



GAIAM

Hip Trainer

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Hip Trainer.

SETUP

1. Remove the Hip Trainer from box and check for shipping damage.
2. The set includes 3 rubber resistance tubes (light, medium and heavy). Choose one and clip each end of the rubber resistance tube onto the loop at each end of the Fabric Squat Belt. Tug lightly to ensure they are secure.
3. Your Hip Trainer is now ready for use.

WORKOUT TIPS

1. Use a smooth and steady motion when performing each exercise.
2. Perform exercise routine to the best of your ability without strain.
3. Avoid holding your breath while exercising.

CARE

1. Dry with towel after use.
2. Spot clean the Hip Trainer with a damp cloth as needed. Dry thoroughly.
3. Avoid exposing to heat or excessive sunlight.
4. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the program.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.



WARNING: Wearing Protective Sports Eyewear (goggles or glasses made with polycarbonate or Trivex lenses) is always recommended when working with resistance cords (tubing) or bands.



SEE MORE AT WWW.GAIAM.COM

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