

TUNTURI®

MANUAL

ADJUSTABLE HULA HOOP



More info



FEEL BETTER EVERY DAY

INSTALLATION METHOD**1**

Connect the parts to reach the desired length.

2

Place the roller inside the parts.

3

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

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



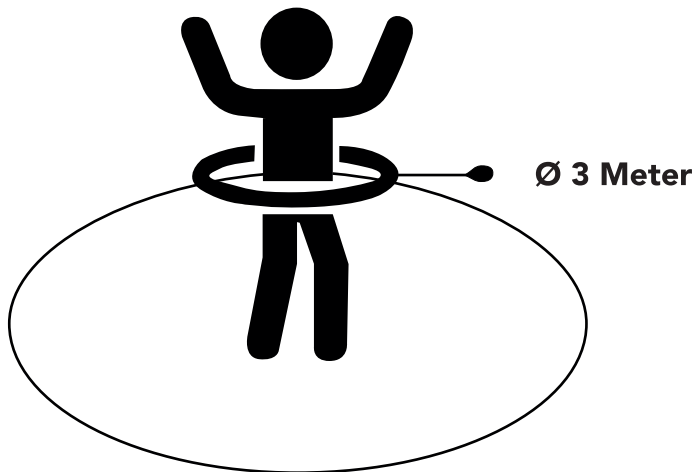
WARNING

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.

SAFETY DISTANCE

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



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