



SAFETY INFORMATION

- This product is NOT A TOY. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge unless they are given supervision or instruction by an individual responsible for their safety
- Consult a physician before starting any exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint
- Always perform warm-up exercises before using the training set
- Begin each move slowly and with control, to learn proper form, balance and coordination
- Before you start your workout, make sure that your surroundings are free from possible interference and third parties
- Frequently check safety warnings on <https://ljft.info> for the latest update regarding the proper use of this product

WARNING!

1. DO NOT overexert yourself during exercise. Only use this product in the manner described in the instructions on our website
2. DO NOT attempt an exercise if you are unable to maintain balance, control or proper form
3. DO NOT use the short resistance bands for overhead exercises
4. DO NOT stretch any resistance band beyond twice its original length
5. CHOKING HAZARD - Small Parts. Not suitable for children under 3 years. Use with adult supervision only
6. DO NOT use the product with worn or damaged parts. Contact LJFT Customer Service for repair information liv.ljft@gmail.com

LEGAL DISCLAIMER As with any exercise equipment there are some inherent risks involved in using any product purchased from this listing, including but not limited to serious physical injury. Products we sell may be intended for adults over 18 years of age. We will not be held liable under any circumstance for incidental or consequential loss, damage or injury due directly or indirectly to the use of this product including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. Buyer understands the use of the product can cause possible injury or death to themselves or others. The Buyer holds our company, its agents and affiliates harmless from any liability arising out of or relating to the use or ownership of this product. Buyer fully accepts responsibility & releases the seller for any and all personal injuries, fatal injuries, costs & other damages incurred as a result of the Buyer or anyone else's operation of this item.