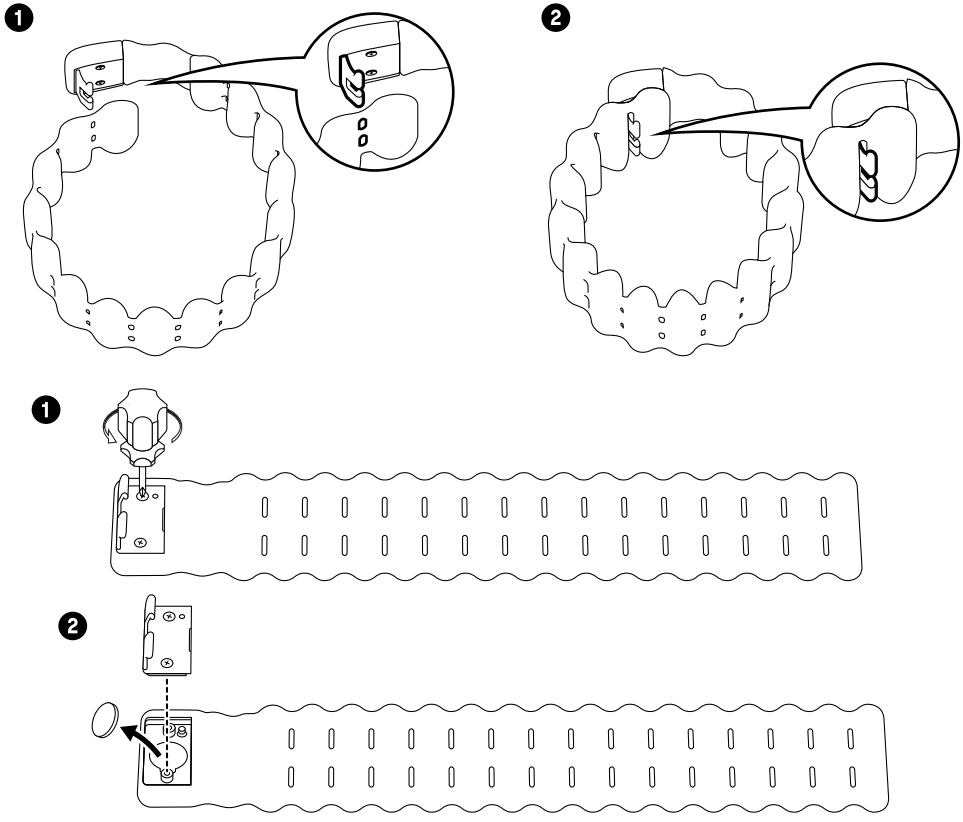
MIRROR®

CONNECTED ANKLE WEIGHTS



PLEASE READ: IMPORTANT SAFETY INFORMATION

- Please read all warnings and instructions prior to use and retain this owner's guide.
- Use only as described in this guide or instructed in fitness program.
- Inspect before each use.
- Use at a minimum distance of 3 feet from the base of the Mirror.
- Use and store on a level flat surface.
- Ensure clearance beyond your reach for planned exercises.
- Always wear protective footwear while handling or using.

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- Not intended for outdoor use.
- Keep out of reach of children under the age of 14 and pets.
- Never allow the weight to drop to the ground.
- Do not use if damaged.
- Do not submerge or allow product to become wet.
- Do not use in combination with other fitness machines.
- Do not forcibly hit the weights together during use

FCC

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

IC

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference. (2) This device must accept any interference, including interference that may cause undesired operation of the device.

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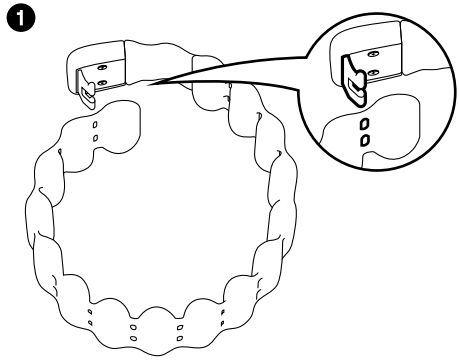
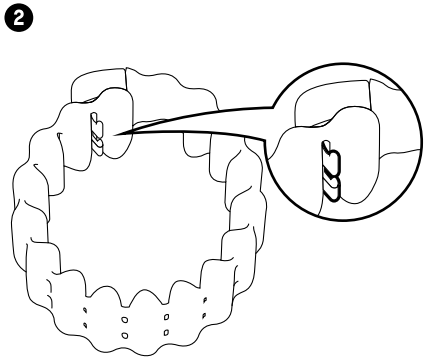
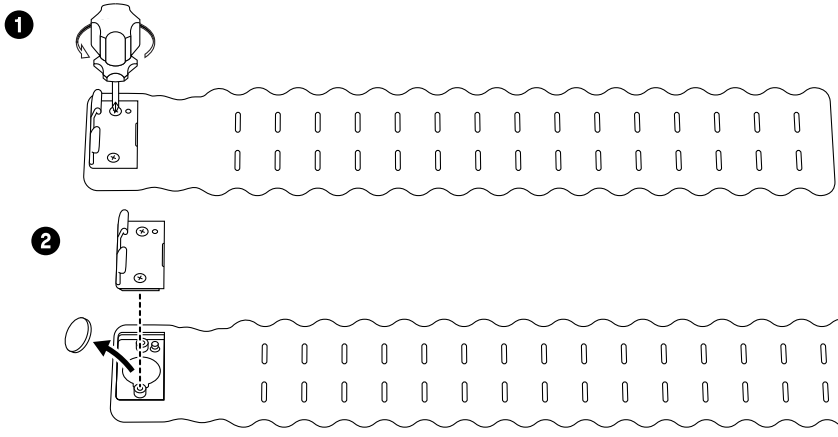
LES POIDS DE CHEVILLE CONNECTÉS







⚠ À LIRE: INFORMATIONS DE SÉCURITÉ IMPORTANTES

- Veuillez lire l'ensemble des mises en garde et instructions avant utilisation puis conserver ce guide.
- À utiliser uniquement de la façon décrite dans le guide ou selon les instructions de votre programme de remise en forme.
- À inspecter avant chaque utilisation.
- À utiliser à une distance minimale de 1 mètre de la base du miroir.
- À utiliser et à ranger sur une surface plane.
- Assurez-vous de disposer de la place nécessaire pour l'exercice.
- Toujours porter des chaussures de sécurité appropriées pendant la manipulation ou l'utilisation.
- Non destinées à une utilisation en extérieur.
- À garder hors de portée des enfants de moins de 14 ans et des animaux de compagnie.
- À ne jamais faire tomber ou lâcher au sol.
- À ne pas utiliser si endommagé.
- Ne pas mouiller ou plonger dans l'eau.
- Ne pas utiliser en association avec d'autres machines de remise en forme.
- Ne pas tapper violemment les haltères l'une contre l'autre pendant l'utilisation.

IC

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: 1) L'appareil ne doit pas produire de brouillage; 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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