

Please Read Before Beginning Workout

- **Consult with your physician before starting any exercise program**
- **To minimize injury, be sure to fully stretch your muscles before and after exercising**
- **To avoid dehydration while exercising, be sure to drink plenty of water**
- **Wear appropriate athletic shoes and clothing while exercising. Do not wear loose clothing that could interfere with your workout or get caught in the equipment**
- **Before you begin your workout check the equipment that you are using to be sure that it is in good working order**
- **Always use this product for its intended use**
- **This product is not a toy; please keep it away from children when not in use**
- **Keep your fingers, clothing, body parts, children and pets away from moving parts**
- **Set the equipment on a flat, level surface with adequate clearance on all sides for safe operation**