

**SQH0H-1** EOS

## 6 Pcs. 2 to 5lbs. Adjustable and Detachable Weighted Hula Hoop

8 Sections Portable Indoor and Outdoor,  
Great for Adults and Beginners

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!  
DOWNLOAD THE SQUATZ APP TO START TRAINING!

**SQUATZ**

**USER GUIDE**

**PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION**

### Features

- High Density Foam
- Durable and Soft
- 5mm Thick Premium Foam
- Non-Slip, Perfectly Fits and Effectively Massages Waist
- Have Dots Surfaces
- Adjustable Weight
- Convenient to Store and Carry
- Detachable and Durable
- Stainless Steel Tube
- High-Quality Material
- Easy to Install & Disassemble
- 8 Detachable Sections Hoop
- Made of Durable, Thicker Stainless Steel
- Recommended for Adults and Teenagers
- Tightens Abdomen, Hips, and Arms, Shape Charming Curves
- Help Burn Calories, Strengthen Core and Slim Waist
- Effectively Protects Waist from Bruising and Cannot be Easily Torn
- Increase Weight of the Hoop by Putting Rice, Sand, Beans or Steel Balls into the Stainless-Steel Tube



**What's in the Box:** (6) Hula Hoops

### Technical Specs:

- Construction Materials: Stainless Steel + Eva
- Thickness: 0.20" -inch Thick Premium Foam
- Weight Capacity: 2.2 lbs.
- Assembled Dimensions: 35.03" -inches (Inner Diameter), 37" -inches (Outside Diameter)
- Disassembled Dimensions (L x W): 18" x 2.36" -inches
- Product Dimensions (L x W x H): 35.03" x 35.03" x 3.14" -in.

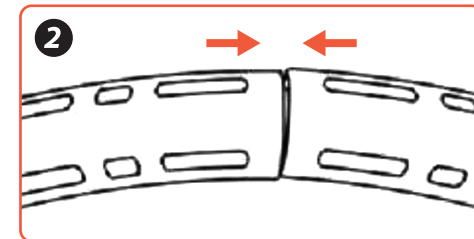
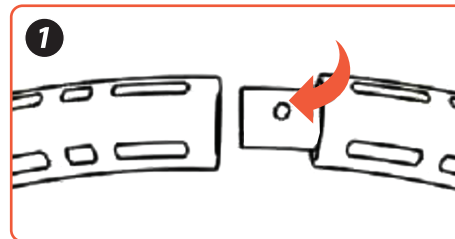
**Questions? Comments?**

We are here to help!

Phone: (1) 718-535-1800

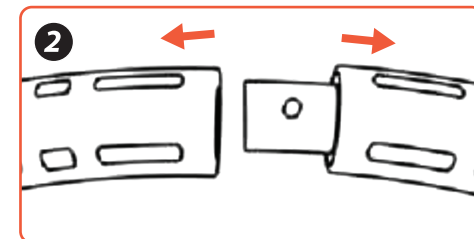
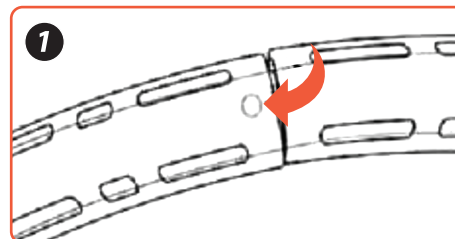
Email: [support@pyleusa.com](mailto:support@pyleusa.com)

### Assembly Method



1. Holding the bottom of two sections with both hands, then using the thumb press the button, meanwhile, aims at the assembling cavity.
2. Insert the tube when thumb presses the button. You will hear "lock" voice when you finish the assemble step. Final, pulling at two sections in the opposite direction to confirm the assembly is well finished.

### Disassembly Method



1. Holding the bottom of two sections with both hands. Thumb presses the button.
2. Pull at the two sections in the opposite direction with both hands while thumb presses down the button firmly.

### How to Use

1. Stand on your feet, shoulder width apart, with your arms at 3 o'clock and 9 o'clock behind you, holding the hula hoop 30cm away from the body waist.
2. The waist must rotate with the inertia of the hula hoop, and the rotation speed must be uniform. You can't walk around, because at the beginning, the success rate of keeping in place is high.
3. Before starting exercise, the waist must be opened first, so that the hula hoop and the waist are in a very harmonious channel at the same time, so as to achieve the effect of exercise.



## IMPORTANT NOTES



1. Steel tube of the hula hoop is hollow. If you want increase training intensity, the groove of the hula hoop can be filled with rice, mung beans, steel balls, stones and other items to increase weight.
2. Please ensure that the interface has been firmly installed before exercise.
3. The weight of hula hoop should be able to bear. Too heavy hula hoops are not conducive to shaking for a long time. Shaking heavy hula hoops for a long time will burden internal organs and muscles, and too light hula hoops will be particularly laborious to turn muscles.

## Q and A

### **Q: Why do I have low back pain after turning?**

**A:** Exercise step by step. In the initial stage of using hula hoops, there may be waist and abdomen pain, which will gradually improve in the future. The weight of hula hoop should be within the acceptable range. Too heavy hula hoops are not conducive to long-term exercise.

### **Q: Why does the product smell?**

**A:** After the product is formed at high temperature, the product usually has a little smell, which is normal. After being placed under ventilation for two or three days, the smell will disappear naturally and will not affect normal use.

### **Q: Why it is clearly marked that the weight is 2.10 kg, but the goods received are very light?**

**A:** The weight can be increased freely. The hula hoop adopts thickened stainless steel tube, which is strong and durable. Sand/rice and other contents can be added according to their own exercise to increase the exercise intensity.

## Important Safety Precautions

**Please keep this instruction manual in a safe place for future reference**

1. Please allow your child to exercise reasonably under the supervision of an adult.
2. To turn the hula hoop, you need to keep moving at a uniform speed, so you don't have to rush. Feel relaxed and breathe smoothly. There is no need to be too stiff at the foot. You can walk slightly to avoid fatigue of local muscles and joints caused by repeated exercise for a long time.
3. By adjusting the weight of the inner tube of the hula hoop, you can get a comfortable training experience.
4. Wrong use or excessive exercise will cause muscle damage.  
It is recommended to do some test excise to your waist to avoid waist injury.
5. After turning the hula hoop, you can do a simple whole body relaxation, and gently pat your waist and abdomen with both hands to make the blood circulation unimpeded and avoid waist pain.
6. After loading the add weight contents, please ensure that the interface has been firmly installed before exercising.
7. In order to prolong the life of the product, the equipment should be avoided from being exposed to the sun, humid and hot, wind and rain and other adverse environments. It is also necessary to avoid corrosive chemicals such as oil stains, strong acids and alkalis on the product.
8. Please make sure to use the equipment in the way specified in the manual. Please check whether the product is in good condition when using it, and do not use the defective product.
9. Exercise should be gradual and should not be over exercised. It is recommended that the duration of each exercise should not exceed 1 hours.
10. This equipment is only suitable for exercising waist and abdomen, not for other purposes.
11. It is recommended to do 5-15 min, and you can adjust exact training time according to your own conditions.
12. Before using the training equipment, please check whether all buttons that need to be fastened have been locked and can be used only after ensuring that they are locked. Only regular repair and maintenance of parts that are easy to be damaged, worn and broken can ensure the safe use of the training equipment.
13. Before assembling and using the training equipment, it is very important to carefully read all the contents of the instruction manual. Only the correct installation, maintenance and use of the training equipment can achieve safe and effective training effect. It is necessary to ensure that users are familiar with all warnings and precautions of the training equipment.
14. When using the training equipment, please wear clothes suitable for training and avoid wearing loose clothes. The loose clothes may be stuck by the machine, hinder the operation, and may be trapped on the equipment and unable to move.
15. The training equipment is suitable for home use.
16. The training equipment is not suitable for use as medical equipment.