



Product Code: GF-DEW

How Often should I Check my Exercise Equipment?

GoFit equipment should always be checked thoroughly before each and every use to assure there are no nicks, tears, holes or other damage to the item. Using damaged items could lead to severe injury. If any sign of damage or wear is present, immediately discontinue use of the item and contact GoFit Customer Service for assistance.

Getting Started:

- Kneeling on flat smooth surface, place exercise wheel on the floor close to knees. You may find it more comfortable to kneel on a towel. Grip handles firmly with both hands, keep arms slightly bent. Your back should be arched inward and your abdominal muscles flexed.
- Roll as far forward as comfortable. Keep your abdominal muscles flexed and back slightly arched. Gradually return to the starting position and repeat.

GOFIT PRODUCT WARRANTY

This Limited Warranty applies to physical goods purchased from GoFit, LLC.

The Limited Warranty covers any defects in material or workmanship under normal and expected personal use during the warranty period.

All GoFit products are warranted for 1 year from purchase.

The Limited Warranty does not cover any problem that has arisen from:

- Use outside of a home environment or personal use.
- Damage from use of the product in a manner not directed.
- Damage from neglect or abuse
- Damage in shipping (unless shipped direct from GoFit Store)
- Any and all other situations that were not related to defect in manufacture.

To obtain warranty service, original owner of the product must contact GoFit Customer Service directly, for review of the problem and resolution appropriate to each customers' issue.