

Expander User Manual

Usage Instructions:

1. Preparation:

- Always perform a warm-up before starting your workout to prepare muscles and joints.
- Ensure the expander is in good condition; check for any damage to springs or handles.

2. Adjusting Resistance:

- Resistance can be adjusted by adding or removing springs.
- To increase resistance, add more springs; to decrease, remove the desired number of springs.

3. Performing Exercises:

- Hold the expander handles with both hands.
- Perform smooth movements, avoiding sudden jerks.
- Breathe evenly during exercises.

Precautions:

- Do not use the expander if you notice any damage to the springs or handles.
- Avoid contact of the springs with your face and eyes during exercises.
- Store the expander in a dry place, out of reach of children.

Maintenance:

- After each use, wipe the expander with a dry cloth to remove sweat and moisture.
- Regularly check the condition of the springs and handles; replace damaged parts as needed.

Warning: The manufacturer is not responsible for any damage resulting from improper use of the expander or failure to follow the above instructions.