



# WARNING

INJURIES MAY OCCUR WHEN USING THIS APPARATUS. ALWAYS FOLLOW THESE INSTRUCTIONS.

1. Read the user manual before putting the apparatus into operation. The training apparatus may only be used in the manner intended by the manufacturer and must NOT be modified.
2. Obtain a doctor's permission before beginning a training programme.
3. Make sure that nothing comes into contact with moving components, in particular clothing and body parts.
4. The training apparatus must be checked before use. Do not use if it appears to be damaged. Never attempt to repair damaged apparatus yourself! Inform a member of staff at the manufacturer.
5. The safety belt must be put on before the user enters the training area and must be worn for the duration of the training.
6. The side rails must not be removed before, during or after training.
7. Make sure that the apparatus is on a secure and even surface. Ask an expert for advice.
- 8. DO NOT REMOVE THIS STICKER. IF IT IS FAULTY, PLEASE REPLACE IT.**