



**IGNITE** BY SPRI

# EXERCISE DICE

## **SETUP, WORKOUT TIPS, AND CARE & SAFETY GUIDE**

Please read before setting up or using your Exercise Dice.

### **SETUP**

1. Remove the Exercise Dice from the box and check for possible shipping damage.
2. Your Exercise Dice are now ready for use.

### **WORKOUT TIPS**

1. Always use the Exercise Dice in an open area free of furniture or other items that could get in the way while exercising.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routines to the best of your ability without strain.
4. Avoid holding your breath while exercising.

### **CARE**

1. Dry Exercise Dice with a towel after use.
2. Use a damp cloth to clean the Exercise Dice.



## Setup, Workout Tips, and Care & Safety Guide

### IMPORTANT SAFETY CAUTIONS!

**Please read before setting up or using your Exercise Dice.**

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
  2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
  3. Perform exercises in a slow and controlled manner.
  4. Stop and rest if you feel dizzy or short of breath.
  5. Use product only as intended and demonstrated in the exercise guide.
  6. This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.
  7. Keep product out of the reach of children and pets.
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All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

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