



Kettlebells

Safety Instructions

Notice: Ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

- This product is not a toy, and is only to be used for its designated purpose.
- If at any time during the activity you feel faint, dizzy, experience pain, stop and consult your physician or doctor.
- Children should be supervised at all times when using the product.
- Leaving the product outside exposed to weather, especially direct sun, rain and salt air, will speed the weathering process. This can be slowed by removing the product from these conditions, or covering it with a suitable cover.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances.
- Do not carry out alterations or modifications to this product.
- Make sure to only train in an area that is spacious and free of objects to avoid causing property damage and/or injury.
- Always practice lifting safely as this will assist in preventing injuries to yourself and others.
- Make sure the weight you are using is appropriate for you (weight that will allow eight to ten reps minimum).
- If needed, make sure you have someone to spot for you in case you are unsure about the weight you are using.
- If the product is damaged or has any defects, please contact cservice@oypla.com



An Official Oypla Branded Product

**Please retain a copy of all
instructions for future consultation.**