

# GAIAM WELLBEING™

## FITNESS MAT

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

Please read before setting up or using your Fitness Mat.

#### **SETUP**

1. Remove the Fitness Mat from box and check for shipping damage (scratches, punctures or gouges).
2. Your Fitness Mat is now ready for use.

#### **WORKOUT TIPS**

1. Ensure your hands are clean and dry before use.
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 the Fitness Mat with a towel after use.
2. Wipe the Fitness Mat with a damp cloth to clean. Air dry.
3. Avoid exposing the Fitness Mat to heat or excessive sunlight.
4. Store in a cool, dry place.

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#### **IMPORTANT SAFETY CAUTIONS!**

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 doctor before beginning this 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 on the exercise guide.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

**Learn more at <http://life.gaiam.com>**

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**MADE IN CHINA.**

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