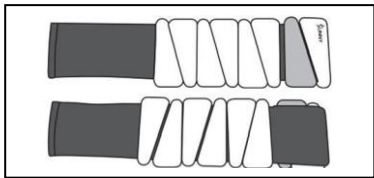




ADJUSTABLE WRIST WEIGHTS
1-POUND (PAIR)
NO. 103-1
USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



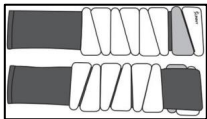
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IMPORTANT SAFETY INFORMATION

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk.
2. Be aware of your body's signs. Incorrect or excessive exercise can be detrimental to your health. Stop exercising if you experience any uncomfortable symptoms.
3. Always warm up before exercise. Before use, ensure that your equipment is in good condition. Do not use the equipment if you find any wear/tear or damage.
4. Start your resistance exercise with a relatively low level, gradually increasing the level as you progress.
5. Your product is intended for use in cool, dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to product damage.
6. Hand wash with cold water to clean and lay flat to dry.

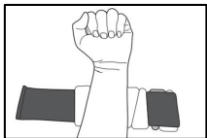
WEARING INSTRUCTION

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90 SUNNY (877-907-8669).



STEP 1:

Lay Wrist Weight facing down on flat surface.



STEP 2:

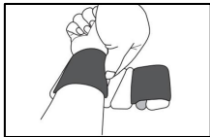
Put the wrist on the product.



STEP 3:

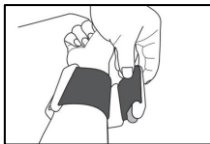
Wrap around the strap around the wrist with your other hand.

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STEP 4:

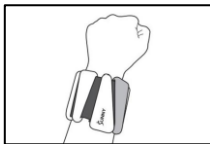
Put the strap end between your wrist and the product.



STEP 5:

Velcro the strap to secure.

NOTE: Follow the same step for the other hand.



ITEM NO:	ADJUSTABLE WRIST WEIGHTS 1-POUND (PAIR)
ITEM NAME:	NO. 103-1
MATERIALS:	METAL, SILICON, VELCRO STRAP
UPC:	815749018373
WRIST SIZE:	11.4*2.8*0.55 INCHES
QUANTITY:	1 PAIR

Version:1.0

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