


Assembly Instructions

Fitness Wheel



	<p>! WARNING</p> <ul style="list-style-type: none">• Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.• All users of this equipment assume this risk of serious injury.• Mats and pits cannot and do not eliminate hazards.
<p>Safety Instructions</p>	
<p>ALWAYS:</p> <ol style="list-style-type: none">1. Consult an instructor prior to use.2. Use equipment ONLY under the supervision of trained and qualified instructors.3. Use equipment with trained spotters and the proper spotting equipment.4. Check equipment before use for proper positioning; equipment can move during use.5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.6. Use equipment ONLY when all hard exposed surfaces are protected with proper mats.7. Assure that all inflatable equipment has sufficient air pressure to avoid injury. <p>DO NOT use the apparatus with damaged, worn or missing parts.</p> <p>DO NOT allow more than one person at a time to use the equipment.</p>	

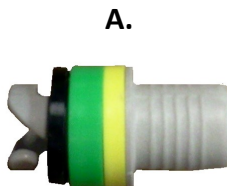
Thank you for purchasing the Fitness Wheel. We hope you will enjoy years of use with this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition.

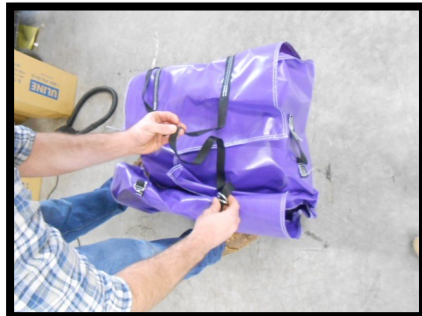
Parts List

Parts:

- [A] Adapter
- [B] Air Pump
- [C] Fitness Wheel



Tumbl Trak
Train Smart



STEP 1 - Carefully open box and remove packaged Fitness Wheel. Remove the black nylon straps on the Fitness Wheel storage case and Fitness Wheel. (1A-1C)

STEP 2 - Open Fitness Wheel and lay flat.



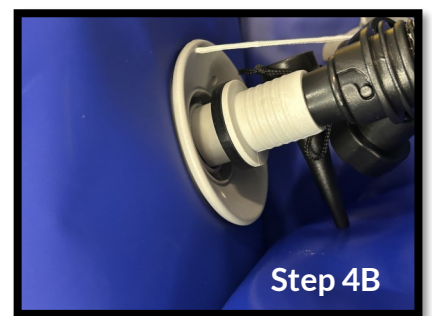
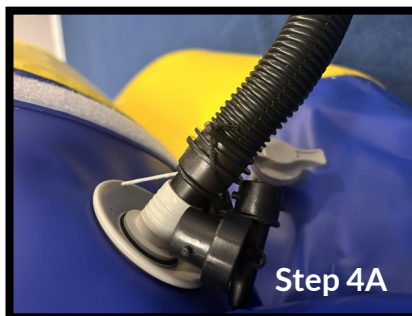
STEP 3 A-B- Locate Fitness Wheel valves. Make sure the valves are closed by pressing in the spring lock button and turn counter clockwise.



STEP 4A-4B) Attach the adapter to the end of the air pump hose only using the black ring. Insert the attached adapter into the valve and turn clockwise to lock in. (3C-3D)



This is how the Adapter for your pump should look before attaching to the valve.



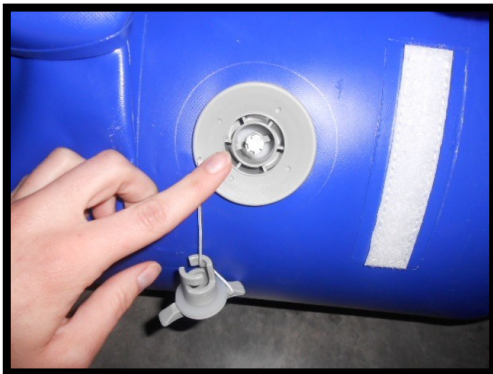
STEP 5 - Turn on air pump until desired amount of air. Make sure the adapter is tightly secured to prevent air leaking from valve sight.

Recommended Weight Limit: 150 lbs.

STEP 5 - To keep dust and particles from the valve insert the attached valve cap and turn clockwise. While the valve cap may help hold air in, it is not the main air lock seal.



STEP 6 - To open the valve press the button and turn clockwise to let air out . (6A-6B)



Storage: When storing or transporting the Fitness Wheel, be sure to use the protective cover to prevent damages. Deflate the Fitness Wheel and close the Velcro flaps covering the valves. Fold the Fitness Wheel in thirds and roll, securing with the black strap provided. Sit the Fitness Wheel in the middle of the protective cover folding up the sides around it securing with the black straps attached.

Go to <https://youtu.be/Kb4FpRI7ZCA> to download your product instruction video and learn about all the ways you can use your new



Turn your Fitness Wheel into a hanging sensory station with the Fitness Wheel Hammock. Designed for snug compatibility with the 5' Fitness Wheel, clients will love swinging, spinning, rocking, and balancing safely in the suspended wheel.