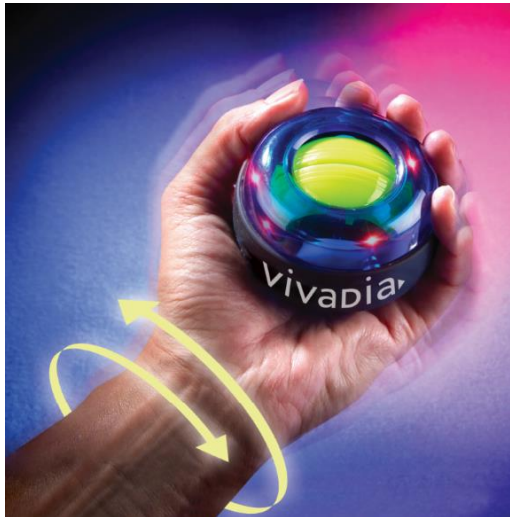


# Wrist Trainer Exercise Ball

H911 v01: 14/06/21

Please read and retain these instructions for future reference.

vivadia▶



## Dimensions

(H) 7 x (W) 7 x (D) 5.5cm

## ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

**CORD ACTIVATION** – supplied with a two starting cords for quick and easy activation every time. Provides a fully comprehensive workout at your fingertips.



**SPEED IS POWER** – Generate gyroscopic resistance and build muscle along the entire arm, from shoulder to fingertip. The faster you spin, the stronger the resistance. It will strengthen and train your grip, wrist and forearm muscles when used for as little as 3-5 minutes each day at moderate to fast spin speeds.

**IMMEDIATE RELIEF WITHIN 2 MINUTES** – Use at slower speeds for soothing rehabilitation and gentle strengthening of sore/tight muscles in the wrist, arm and shoulder and relieve pain from injuries such as carpal tunnel, tendonitis, tennis elbow and scaphoid fractures.

**WRIST ROPE PROTECTION:** Wear a special wrist strap when using to prevent the speed from flying too fast and flying out.

**NO POWER REQUIRED:** Wrist rotation and internal rotation Core interaction. The centrifugal force generated High-speed operation of the iron core.




**WARNING:**

**This is not a toy. Keep away from children under 36 months. Contains long cords.**

**DISPOSAL**

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – these are made from the following recyclable plastics.



Code & Symbol	 PP	 OTHER	 OTHER
Type of Plastic	Polypropylene	Polycarbonate	Polyoxymethylene
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups	Data storage including, CDs, DVDs, blu-ray discs, etc. Lenses including sunglasses, prescription glasses, automotive headlamps, riot shields, instrument panels, etc	Gears, bearings, conveyors, window guides, speaker grilles, ski-bindings, zippers, lighters, aerosol valves, medical devices, snap-fits, fasteners, furniture components
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)	Not commonly recycled but waste management centres can recycle it.	Not commonly recycled but waste management centres can recycle it

- At the end of the product’s lifespan please check with your local council authorised household waste recycling centre for disposal.