



IMPORTANT AEROTRAINER SAFETY INFORMATION

PLEASE OPEN AND READ CAREFULLY AND FOLLOW ALL INSTRUCTIONS BEFORE INFLATING AND USING THIS PRODUCT. SERIOUS INJURY OR DEATH CAN OCCUR IF THESE INSTRUCTIONS ARE NOT FOLLOWED.

For more information please contact us at **1-800-799-5838**
or by email at **help@aerotrainer.com**

GOLO[®]
for Life[®]

! WARNING!

- **Only use the AeroTrainer® after reviewing the entire instructional packet and making sure the AeroTrainer is safe for use for your body, abilities, and fitness level.** We want you to be safe. The AeroTrainer must be used with caution and users must carefully follow the instructions.
- **The AeroTrainer is unstable by design when used for many of the recommended exercises.** When placed on the concave side, the AeroTrainer is designed to rock forward and back to increase core strength. When sitting on the concave side, sit on the smaller end of the AeroTrainer and always keep your feet on the floor for stability. As with all exercise equipment, if the AeroTrainer is used incorrectly, you may fall off the AeroTrainer which could cause serious injury.
- **Always use caution when getting on and off the AeroTrainer.** If you struggle with balance or are overweight, you should position or have someone hold the AeroTrainer in a way that allows you to easily get on and off the AeroTrainer until you are comfortable with the unit.
- **You can release air from the AeroTrainer to increase its stability.** It is possible to increase the stability of the AeroTrainer by letting out air of the unit. If you have difficulty controlling or maintaining your balance, are overweight, are under 5'2", or your feet do not fully engage with the floor when properly positioned on the AeroTrainer, deflate the fully inflated unit by 10% to 30% to find the right comfort level for you. See images below. As you get more comfortable using the AeroTrainer, you can gradually increase the amount of air.

FULLY INFLATED AEROTRAINER



SLIGHTLY DEFLATE THE AEROTRAINER BY 10-30% FOR ADDITIONAL STABILITY



- **Only use the AeroTrainer in an appropriate setting with adequate clearance.** Always use the AeroTrainer on a flat, stable, and dry floor. When using the AeroTrainer, keep it at least five (5) feet away from any sharp items, furniture, or hard surfaces or objects (such as a fireplace) that could result in injury if you fall off the AeroTrainer.

! WARNING!

NEVER SIT ON THE LARGE END OF THE AEROTRAINER

ALWAYS SIT ON THE SMALLER END OF THE AEROTRAINER.
SITTING ON THE LARGE END COULD CAUSE YOU TO TIP, FLIP OVER, OR FALL
OFF THE AEROTRAINER AND COULD RESULT IN SERIOUS INJURY.



When doing the Super Rock or other exercises that require sitting on the concave seat of the AeroTrainer, you must always sit on the small end and keep your feet on the floor, as illustrated above, left. If your feet leave the ground, as shown in the picture above, right, you can tip back and fall backwards off the AeroTrainer and be seriously injured.



When doing the Crunch or other exercises that require sitting or laying on the round or curved side of the AeroTrainer, you must sit or lay on the smaller end and keep your feet on the floor, as illustrated above, left. If your feet leave the ground, as shown in the above picture on the right, you can tip back and fall backwards off the AeroTrainer and be seriously injured.

Turn over for more important safety information



ALL AEROTRAINER USERS MUST FOLLOW THESE ADDITIONAL SAFETY INSTRUCTIONS TO AVOID SERIOUS INJURY OR DEATH

- Never attempt to stand or jump on the AeroTrainer.
- Inspect the AeroTrainer before each use to confirm it is in good working condition.
- Do not use the AeroTrainer if it is damaged or not working properly.
- Do not use the AeroTrainer if you have certain medical conditions that would affect the safe use of the product. Consultation with a physician may be necessary prior to using the AeroTrainer.
 - ! **Do not use** the AeroTrainer if you have health conditions or other impairments that make you prone to injury; unable to fully recognize, understand, and follow safety instructions; or unable to understand the hazards inherent in exercising or the use of exercise equipment.
 - ! Consult with your physician prior to using the AeroTrainer if you have balance issues; a heart condition; head, neck, or back ailments (including prior surgeries or pre-existing injuries to these areas); or are pregnant.
- Do not allow children to use the AeroTrainer.
- Read the Instructional Guide and the AeroTrainer Poster prior to using the AeroTrainer, and only complete the exercises as shown.

FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS COULD LEAD TO SERIOUS INJURY OR DEATH

For more information on the AeroTrainer, please contact us by phone at **1-800-799-5838** or by email at **help@aerotrainer.com**