

3pc Yoga Set with Mat

K038 v001: 10/09/21

Please read and retain these instructions for future reference

vivadia
ACTIVE



Set contains:

Yoga Mat: 173X61X0.4cm, Material: PVC

Yoga Ball: ϕ 65cm, Material: PVC, Smooth surface

Resistance band : 60x5x0.11cm, Material: TPE

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

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

Yoga mat

- With high density foam material, the 0.4cm thick premium mat comfortably cushions spine, hips, knees and elbows on hard floors.
- With double sided non-slip surfaces to prevent injuries
- Exceptional resilience allows you to keep your balance during any exercise style.

Cleaning: Mat can be washed with soap and water

Yoga Ball

- Can be used for a variety of different exercises.
- The exercise ball is made of thick and durable PVC material. The material is Eco-friendly, latex-free and non-toxic.
- Anti-burst design.
- Slip-resistance
- Can be used to sit on to improve sitting posture.

Maximum weight load: 100kgs

Resistance band :

- Start with 4-6 repetitions of each of the exercises you like. Later increase to 8-12 of each. Use your band at least 2-3 times a week.
- **WARNING:** Don't overstretch the band, it might break. Talk to your doctor if you have any concerns about using the band.



CAUTION: User must wear suitable eye protection such as safety goggles during exercise to protect against possibility of eye injury as a result of the band snapping towards the face if grip is lost or if the band breaks.

BAND CARE: Examine the band before use for small nicks, tears or punctures that may cause the band to break. If you find any flaws discard the product and replace before performing any exercises. Store out of direct unlight and away from heat. After use in chlorinated water rinse with tap water and dry flat. If the band becomes sticky clean with mild soap and water, dry flat and then dust with talcum powder, baby powder or corn starch.

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	 PVC	 OTHER
Type of Plastic	Polyvinyl Chloride	TPE
Commonly used for	Pipes, construction material, flooring, windows, guttering, plister packs	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not usually colected from household recycling bins, Sometimes recycled at local waste management centres.	Not often or widely recycled

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