



ANKLE WEIGHTS

FASTENING & ADJUSTING

1. Place “Ankle-Side” of weight against your leg around your ankle.
2. Pull Velcro strap *THROUGH* the metal rectangle ring for a secure fit.
3. Pull Velcro strap *BACK OVER* the metal rectangle and secure strap to itself.

The GoFit logo should be facing out.

**Adjust the strap to where the Ankle Weights are comfortable for you.*



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WARNING: Exercise programs of any kind present an inherent danger to the participant. Serious or fatal injury can occur. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/ described. Anyone under the age of 18 should have adult supervision. Always read and follow all warnings and information (if included). Always use proper techniques and common sense when exercising. Always check your equipment thoroughly for any sign of defect. If any defect is found, discontinue use immediately and contact customer service for further assistance. This product is not intended for commercial use.



Usage & Care



WARNING



Read and follow all warnings and information before use.
Serious injury or fatality may occur.

ANKLE WEIGHTS—USAGE

- The Ankle Weights are not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- The Ankle Weights could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- When first attempting any exercise, use caution while determining your physical limitations.
- **NEVER** immerse Ankle Weights in water. **NEVER** swim with Ankle Weights.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Ankle Weights.
- The Ankle Weights should only be used for its intended purpose.
- Be sure to wear appropriate exercise clothing and footwear, such as sneakers or exercise shoes.
- The Ankle Weights are not recommended for use during pregnancy.

ANKLE WEIGHTS—MAINTENANCE AND CARE

- Take out the individual weights from the Ankle Weight Belt. Clean the Ankle Weight Belt with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Ankle Weight Belt or Weights into water. Let the Ankle Weight Belt completely air dry before re-inserting weights.
- Keep Ankle Weights out of direct sunlight. The Ankle Weights should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

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