

Sport-Thieme „power“ and „power wave“ fitness hoop

Thank you for choosing a Sport-Thieme product!

In order for you to get a lot of enjoyment from this product and to ensure safety, please read these instructions completely before use. Keep the instructions in a safe place. If you have any questions or requests, please do not hesitate to contact us.

„power“ fitness hoop



„power wave“ fitness hoop



The Sport-Thieme „power“ and „power wave“ fitness hoops are an effective training tool for a varied workout of the body's core, which is also fun. Herewith you tighten your torso, massage the acupuncture points of the abdomen and increase flexibility. The massage effect is enhanced in the "power wave" by the wavy structure of the inside. Due to the smooth surface and high-density foam padding, you will experience high protection and comfort during your workout.

Assembly

Assembly steps

1. Take one part with the opening to the left in your right hand and one part with the button to the right in your left hand. Then press the synthetic button with your thumb and hold the tube in front of the cavity of the other part.
2. Insert the parts into each other while pressing the button with your thumb. When you have put the parts together, you will hear a click.
3. To check the connection, finally pull the two parts that have been plugged together in the opposite direction.



Disassembly steps

1. Hold the bottom of the two parts with both hands.
2. Press the round white button with your thumb and hold it firmly.
3. Then pull the two parts with both hands in the opposite direction.



Sport-Thieme „power“ fitness hoop

- Material (outside): foam rubber (NBR)
- Material (inside): PP
- Diameter (∅): 100 cm
- Ring thickness: 4 cm
- Weight: 1,4 kg
- 8 individual parts

Sport-Thieme „power wave“ fitness hoop

- Material (outside): foam rubber (NBR)
- Material (inside): PP
- Diameter (∅): 100 cm
- Ring thickness: 3,5 cm
- Weight: 1,2 kg, 1,5 kg or 1,8 kg
- 6 individual parts

Notes

- For safety's sake, have yourself examined by a doctor before you start training, especially if you have any pre-existing conditions such as diabetes, spinal problems or heart problems, but also if you are new to training or have not been active in sports for a long period of time.
- It is recommended to warm up before each training session to prepare the body for the upcoming load and thus prevent injuries to muscles and tendons.
- It is recommended to start with 5 minutes per day for the first 2 weeks. After that, you can slowly increase to 10 minutes.
- Do not perform your workout with the fitness hoop for more than 20 minutes at a time.
- Start your workout at least half an hour before or after meals.
- When performing a workout with a fitness hoop for the first time, you may experience bruising that will subside after about 2 weeks. If the bruises do not disappear after the first two weeks or you experience severe pain, please consult your doctor.
- Please consult your doctor if you have any problems with your lumbar spine, neck or back.
- The fitness hoop is not suitable for pregnant women and children.
- When exercising with the fitness hoop, make sure you have enough space and a flat surface to prevent the soft foam from being damaged by sharp-edged objects.
- Clean the fitness hoop with a damp cloth and do not use aggressive cleaning agents. If in doubt, test the cleaning on an inconspicuous area.

Application

1. Hold the fitness hoop with both hands and press it against your lower back.
2. Take a firm, approximately shoulder-width stance. Your body should feel relaxed, stable and balanced.
3. Give the fitness hoop a good swing with both hands in your preferred direction so that the inside rolls around your body in a circular motion. Repeat this a few times to get a feel for it.
4. Leave the fitness hoop on the floor for a few minutes and practice the hip movements. Let your pelvis circle: left, back, right, forward. Do these circling hip movements a few times until you get a feel for them.
5. Now put the movements from 3. and 4. together: As you rotate the fitness hoop to the left, bring your hips to the left to meet the hoop. Then rotate it from back over right and forward so that your hip follows the rotation of the hoop.
6. Try to keep the hoop circling around your hips for as long as possible. If it falls to the floor, pick it up and try again. Have fun with the Sport-Thieme fitness hoop!

If you have any questions, please do not hesitate to contact us!
Your Sport-Thieme Team