

Please read carefully before exercise

- 1. The speed of hula hoop should not be too fast, keep stable and uniform movement, and feel relaxed It is better to breathe evenly. Foot does not have to be too rigid, can walk slightly, lest long time Repetitive exercise leads to local muscle and joint fatigue It is suggested that when Hula circle is over 30 minutes, it can be changed from once every 4 days to twice a day proceed in an orderly way and step by step. Hula hoop is a kind of aerobic exercise which consumes heat It is recommended to exercise for more than 30 minutes.
- 3. waist force, tighten waist abdomen. Turning hula hoop mainly relies on the waist to fully exercise the psoas muscles Abdominal muscle, lateral psoas muscle and other parts, adhere to exercise can achieve the effect of tightening the waist and abdomen.
- 4.Do not exercise half an hour before meals.
- 5.Don't put hula hoops around your neck.
- 6. Special groups: such as patients with diseases, or physical discomfort, or women during pregnancy / menstruation Avoid exercise.
- 7.Please exercise in a spacious field, and make sure that the links are firm and the elastic band is fixed In case the ball falls off, people or objects are injured, especially children. Please keep away from it.

Model: _____ Number: 2021 1 23

Batch number: _____ Examination clerk : _____



Ninth Generation Hula Hoop

Manual



Installation method

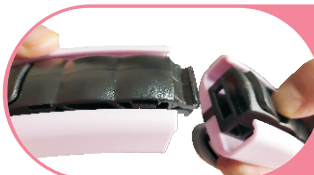


01
Align the snap

Disassembly method



01
Slide to unlock



02
Twist up and down to pull out

