



Instructions for use

## Weight cuffs

Your new weight cuffs for wrists and ankles will help strengthen your arm and leg muscles during workouts.

Please observe the following:

- The weight cuffs increase the strain when you are training. To avoid overexertion, begin with short training sessions only. If you have a previous medical history of joint problems, consult a doctor before using the weight cuffs.
- The weight cuffs are designed for private use. They are not suitable for commercial purposes in fitness centres or other therapeutic facilities.

Care:

- If necessary, wipe the weight cuffs off with a moist cloth. They are not suitable for washing and should be protected from getting wet. If they should nonetheless become wet, leave them to air dry thoroughly. Do not place on a warm radiator and do not use a hairdryer or similar.

We hope you will be entirely satisfied with your purchase.

Weight per weight cuff: 500 g

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**Product number: 725 278**

Made exclusively for:  
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