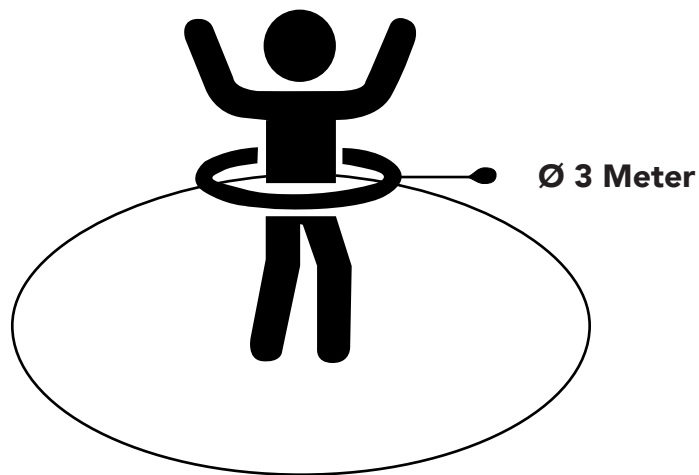


TUNTURI®

SAFETY DISTANCE

Please make sure that the ball can move freely within an area of 3 meters.



FEEL BETTER EVERY DAY

Tunturi New Fitness B.V. / P.O. Box 60001 / 1320 AA Almere / The Netherlands / www.tunturi.com

TUNTURI®

MANUAL

ADJUSTABLE HULA HOOP

STANDARD



More info



FEEL BETTER EVERY DAY

INSTALLATION METHOD

1



Connect the parts to reach the desired length.

3



Place the hula hoop around your waist, attach the 2 ends to each other and close the black buckles on both sides.

2



Place the roller inside the parts.

4



After securing the hula hoop, the user must grab the weight and throw it in a direction.

LENGTH ADJUSTMENT

Rope length adjustment to change the exercise

1



2



WARNING

Please read carefully before training

- Only wear this product around your waist for safe usage.
- Please stay away from children.
- Children under 6 need to train under parental supervision.
- Please store in a dry place, do not expose to the sun.
- Please be careful when installing the product, do not disassemble it by force.
- Please ensure that the hula hoop is secured around the waist before training.
- Please make sure that the ball can move freely within an area of 3 meters.