

4in1 All Body Resistance Gym

K007 v01: 02/08/21

Please read and retain these instructions for future reference

vivadia
ACTIVE



Dimensions

(H) 6 x (L) 80cm

- AN ALL BODY WORKOUT IN THE COMFORT OF YOUR OWN HOME– WORK OUT ANYWHERE!
- BASED ON RESISTANCE BANDED WORKOUTS
- THIS FANTASTIC PORTABLE FITNESS SYSTEM ALLOWS YOU TO WORK OUT ANYWHERE. IT TARGETS AREAS SUCH AS GLUTES, THIGHS, SHOULDERS, ARMS, BACK AND ABS.
- CONSTRUCTION: ELASTIC BANDS AND TWO EASY-GRIP HANDLES.
- IDEAL FOR: UPPER BODY MUSCLE GROUP AND ABDOMEN.
- ANTI-SLIP KNEELING BOARD FOR ALL ROUND EXERCISE AT HOME.
- USE: ABDOMINAL, ARM, SHOULDER, ABS, AND CHEST. BENEFITS: STRENGTHENS ABS, SHOULDERS, ARMS, BACK, WAIST, LEGS AND MORE!
- TARGETS 4 MAIN AREAS, UPPER BODY, CORE, BACK AND LOWER BODY GIVING YOU A TOTAL BODY WORKOUT
- TARGET LEGS, ARMS, STOMACH MUSCLES AND JOINTS BUT USE IN VARIOUS WAYS, UP TO 40 EXERCISES!
- EASY TO USE!

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

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

Adjusting Resistance Bands

Before starting your exercise adjust the resistance bands. There are 6 resistance levels. The closer the bands are to the middle of the machine the higher the resistance.

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*Calls cost 7 pence per minute plus your telephone company's network access charge


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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 – this is made from the following recyclable plastic.



Code & Symbol	 PP
Type of Plastic	Polypropylene
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)

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