



# Training Hurdles

# 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.

- Make sure all fastenings are tightly in place and that everything is in order before using the product. This should be checked periodically by an adult.
- Do not discard any of the packaging until you have checked that you have all of the parts and fittings required.
- Do not carry out alterations or modifications to this product.
- Persons (including children) with reduced physical, sensory and mental capacities or lack of experience and knowledge do not intend this product for use, unless persons responsible for their safety have given them supervision or instruction concerning use of the product.
- To prevent accidents and health issues, consult a doctor before use if you have any underlying health problems or are taking any medication which affects your heart rate, blood pressure or cholesterol.
- Warm up 5 to 10 minutes before each workout and cool down for 5 to 10 minutes after.
- If the product is damaged or has any defects, please contact [cservice@oypla.com](mailto:cservice@oypla.com)

### **HAVE A QUESTION ABOUT YOUR PURCHASE?**

OUR DEDICATED CUSTOMER SERVICES TEAM ARE HAPPY TO HELP  
CONTACT THEM VIA:

TELEPHONE: 020 3600 2255

EMAIL: [cservice@oypla.com](mailto:cservice@oypla.com)

LIVE CHAT: [www.oypla.com](http://www.oypla.com)

PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION

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**USER MANUAL Model No: 3917/3918/3919**