SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED:

1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using.
4. Read and understand all instruction for using the equipment, accessories and associated work outs.
5. Keep all children (12 and under) away.
6. Keep body and clothing clear from moving parts.
7. Use the equipment only for the intended use. Do not modify or alter the equipment in any way.
8. Do not use the equipment if it becomes damaged or broken.