

## 1. GENERAL INFORMATION

Read the following instructions for use carefully and observe the safety instructions and warnings.

The SPINEFITTER by SISSEL® is a product to support training, improve spinal and joint mobility, relieve tension and enhance exercise choices.

The product and accessories may only be used in accordance with these instructions for use or as instructed by appropriately trained specialists.

SISSEL® GmbH accepts no liability for the use of the product outside the applications described in these instructions for use.

The instructions for use must be kept carefully and within easy reach and must be enclosed if the product is passed on.

## 2. PRECAUTIONARY INSTRUCTIONS

- ! Check the condition of the product before each use. If damaged, the function of the product and safety are no longer guaranteed.
- ! Do not use the SPINEFITTER in the immediate vicinity of heat sources (e.g. radiators, hotplates, open flames, flying sparks) and avoid direct sunlight.
- ! Keep the exercise area free from sharp and pointed objects.
- ! Exercise only on dry, non-slip, straight surfaces and not near stairways, balustrades, edges, etc.
- ! Train exclusively barefoot or wear socks with a non-slip base. Do not train with shoes and make sure you wear suitable sports clothing.
- ! Choose a training programme that suits your physical strength and fitness level and avoid overly difficult exercises or experiments with increased risk.
- ! Do not insert fingers or other body parts into the openings of the training device.
- ! Do not bend the SPINEFITTER. Only use and store the SPINEFITTER flat and do not place any objects on it.
- ! Do not use the SPINEFITTER with more than one person at the same time.
- ! Only use accessories provided by the manufacturer.
- ! The carrying strap is used exclusively for transporting the SPINEFITTER and must be removed before use.
- ! Use with children and adolescents, during pregnancy and with existing health complaints such as dizziness, cardiovascular problems, joint weaknesses, etc. only under professional supervision and after consulting a doctor.
- ! The SPINEFITTER and its accessories are not toys and must be kept out of the reach of children. Do not allow children to play with it. Risk of strangulation.

### 3. PRODUCT INFORMATION

Scope of delivery: SPINEFITTER by SISSEL®:  
1 x SPINEFITTER, 1 x instruction manual,  
1 x carrying strap

SPINEFITTER by SISSEL®  
Set of 10 incl. Coach Bag:  
10 x SPINEFITTER, 1 x Coach Bag,  
1 x instruction manual

| Technical specifications | SPINEFITTER    | Carrying strap | Coach Bag       |
|--------------------------|----------------|----------------|-----------------|
| Measurements (L x B x H) | 84 x 12 x 6 cm | 250 x 2 cm     | 85 x 25 x 31 cm |
| Material                 | Polyurethane   | Polyester      | Cotton          |
| Max. user weight         | 150 kg         | -              | -               |

#### Note

The training device is made from a high-quality polyurethane foam. Please note that this naturally has a slightly structured, irregular surface. This does not represent a product defect and has no influence on the use or cleaning of the product.

#### Intended use

The SPINEFITTER by SISSEL® is an innovative training device that combines relaxation and effective training. For private or professionally guided individual or group training, the SPINEFITTER is suitable for a variety of exercises thanks to its unique shape and is the ideal support for releasing tension and adhesions and improving spinal and joint mobility.

By simply placing the body intuitively on the SPINEFITTER, a loosening, e.g. of the shoulder girdle, can take place and also stimulation of the energy points along the spine. This makes it the perfect partner for bringing the body into balance and promoting mobility.

#### Warning

- ⚠ Risk of injury! Only use the SPINEFITTER if you can ensure that the exercise recommendations described are carried out correctly. Supervision by qualified personnel is recommended.
- ⚠ Risk of injury! Use the SPINEFITTER in case of pronounced sensory perception disorders, unstable fractures, open wounds, acute injuries and movement disorders only after prior consultation with a doctor.

#### Accessories

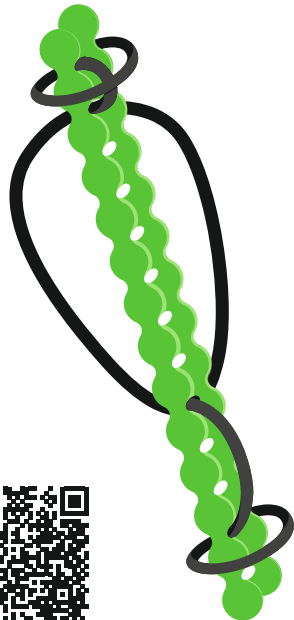
The SPINEFITTER may only be used with the accessories provided.



#### 4. APPLICATION

1. Check the packaging and the product for any damage on delivery. ⚠ Warning: Never use a damaged product.
2. Remove the carrying strap. (see diagram)
3. Check the product for damage and contamination before each use.
4. Warm up.
5. Exercise according to the exercise instructions ( [www.spinefitter.com](http://www.spinefitter.com)) or as instructed by professionals.

Warning: After use, cleaning and possible disinfection measures may be necessary (see Care & Hygiene).





## 5. CARE & HYGIENE

- Clean the SPINEFITTER with a soft cloth and a mild soap and water solution. Optical contamination must be removed before-hand.
- The surface of the SPINEFITTER can be disinfected by wiping with an alcohol free solution.
- Disinfection products that contain caustic substances (e. g. acids, alkalis) should be avoided as they can damage the surface of the product.

### Warning

- ⚠ Disinfection measures are to be carried out exclusively with suitable disinfectants that have been tested for effectiveness.
- ⚠ The application instructions of the disinfectant manufacturer must be observed.
- ⚠ Disinfectants that can damage the materials of the product must be avoided.
- ⚠ The use of unsuitable disinfection agents or agents that have not been tested for effectiveness or their incorrect use will invalidate the warranty and guarantee claims.

## 6. DISPOSAL & ENVIRONMENT

**Product:** The product and the accessories supplied can be disposed of with household waste.

**Packaging:** No special types of packaging are used. The respective valid disposal guidelines must be observed.

## 7. WARRANTY

The warranty is governed by the statutory provisions.

Any warranty is excluded if goods delivered by SISSEL® GmbH have been handled, treated or modified by others without consent or if the instructions for use have not been followed.