


PRODUCT INFORMATION

CUBIQ

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Made in Austria



SPORTS EQUIPMENT



6 TRAINING OPTIONS, COUNTLESS POSSIBILITIES. THE **CUBIQ** IS YOUR SMART TRAINING PARTNER.

- 🕒 A convertible cube, compact enough for any living room but as functional as a small gym
- 🕒 Can be used as a jump box, balance board, twist disc, holder for resistance bands and as a training weight
- 🕒 Perfect for training with your own body weight
- 🕒 Thanks to the natural material, low-noise training is possible
- 🕒 Rubber padding for floor protection
- 🕒 6 sides, equally sized for flexible use

FUNCTIONAL TRAINING WITH THE ALL-ROUNDER **CUBIQ** FROM G-SPORTS EQUIPMENT.

Especially when training at home, in physiotherapy practices or personal training, the CUBIQ can be fully integrated into your workout. Whether pushing, pulling, balancing, turning or jumping – the cube facilitates total body conditioning! Thanks to the different functions in one device, it is suitable for every fitness level. The CUBIQ also works as a supplement for exercises with your own body weight and as a balancing surface. It expands your workout while allowing for deeper levels of training.

The device activates your creativity with a multitude of functions, and the exciting workout can take place anywhere. The CUBIQ can be used in the studio and at home without having to adjust weights or have it fix in place!

*Improve your muscle strength, core stability
and the mobility of your joints.
Increase coordination and balance.*



A QUICK GUIDE TO USING THE CUBIQ



BALANCE

For balance exercises on the spheric rubber while standing, sitting, lying or leaning.

Note: Use only on non-slip and dry surfaces.
If necessary, get help from a second person.



TWIST

For rotating movements on the twist disc while standing, sitting, lying or leaning.

Note: Use only on non-slip and dry surfaces.
If necessary, get help from a second person.



PUSH & PULL

The ergonomic handles are intended for all pulling and pushing exercises, the weight of the cube is 12 kg.

Note: Wood is a natural product. Please check for damage that could impair stability before and after each training session!

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STEP & JUMP

The ribbed side provides support during jumping and climbing exercises, the rubber bumps prevent slipping.

Note: Wood is a natural product. Please check for damage that could impair stability before and after each training session!



ATTACH

The CUBIQ is open at all corners and thus offers numerous fastening options for resistance bands etc.

Note: Wood is a natural product. Please check for damage that could impair stability before and after each training session!



LOAD

The side with the round opening can be used for gripping and has the advantage of being able to stow additional equipment in it.

Note: Wood is a natural product. Please check for damage that could impair stability before and after each training session!

Product details:

Model name: CUBIQ

Dimensions: 42 cm side length

Weight: 12 Kg

Packed weight: approx. 13 kg

Materials: lacquered birch plywood

Delivery: in 1 box

Intended use: strength and coordination

Developed & produced in Austria

Important instructions:

Wood is a natural material and can generate noise when in use. The wood can have irregularities in color and shape. This is not a reason for complaint. Every device is a unique. We recommend keeping the packaging material. If not stored, please dispose of it properly.

Warning notes:

Use under the direct supervision of adults!

Maximum load: 120 kg / 265 lbs including weights.

Safety instructions:

Please read and follow instructions for handling the device and maintenance. If the safety instructions as well as the assembly and commissioning instructions are observed, the operation of the device is guaranteed safe.

1. The device is intended for adults and may only be used for the intended purpose of physical training. If this is not observed, the manufacturer cannot be held responsible for damage caused by improper use.
2. Safety can be impaired by damaged components. Therefore, do not use the device in the event that one of the original components is not functional, damaged or worn. Replace the defective part only with original spare parts from the manufacturer.
3. Incorrect repairs or replacement parts that do not come from the manufacturer can result in dangers.
4. Independent intervention or manipulation of the device can lead to damage or impairment in use or even damage to health. Changes to the device should only be carried out by qualified personnel.
5. Wood is a natural material and easily gives in to the pressure of active loads. Check the device regularly for errors.

6. All persons, especially children, must be advised of the dangers of using the device in advance. Children should never use the device without adult supervision.
7. Consult your family doctor before using the device and check your state of health. Incorrect physical use of the device can damage your health. Excessive physical exertion in particular can be dangerous.
8. Build up your exercise program over a longer period of time, and let yourself go regularly accompanied by a trainer or therapist.

Handling

Please read these handling instructions carefully!

The information given here will help you use and maintain your device correctly.

1. Do not use the device until it has been cleaned and assembled properly.
2. Before starting the exercise, decide which area should be used for which purpose.
3. Place the device in a dry place. Parts of the device can be damaged in damp rooms.
4. After each workout, the device should be wiped with a damp, fresh cloth. Never use aggressive or caustic cleaning agents for cleaning.
5. Children should never use the device without adult supervision. During the training, the person exercising must ensure that no other people are present (especially children) interfere with the training process or reach into the device.
6. Use the balance lens and twist turntable only when you are sitting, lying down or propping up.
7. We recommend suitable training clothing and sturdy training shoes for training.

Installation instructions

First unpack the device completely and check whether there has been any transport damage. After the device has been put into operation, the packaging material should be properly disposed of, or kept in a different location, as it may serve as transport packaging for returns. Check that the delivery is complete. If parts are missing or the product is defective, please contact the specialist dealer or the manufacturer. You should have enough space to set up the device, the floor should be dry and non-slip.

Service:

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