

Reebok® Adjustable Toning Tube Set

Owner's Guide

BEFORE YOU BEGIN

Thank you for purchasing the new Reebok* Adjustable Toning Tube Set. The Adjustable Toning Tube Set can be used with the Reebok* Deck or the Reebok* Core Board for effective and enjoyable muscle-toning workouts. For your safety and benefit, please read this guide before using the Adjustable Toning Tube Set. If you have questions after reading this guide, call Customer Care toll-free at 1-800-288-4802, Monday to Friday, 6 a.m. to 6 p.m. Mountain Time (closed on holidays).

IMPORTANT PRECAUTIONS

AWARNING: To reduce the risk of serious injury, read the following important precautions before using the Adjustable Toning Tube Set. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- It is the responsibility of the owner to ensure that users of the Adjustable Toning Tube Set are adequately informed of all precautions.
- Keep the Adjustable Toning Tube Set indoors, away from heated surfaces, sharp objects, direct sunlight, and moisture.
- Inspect the Adjustable Toning Tube Set for abrasions, cracks, and cuts before each use.
 Do not use the Adjustable Toning Tube Set or attempt to repair it if it is worn or damaged.
- Keep children under age 12 and pets away from the Adjustable Toning Tube Set.
- 5. The Adjustable Toning Tube Set contains natural rubber latex. Users who are allergic to latex products may develop reactions such as skin rashes; hives; nasal congestion; swelling, especially around the nose, mouth, and throat; eye irritation or conjunctivitis; or respiratory problems, including asthma and rhinoconjunctivitis. Users who experience allergic reactions should avoid further contact and consult their physicians.
- If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

ATTACHING A TONING TUBE

The Adjustable Toning Tube Set comes with three toning tubes of different resistance levels to accommodate a variety of resistance exercises.

Before attaching a toning tube to the handles, please note that there is a collar on each end of the toning tube. Each collar has a flat side and a notched side.



To attach a toning tube to a handle:

- 1. Push the toning tube into the slot in the spool.
- Push the collar onto the spool. Make sure that the notch in the collar is facing outward.
- Repeat these steps to attach the toning tube to the other handle.

Reebok Reartk06 User Guide

LL Leslie



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