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VEVOR SS-JH-02

VEVOR Aerial Silk & Yoga Swing Instruction Manual

Model: SS-JH-02

1. Introduction and Overview

Thank you for choosing the VEVOR Aerial Silk & Yoga Swing. This versatile kit is designed to provide a comfortable and secure experience for various activities, including aerial yoga, sensory therapy, and relaxation. It can be configured as a swing or a hammock, offering flexibility for different uses and environments. Please read this manual thoroughly before setup and use to ensure safety and proper operation.

2. Product Features

- **Tear-Resistant Fabric:** Crafted from soft, elastic spandex (100gsm Nylon Fabric) that is machine-washable and durable. It is designed to enhance balance and coordination while providing a calming space.
- **High Load Capacity:** Supports up to 300 lbs (136.07 kg), suitable for both children and adults. The sturdy construction allows users to perform inversions and spins confidently.
- **360° Swing Design:** Features a cocoon structure with a swivel hook, enabling 360° swinging to stimulate sensory awareness. This design allows for quick changes between hammock and swing modes.
- **Fast Setup Kit:** Equipped with all necessary mounting accessories for tool-free installation in minutes.
- **Thoughtful Design:** Includes a frosted PE zip bag for convenient storage and machine-washable fabric for easy care. The spacious 104.3 x 58.7 inch (2650 x 1490mm) design provides ample room for free movement.



Image: Premium soft nylon fabric with thick and solid feel.

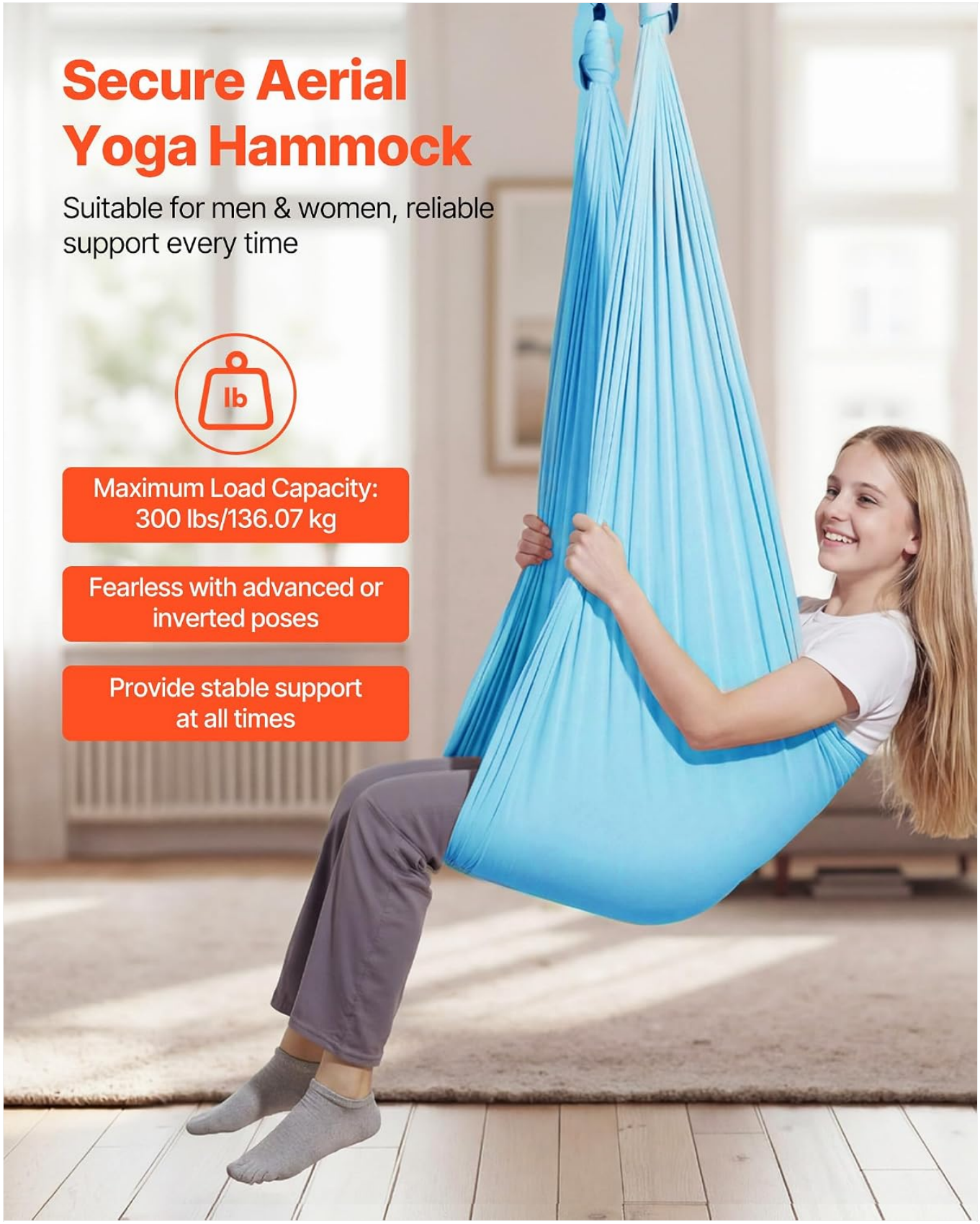

Image: Secure aerial yoga hammock with 300 lbs (136.07 kg) maximum load capacity.

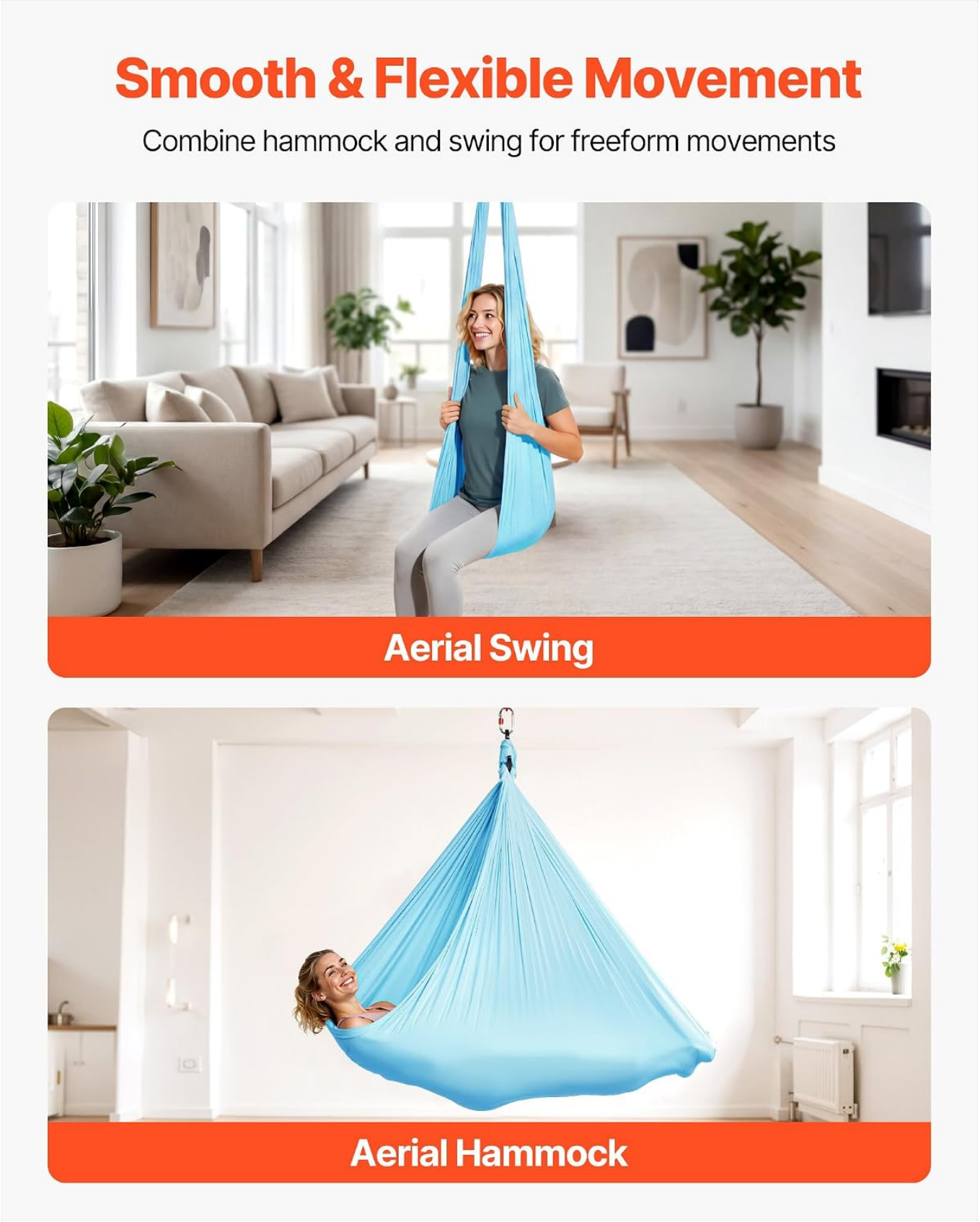

Image: Smooth and flexible movement, combining hammock and swing for freeform movements.

3. Included Components

The VEVOR Aerial Silk & Yoga Swing kit includes the following items:

- 1 x Aerial Yoga Hammock (Blue, 2.9 Yards)
- 1 x Daisy Rope
- 2 x Carabiners

- 1 x Swivel Ring
- 1 x Fixed Hanging Ring
- 1 x Figure-8 Anchor Ring
- 2 x Self-Tapping Screws
- 1 x Storage Bag



Image: Complete accessory kit for easy hanging.

4. Setup Instructions

Follow these steps to safely set up your VEVOR Aerial Silk & Yoga Swing:

1. **Identify Hanging Point:** Choose a secure overhead structure such as a sturdy ceiling beam, a dedicated aerial rig, or a strong tree branch. Ensure the chosen point can safely support the maximum load capacity of 300 lbs (136.07 kg) plus dynamic forces from movement.
2. **Install Fixed Hanging Ring:** If not already present, use the provided self-tapping screws to securely install the Fixed Hanging Ring into your chosen overhead structure. Ensure it is firmly anchored.
3. **Attach Swivel Ring:** Connect one of the carabiners to the Fixed Hanging Ring. Then, attach the Swivel Ring to this carabiner. The swivel ring allows for 360-degree rotation.
4. **Prepare the Hammock Fabric:** Locate the seam on the aerial hammock fabric. Gather the fabric along this seam, bunching it up tightly.
5. **Attach Figure-8 Anchor Ring:** Thread the bunched-up fabric through the larger opening of the Figure-8 Anchor Ring. Pull the fabric through until it is securely held by the ring.
6. **Connect to Swivel Ring:** Use the second carabiner to connect the Figure-8 Anchor Ring (with the fabric) to the Swivel Ring. Ensure all carabiners are securely tightened using their twist-lock mechanisms.
7. **Adjust Height (Optional):** Use the Daisy Rope to adjust the hanging height of the swing if needed. Attach the Daisy Rope between the Fixed Hanging Ring and the Swivel Ring, utilizing its multiple loops for desired length.
8. **Test Security:** Before full use, gently apply weight to the swing to ensure all connections are secure and the hanging point is stable.

▶ **Watch video online**
Demo of VEVOR sensory swing

Video: This video demonstrates the unboxing and setup process for a VEVOR sensory swing, including how to attach the fabric to the hardware and hang it. Note: The video shows a pink swing, but the setup process is identical for the blue model.

5. Operating Instructions

The VEVOR Aerial Silk & Yoga Swing can be used in various ways:

- **As a Swing:** Sit upright in the fabric, allowing it to support your body. You can gently swing back and forth or utilize the 360° swivel for rotational movements.
- **As a Hammock:** Spread the fabric to create a wider bed-like surface. Lie down in the hammock for relaxation, stretching, or sensory input. The elastic fabric will conform to your body.
- **Aerial Yoga/Fitness:** For advanced users, the silk can be used for aerial yoga poses, inversions, and strength training. Always ensure you are familiar with the techniques and safety precautions for such activities.

Always enter and exit the swing carefully. Avoid sudden movements that could destabilize the hanging point or cause injury.

6. Maintenance

- **Cleaning the Fabric:** The aerial hammock fabric is machine-washable. Use a gentle cycle with cold water and mild detergent. Air dry or tumble dry on low heat. Do not bleach.
- **Hardware Inspection:** Regularly inspect all hardware components (carabiners, swivel ring, anchor ring, screws, daisy rope) for any signs of wear, damage, or corrosion. Replace any damaged parts immediately.
- **Storage:** When not in use, especially for extended periods or during inclement weather if used outdoors, remove the fabric and store it in the provided PE zip bag. Store hardware in a dry place to prevent rust.

7. Troubleshooting

If you encounter any issues with your VEVOR Aerial Silk & Yoga Swing, consider the following:

- **Swing feels unstable:** Double-check all connections, ensuring carabiners are fully closed and tightened. Verify that the overhead hanging point is secure and rated for the appropriate weight.
- **Fabric not stretching correctly:** Ensure the fabric is properly bunched and secured in the Figure-8 Anchor Ring. The fabric is designed to stretch and conform.
- **Difficulty with rotation:** Confirm the swivel ring is correctly installed and free from obstructions. Ensure it is not overtightened or jammed.

For further assistance, please contact VEVOR customer support.

8. Specifications

Brand	VEVOR
Model Number	SS-JH-02
Material	Polyester (100gsm Nylon Fabric)
Color	Blue
Item Weight	4 Pounds (1.8 kg)
Maximum Load Capacity	300 lbs (136.07 kg)
Product Dimensions (L x W)	104.3"L x 58.7"W (2650 x 1490mm)
UPC	197988172406

9. Safety Information

Your safety is paramount. Please adhere to the following safety guidelines:

- **Weight Limit:** Do not exceed the maximum load capacity of 300 lbs (136.07 kg). Overloading can lead to equipment failure and serious injury.
- **Secure Installation:** Always ensure the swing is installed on a structurally sound overhead support. If unsure, consult a qualified professional.
- **Regular Inspection:** Before each use, inspect the fabric, ropes, carabiners, and all other hardware for any signs of wear, tears, fraying, or damage. Do not use if any component is compromised.
- **Clear Surroundings:** Ensure there is ample clear space around the swing to prevent collisions with walls, furniture, or other objects during use.
- **Adult Supervision:** Children should always be supervised by an adult when using the swing.
- **Hardware Warning:** Be aware that some hardware components may have sharp points. Handle with care during installation and adjustment.
- **Proper Use:** Use the swing only as intended for aerial yoga, relaxation, or sensory play. Avoid aggressive swinging or acrobatic maneuvers unless properly trained and equipped with appropriate safety measures.

10. Warranty and Support

For warranty information, product support, or to report any issues, please visit the official VEVOR Support Center. Contact details can typically be found on the VEVOR website or within the product packaging.

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