

ROCKING HANDSTAND TRAINER

HDSDAPP

400590



Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY
(1)	ROCKING HANDSTAND APPARATUS	1
(2)	M10 FLAT WASHER	4
(3)	M10 WING NUT	4
(4)	M10-1.5X25MM RUBBER STOPPER	4

ASSEMBLY INSTRUCTIONS

- No assembly required
 - Training aid for gymnastic rings handstand
 - Rocking motion helps focus the stabilizer muscles
 - Adjustable stoppers enhance the rocking motion difficulty
 - Easy grip bars relieve stress on wrists to allow longer workouts
 - Train handstand skills, straddle L's and strengthen stabilizer muscles
 - Great for handstand push-ups and getting your balance right
 - Extremely durable and easy-to-move around the gym or at home

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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