

INSTRUCTIONS

AB SLING STRAPS HOME GYM

PACKAGE CONTENTS

- Ab sling × 2
- Strap × 2
- Carabiner × 2

TECHNICAL SPECIFICATIONS

- Material: nylon, polyester, velvet, EVE foam, stainless steel.
- Maximum load: 150 kg



COMPONENTS



- (1) Carabiner
- (2) Strap
- (3) Ab sling

HOW TO INSTALL

- Before installing the equipment, check every component for damage. If any component is damaged, do not use the equipment.
- Find a metal bar, strong enough to support your weight, on which to install the Ab sling.
- Take the carabiner and fasten it to the top of the sling as shown in the picture below.



- Then fasten the slings to the metal bar:



- If the bar is too high, you can use the included straps to make the slings longer and bring them to a lower elevation.
- In the same way, you can use the straps to hold the slings if the bar is too thick to go into the carabiner.
- Put one end of the strap into the carabiner, wrap the strap around the bar once and then put the second end of the strap into the carabiner. Now fasten the slings into their respective carabiners and you're ready to use the slings.

WARNINGS

- Only use the slings for their intended purpose.
- Pay attention to your surroundings when using the slings.
- Do not disassemble or modify in any way.
- Warm-up your muscles before using the equipment.
- Never put the slings around your neck, this may cause suffocation.
- Train with the slings according to your fitness and ability. Do not overtrain.

WARRANTY

The warranty is valid for 24 months. You can claim it from DFVU d.o.o., Liparjeva 6a, 1234 Mengeš, Slovenia, for a replacement product or a refund. Send us your order number and purchase date in the email, which is available by clicking on our logo in the bottom right corner. The product has a lifetime of 24 months from the date of collection.

