

SECURITY WARNINGS

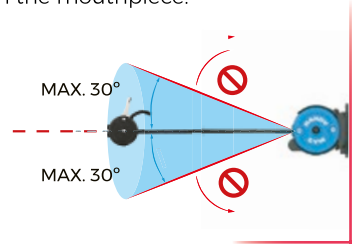


Before using the Handy Gym, we recommend you carefully read the user manual for a correct use of the device. Remember, the machine can only be opened by a member of the Handy Gym Technical Service (except for the parts necessary to replace the rope), otherwise the product warranty will be lost. Please pay special attention to the following safety warnings when performing the exercises, in order to ensure the durability of the product and your own integrity:

1 Never pull with forces over 100kg (220lb.)



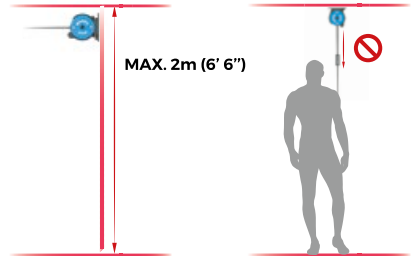
2 Do not pull the rope with an angle over 30° from the mouthpiece.



3 Never drop the machine or any of its accessories in the eccentric phase of the exercise. In addition, the safety spacer should never be crushed or compressed, always leaving at least 15cm (6') between the nozzle and the rope regulator.



4 Never place Handy Gym more than 2 meters (6' 6") high (with rack or wall plate) or anchored to the ceiling, and never position yourself under the device. Make sure the anchor point is secure, and always place the wall plate vertically and with the logo on top.



5 The rest periods of the Handy Gym must be respected, never using it for more than 10 minutes in a row (5 if used in conjunction with the pulley), no more than 2 hours a day, or 10 hours a week. It should not be used by teams of people in a continuous mode.



6 If possible, grease the rope with white plastic grease (lithium-based grease) once a month to ensure durability, or once a week for heavy use. Avoid contact of sand or other debris with the rope.

