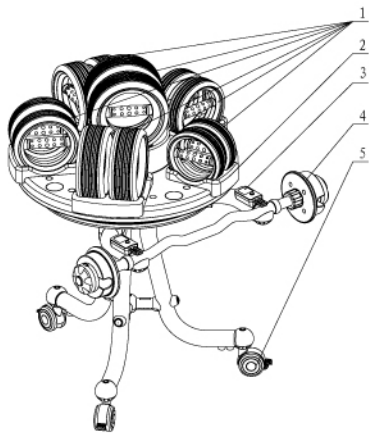
## 2/ THE FIVE ADVANTAGES OF PRODUCT

### The five advantages of product



# 3/*THE NAME OF COMPONENTS*

## The name of components

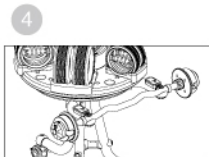
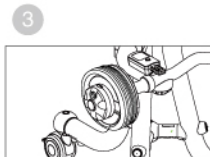
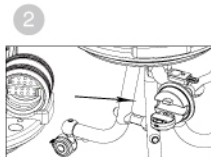
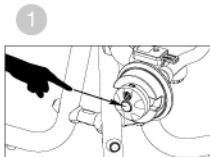


- 1、 Fitness hoops  
(5LB/7.5LB/10LB/  
15LB/20LB/25LB)
- 2、 Desktop
- 3、 Barbell Fixtures
- 4、 Barbell
- 5、 Caster

# 4/*BEFORE YOU GOING TO PLAY THE BARBELL*












## Before you going to play the barbell

- 1、Open the assurance button Press the button what is one ends of the barbell, and waiting it popup.
- 2、Put the fitness hoops's hand shank into the concave.
- 3、Close the padlock, locked the assurance with anticlockwise.
- 4、Do the same way at the another ends of the barbell.
- 5、Play the barbell safely.



## 5/*THE MATTERS NEEDING ATTENTION*

### The matters needing attention

	Before you go to play the WOWEI products, please read it attentively.		
	NO insulation.		Before playing barbell, please checking the both ends of button , keep them solidly.
	Do not put at the wet place.		Keep the both ends have the same scale,Don't Play Them With Different Weight.
	Do not put it at the tilted place,to avoid the caster rolling and crush people.		After using, please put the Prudctes where them belongs.
	Keep the children away from the products.		Do not peel off the outer rubber band.
	Do not using the products other ways expect the exercise.(such as weapons and hammerhead )		Make sure the padlock and the assurance button is safe when you were using it or finished it.



# 6/HOW TO USE THE PRODUCT

## How to use the product

Suitable area	Area features	Details
Living room, balcony and other space in house	Relatively narrow space	<ol style="list-style-type: none"><li>1、 Part movements of WOWEI exercise, like half squat, squat and lifting up and down.</li><li>2、 Each movement with fitness ball.</li><li>3、 Push-ups and sit-ups.</li><li>4、 Barbell lifting exercise.</li></ol>
Office	Relatively narrow space	<ol style="list-style-type: none"><li>1、 Part movements of WOWEI exercise, like half squat, squat and lift up and down.</li><li>2、 Stretch in situ.</li><li>3、 Single ring hand exercise, feet lifting exercise.</li><li>4、 Barbell lifting exercise.</li></ol>
Gym	Large space	<ol style="list-style-type: none"><li>1、 All movements of WOWEI exercise.</li><li>2、 All ring movements in house and office.</li><li>3、 Barbell lifting exercise.</li><li>4、 Weight-bearing yoga.</li></ol>
Outdoor	Large space	<ol style="list-style-type: none"><li>1、 All movements in Gym.</li><li>2、 Weight-bearing run, weight-bearing walk.</li></ol>

# 7/*WARRANTY CARD*

## Warranty card

Product name		Your name	
Model No.		IDcard NO.	
Manufacturing No		Address	
Seller	Date acquisition		Remark
	Brought Shop		
	Telephone NO		

### **USER NOTICES :**

- 1、 when you need advice or repair, call the service hotline, the traffic officers will tell you the nearest point for your service.
- 2、 You have the responsibility if the productes have damage from deliberate man-made, and the maintenance costs due to yourself. We will offer to you a unified fee and we will explain which subjects need to repair before we charge.