Golds Gym Upper Arm & Thigh Slimmer Kit

Gold's Gym Upper Arm & Thigh Slimmer Kit Instruction Manual

Model: Upper Arm & Thigh Slimmer Kit

Product Overview

The Gold's Gym Upper Arm & Thigh Slimmer Kit is designed to assist in promoting increased perspiration during physical activity. This 4-piece kit includes two arm slimmers and two thigh slimmers, crafted from durable Neoprene and Rubber materials, featuring a secure Velcro closure for an adjustable fit.



Image: The Gold's Gym Upper Arm & Thigh Slimmer Kit, showing the product packaging with a model wearing the slimmers.

Kit Contents

- 2 x Gold's Gym Arm Slimmers
- 2 x Gold's Gym Thigh Slimmers



Image: All four slimmers (two arm, two thigh) laid out, showcasing their design and size variations.

Features

- **Adjustable Fit:** Designed to fit most arm and thigh sizes with secure Velcro closure.
- **Durable Material:** Constructed from high-quality Neoprene and Rubber for comfort and longevity.
- **Enhanced Perspiration:** Aids in increasing body temperature in targeted areas to promote sweating during workouts.
- **Versatile Use:** Ideal for various gym and strength training activities.

Setup and Usage

Application

1. Identify the appropriate slimmer for your arm or thigh. The thigh slimmers are generally larger than the arm slimmers.
2. Wrap the slimmer around the desired area (upper arm or thigh).
3. Secure the slimmer firmly using the Velcro closure. Ensure it is snug but not uncomfortably tight, allowing for full range of motion.
4. For optimal results, wear during exercise routines such as cardio, strength training, or other physical activities.



Image: A close-up of one arm slimmer and one thigh slimmer, demonstrating their individual sizes and the Gold's Gym branding.

Maintenance

- **Cleaning:** After each use, wipe down the slimmers with a damp cloth and mild soap. Rinse thoroughly to remove any soap residue.
- **Drying:** Air dry the slimmers completely before storing. Do not machine wash or tumble dry, as this may damage the material and Velcro.
- **Storage:** Store in a cool, dry place away from direct sunlight.
- **Avoid Harsh Chemicals:** Do not use bleach or abrasive cleaners, as these can degrade the Neoprene and Rubber.

Troubleshooting

Slipping During Use

If the slimmers tend to slip during your workout, ensure the Velcro closure is fastened as snugly as possible without restricting circulation or causing discomfort. The material is designed to promote perspiration, which can sometimes lead to minor shifting. Adjust as needed to maintain a secure fit.

Skin Irritation

In rare cases, skin irritation may occur. If you experience redness, itching, or discomfort, discontinue use immediately. Ensure the slimmers are clean and dry before each use. If irritation persists, consult a healthcare professional.

Specifications

Attribute	Detail
Brand	Gold's Gym
Model	Upper Arm & Thigh Slimmer Kit
Kit Contents	2 Arm Slimmers, 2 Thigh Slimmers
Material	Neoprene, Rubber
Closure Type	Velcro
Color	Black
Item Weight	0.3 Kilograms
Recommended Use	Gym, Strength Training
Country of Origin	Taiwan
UPC	022643008076, 751738952290, 796793408696

Warranty and Support

Specific warranty information for the Gold's Gym Upper Arm & Thigh Slimmer Kit is not provided in the available product details. For warranty claims or product support, please contact Gold's Gym customer service directly or refer to the product packaging for detailed contact information.
You may also visit the official Gold's Gym store on Amazon for more information:Gold's Gym Store

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