



RY-KO DUAL KICKSPINNER

ITEM NO.: RK 941



09/2005

INSTRUCTION MANUAL

Feature:

- Height adjustable in 5 sections.
- Max. height: 124cm, lowest 95cm with Base Dia 43cm.
- Practicing with the kikspinner target pads, it can improve user's posture, power and speed.

Attention before use:

- Check the product for any damage or defects.
- Do not make any modifications or repairs to this product.
- Do not use around other people or pets.
- Immediately discontinue use of this product if you feel dizzy or faint.
- Always wear proper exercise apparel when using the machine.
- Always consult your physician before starting any new exercise routine.

Proper storage of this product:

- Do not store in high temperatures.
- Do not store or use this product outside in direct sunlight, or in the rain.
- Keep this product away from children.

Do not use this product if you have one of the following conditions:

- Pregnant.
- Have high or low blood pressure.
- Suffer from heart disease.
- If you feel pain, get dizzy or faint, or uncomfortable, discontinue use immediately.

Care & Maintenance

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SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.



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Assembly

Step 1:
Check all parts before assembly.



Step 1:
Insert screw nut, steel cover and hexagonal bolt into the centre hole of base back and fix together with half pole of base front.



Step 3:
Put upper pole into under pole and make sure the spring ball be locked exactly.



Step 4:
Insert the Hex. Screw of spinner pad into suitable hole of upper circle base and put Hex. nut in other side.



Step 5:
Tighten Hex. Screw and Hex. nut into center circle base.



Finish

