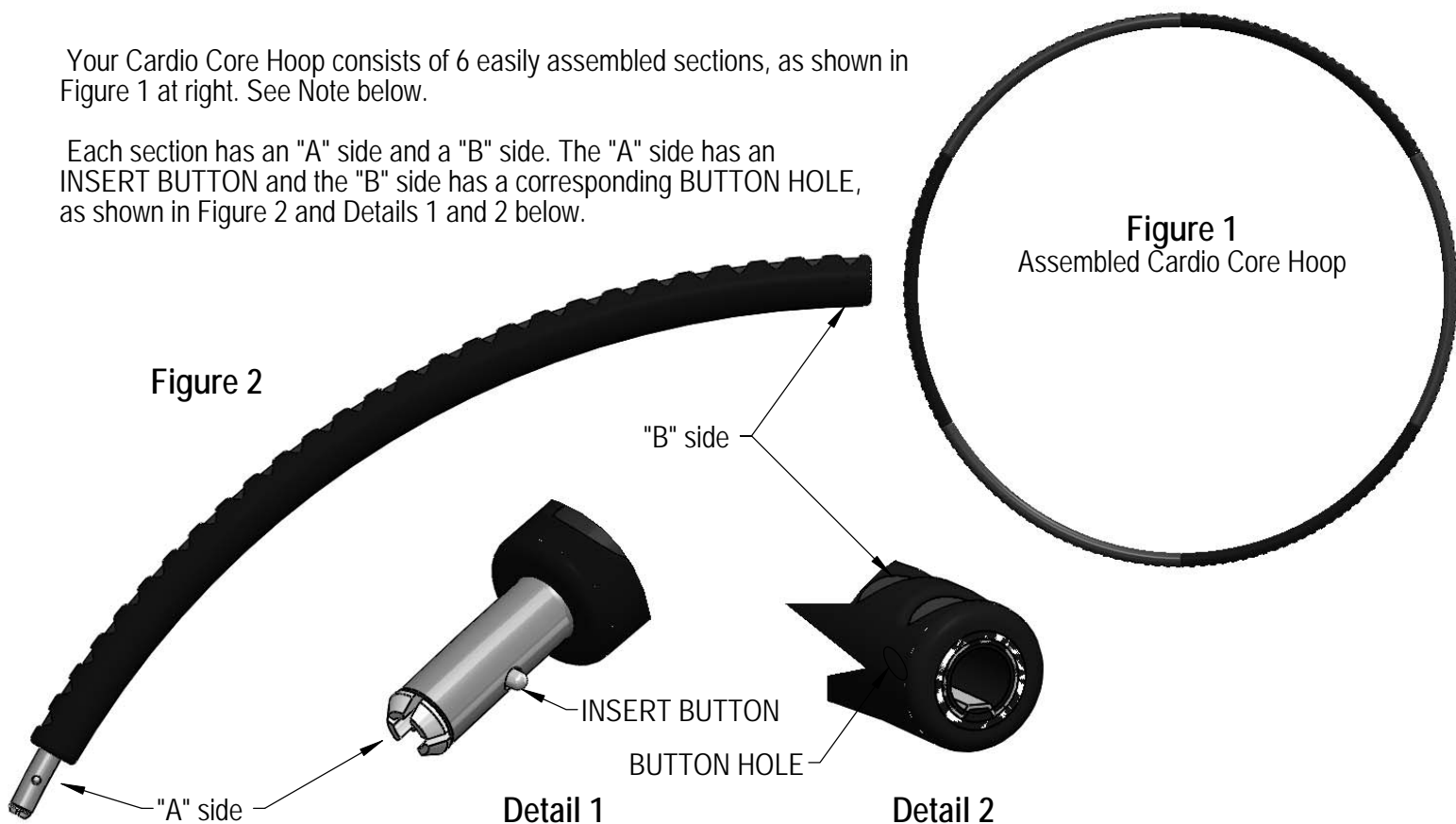


# CARDIO CORE HOOP ASSEMBLY INSTRUCTIONS

Your Cardio Core Hoop consists of 6 easily assembled sections, as shown in Figure 1 at right. See Note below.

Each section has an "A" side and a "B" side. The "A" side has an INSERT BUTTON and the "B" side has a corresponding BUTTON HOLE, as shown in Figure 2 and Details 1 and 2 below.



To assemble your Cardio Core Hoop, depress the INSERT BUTTON, as shown in Figure 3 at right and Detail 3 below. With the INSERT BUTTON fully depressed, connect the "A" side of one section with the "B" side of another section until the INSERT BUTTONS snap through the BUTTON HOLES.

Continue the above steps with the remaining 4 sections and your Cardio Core Hoop is ready for use.

To disassemble your Cardio Core Hoop for travel or storage, locate and depress the INSERT BUTTON. While depressing the INSERT BUTTON, simply twist and pull the 2 sections apart.

Note: Your Cardio Core Hoop is pictured with alternating colors. Though alternating these colors during assembly is suggested, it is not necessary and will not detract from the performance of the product.

