

# Fitness Wheel Instructions

## Fitness Wheel



### **WARNING**

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

### Safety Instructions

#### **ALWAYS:**

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

**DO NOT** use the apparatus with damaged, worn or missing parts.

**DO NOT** allow more than one person at a time to use the equipment.

### Parts List

#### **Parts:**

- [A]Adapter
- [B]Electric Pump
- [C]Fitness Wheel

Thank you for purchasing the Fitness Wheel. We hope you will enjoy years of use with this product. After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition.



A



B.



C.



**Tumbl Trak**  
Train Smart

Any questions or problems, please call Tumbl Trak at  
44 (0)2921 167 949.

**STEP 1** - Carefully open box and remove packaged Fitness Wheel. Remove the black nylon straps on the Fitness Wheel storage case and Fitness Wheel. **(1A-1C)**



**STEP 2** - Open Fitness Wheel and lay flat.

**STEP 3** - Locate Fitness Wheel valves. Make sure the valves are **closed** by pressing in the spring lock button and 1/4 turn **(3A-3B)**. Attach the adapter to the end of the air pump cone nozzle only using the **Black** ring **(3C)**. Insert cone nozzle and adapter onto blower **(3D)**. Insert adapter into the Fitness Wheel valve and 1/4 turn clockwise to lock in.



(If you are having problems you may need to adjust the screw on the inside of the adapter)



**STEP 4** - Turn on air pump until desired amount of air. Make sure the adapter is tightly secured to prevent air leaking from valve sight.

\*Hose in picture not included



**STEP 5** - To keep dust and particles from the valve, insert the attached valve cap and turn clockwise. While the valve cap may help hold air in, it is not the main air lock seal.



**STEP 6** - To open the valve press the button and 1/4 turn to let air out. **(6A-6B)**



**Storage:** When storing or transporting the Fitness Wheel, be sure to use the protective cover to prevent damages. Deflate the Fitness Wheel and close the Velcro flaps covering the valves. Fold the Fitness Wheel in thirds and roll, securing with the black strap provided. Sit the Fitness Wheel in the middle of the protective cover folding up the sides around it securing with the black straps attached.

**Recommended Weight Limit: 68Kg**

---

Any questions or problems, please call Tumbl Trak at  
44 (0)2921 167 949.