

Important Health and Safety Precautions

Before beginning any exercise program, consult your physician first. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant. If you experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout and CONSULT A PHYSICIAN IMMEDIATELY.

- Keep children and pets away from equipment at all times.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
- Never workout with equipment if it is not functioning properly.
- Do not use any exercise machine until it has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Keep hands, limbs and long hair well out of the way of moving parts.
- Use the machine only for its intended use as described in its manual. DO NOT use any other accessories not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Always examine you equipment before use to ensure all parts are in working order.
- Flaman Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of any exercise equipment.