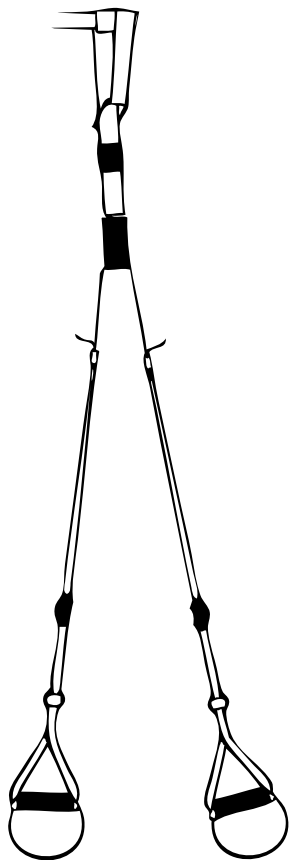


# KETTLE

## ASSEMBLY INSTRUCTIONS



Art. No.: K-EQ1116-100

FSKEQ1116100.01.02

## GENERAL SAFETY INSTRUCTIONS

### Personal Safety

#### ⚠ DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective.
- + Note that excessive training can seriously endanger your health. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

#### ⚠ WARNING

- + This equipment may not be used by children under 14 years.
- + Children should not be allowed unsupervised access to the equipment
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.

#### ⚠ CAUTION

- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + For optimum usage, you need an exercise area around 2.40 x 1.80 m in size.
- + Only exercise on a flat, non-slippery floor.

#### ▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

### Set-Up Place

#### ⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

#### ⚠ CAUTION

- + Choose the set-up place so that there is sufficient space around the product.

#### ▶ ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

### Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

### Technical data

Article weight (gross, incl. packaging):	1.01 kg
Article weight (net, without packaging):	0.91 kg
Packaging dimensions (L x W x H):	16 cm x 10 cm x 17.8 cm
Article dimensions (L x W x H):	16 – 27 cm x 15 cm x 45 cm
Use class:	H

#### 📘 NOTICE

This quick guide provides you with the most important information. For workout tips, visit our webshop and enter the article number in the search field above or scan the QR code.



### Assembly

The suspension trainer can be assembled on various places.

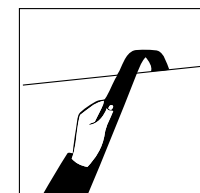
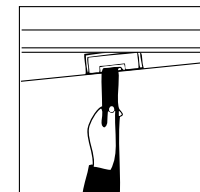
#### On the door

##### ⚠ CAUTION

- + Ensure that the door is sturdy enough to support your body weight. Using an unsuitable door can result in injury and damage.
- + Ensure that the door cannot open on its own.
- + The door must not open in the direction of training.

1. Place the door stop of the suspension trainer in the centre of the door.
2. Close the door.

*The suspension trainer is secured.*



# SUSPENSION TRAINER

## Outdoors

The suspension trainer can be secured onto sturdy railings.

### ⚠ CAUTION

Ensure that the railing is sturdy enough to support your body weight.

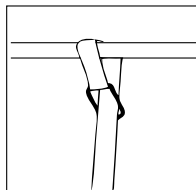
### 📌 NOTICE

- + If you need to attach the suspension trainer to the ceiling, use the hook of the suspension trainer.
- + The suspension trainer must be 2.10 m to 2.75 m above ground level.

## Securing to high railings

1. Fix the suspension trainer to a railing.
2. Connect the hook to the suspension trainer band.
3. To secure the suspension trainer, pull the strap.

*The suspension trainer is secured.*



## Securing to low railings

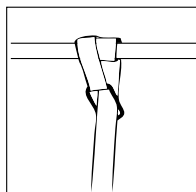
1. Wrap the suspension trainer several times around a railing.

### 📌 NOTICE

The more often the suspension trainer is wrapped around the railing, the shorter the strap gets.

2. Connect the hook to the suspension trainer band.
3. To secure the suspension trainer, pull the strap.

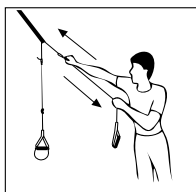
*The suspension trainer is secured.*



## Adjusting the length

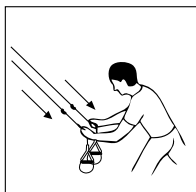
### Shorten

1. To shorten the sling trainer, press the buckle down and pull the grey strap upwards in the opposite direction.
2. Repeat the step for the other side.



### Lengthen

1. To extend the suspension trainer, pull both straps down.



## Warranty Information

Training equipment from Kettler® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your Kettler® device for the exact warranty conditions.

## Care, Maintenance and Storage

### ⚠ WARNING

The storage location should be chosen so that improper use by third parties or children is prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

## Disposal

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.

## Contact

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