

# FYNCE



**FYNCE smart fitness hoop / Smart  
Hula hoop / Hula hoop with counting  
function**

02-003A  
FYNCE

**FYNCE** would first like to thank you very much for your purchase.  
To reward you for your purchase you get free access to 2 of our FYNCE ebooks:

- *'Thuis sporten - meer dan 50 oefeningen'*
- *'Sporten - Warming up & Cooling down'*

Get your free ebooks via the link below!

<https://www.fynce.nl/handleidingen>

**FYNCE** recommends that you always read the manual carefully before use and that you also perform the actions according to the manual.

**FYNCE** is available for questions, complaints or other comments. Reach our customer service:

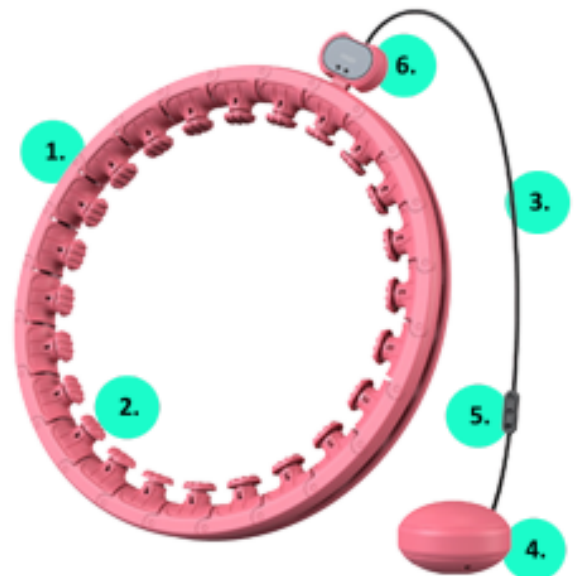
- Mail: [contact@fynce.nl](mailto:contact@fynce.nl)

## ENGLISH USER MANUAL

### - The hoop explained

#### Components

1. Connectors
2. Moving massage buttons
3. Adjustable rope
4. Weight ball
5. Adjustment buckle
6. Sliding set + rotation counter



#### The rotation counter

The rotation counter is part 6 of the hula hoop. This counter counts each rotation of the ball around the hoop.

The range of the rotation counter is 0 - 99999. The display will automatically turn off if nothing is detected for 3 minutes.

#### Assemble and use hoop

1. Fit the hoop comfortably around your waist, make sure the hoop is not too loose or too tight. Use the necessary amount of intermediate pieces for this.

2. Once the hoop is adjusted to the correct size, place the rotation counter between the rails and close the hoop. Make sure the hoop is properly locked.

3. Hold the weight ball and "throw" it in the direction the ball will spin around you to generate resistance. As with a normal hoop, twist your waist and stomach back and forth to keep the hoop spinning.



### **Adjust hoop**

To adjust the size of the hoop, you need to add or remove spacers.

You can add or remove spacers by pressing the rails together, especially on the left side of the spacers (as in the photo). If you put enough pressure there, you can easily add or remove intermediate pieces.



### **PAY ATTENTION!**

One of the intermediate pieces comes with a “FYNCE” sticker on it, this intermediate piece must always be in the hoop as an intermediate piece, otherwise the rotation counter will not count. It counts every time it passes this intermediate piece with the sticker.

## ENGLISH MANUAL

### IMPORTANT PRECAUTIONS

Basic safety precautions should be followed when using this product, including:

#### > READ ALL INSTRUCTIONS BEFORE USE

- Before use, inspect all parts for scratches, holes, tears, worn areas, discoloration or loose stitching, and other unusual issues. If something is wrong with a part, do not use the product and contact our customer service as soon as possible.
- Do not use the parts on, for example, concrete or other rough surfaces. When used on rough surfaces, the elements can be damaged. So make sure that the surface is flat during use and that all sharp parts are away. So also be careful with rings and long nails.
- This product is not a toy, so it is not intended to be played with. So also keep the elements away from children, pets or any other individuals who need supervision.
- Close supervision is necessary when used by or near children.
- Before use, check that all parts are correctly positioned and attached.
- Use all parts responsibly.
- Start the exercises slowly and use smooth, controlled movements to get the parts under control.
- Use all parts only and always responsibly.  
lubiX/ FYNCE cannot be held accountable and/or responsible for the possible consequences of using this product.
- The use of this product is not recommended for pregnant women, people with a hernia, or other abdominal and or back problems.
- Use this product in an open space, where there are no objects or people within 2 meters of you.
- Avoid using near glass, windows and other fragile objects.
- Keeps the parts from being too hot (> 35 degrees Celsius) or too cold (< -15 degrees Celsius) for a long time.
- Only use the elements if they are correctly adjusted, so the product should not be too big or too small for you.
- Use the parts only in the way for which they are intended.
- Only use this product in responsible and thoughtful ways. Misuse of can lead to injuries and accidents.
- Clean all elements regularly.
- Do not disassemble and/or attempt to modify this product.
- Avoid strong shocks or impacts.



- This product is not a medical device.
- This product is not intended for use in the freezer or microwave.
- Some elements are not waterproof, so keep them out of humid areas.
- Avoid cleaning with chemical tools. Regular cleaning with just a damp cloth is sufficient.
- If the batteries are empty, remove them immediately to prevent leakage.
- Never leave the device unattended when it is in use.

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

## > PACKING CONTENTS

### **24x Attachment pieces for hoop**

> Supplied in pink



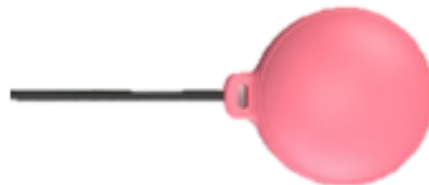
### **1x Rotation counter**

> Supplied in pink



### **1x Weight Ball**

> Supplied in pink



## **> TIPS FOR USE**

- Maintaining the correct posture is essential during exercise. Ensure the most natural posture during exercise with this hoop.
- Prepare well before your workout, warm up before your workout and cool down after your workout. Hooping is - depending on your pace - also a good warm up or cool down.
- Perform the exercises in a calm and controlled position, this way you can best control the attributes.
- Turn with a fixed rhythm, then you can last longer during the workout.
- Make sure that the hoop cannot rotate or go back and forth around your waist, the hoop must be fairly tight around you, so that the ball can spin the best.
- Read the included ebooks for more useful tips, sports exercises and tips for your warming up and cooling down!

## **> CLEAN AND STORE YOUR ELEMENTS**

To clean the elements, we recommend wiping with a damp cloth.

We recommend storing the elements in a cool, dry place away from moisture, heat and direct sunlight.

In this way the material retains its color and quality.



SAVE THESE INSTRUCTIONS

[WWW.FYNCE.NL](http://WWW.FYNCE.NL)

[CONTACT@FYNCE.NL](mailto:CONTACT@FYNCE.NL)