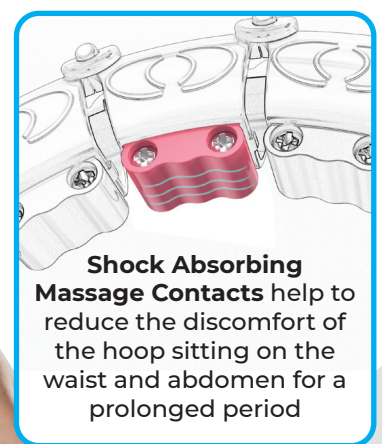


WEIGHTED FITNESS HULA HOOP

Simply Brands

Instruction Manual

SKU: **SBA-00135** (12 Hoop Sections)
SBA-00136 (18 Hoop Sections)
SBA-00137 (21 Hoop Sections)
SBA-00138 (24 Hoop Sections)



 **IMPORTANT: Keep the instructions for future reference**



IMPORTANT SAFETY INFORMATION

1. Don't exercise for at least half an hour after having a meal.
2. Don't put the hula hoop around your neck.
3. **Exceptional circumstances:** you should avoid exercising with the hula hoop if you're either suffering from illness, or physical discomfort. Women who are pregnant or going through a menstrual cycle should also not exercise with the hula hoop.
4. Please exercise in a spacious area, and make sure you're not suffering any pain in your joints before using the hula hoop. Check the rope is in good condition; i.e. not twisted or knotted. Also worth checking that the weighted gravity ball is securely attached so that it won't accidentally hurt anyone near you or accidentally hit any objects around you. Please take special care that children should keep their distance away from you whilst exercising with the hula hoop.

RECOMMENDED GETTING STARTED GUIDELINES

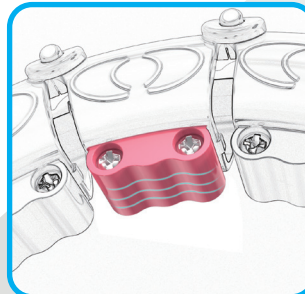
1. The speed of the hula hoop should not be too fast while you maintain a steady and consistent rotation. Ideally during exercise, your body should be relaxed and your breathing is steady. Ensure your feet are not too stiff so that you're able to move around slightly, so that you avoid fatigue of your local muscles and joints caused by repeated hula hoop rotation movement while standing in the same position for an extended period of time.
2. It is recommended that you exercise with the hula hoop for more than 30 minutes, in exercise intervals from using it once every 4 days to using it once every 1 or 2 days. Working out with this weighted fitness hula hoop is an aerobic exercise that effectively consumes calories. In order to slim and tone your waist, it's recommended that you consistently exercise with the hula hoop for more than 30 minutes to achieve this desired outcome.
3. To use the hula hoop properly, gently tense up your waist and abdomen before beginning. Rotate the hula hoop by giving the weighted gravity ball a good spin first in either direction and then immediately move your waist back and forth to keep the gravity ball spinning around you and maintain momentum. Hula hooping fully exercises the psoas muscle, abdominal muscle, side psoas muscle and other body parts. By regularly exercising with the hula hoop, you can achieve gradually slimming and toning your waist and abdomen.



Weighted Gravity Ball constructed of soft rubber helps to make hula hooping easy and fun



The **360° rotating wheel shaft** smoothly and quietly rolls at a uniform speed



Shock absorbing massage contacts helps to make exercise relaxing and are skin-friendly



Slide the switch left and right to unlock the **Adjustable Section Hoops**