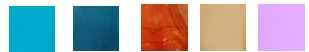


# **AERIAL YOGA HAMMOCK**

# AERIAL YOGA HAMMOCK

**MODEL: YJ-0081-064 ; YJ-0081-058 ; YJ-0077-S10 ; YJ-0077-S09 ;  
YJ-0077-S1008 ; YJ-0077-S0108 ; YJ-0077-S0905 ; YJ-0077-S1005 ;  
YJ-0076-CFT00105 ; YJ-0077-S1304 ; YJ-0077-S0204 ;**



Thank you very much for choosing this Aerial Yoga Hammock . Please read all of the instructions before using it. The information will help you achieve the best possible results.

## INTRODUCTION

Aerial Yoga Hammock is versatile and can be set up in many ways. Hung in a tree branch, swing set/playground, porches, gym equipment, exposed beams, and with the aid of ceiling hooks can go in any room of your house.

Caution: To avoid any potential physical harm, please consult with your healthcare professional to design an appropriate exercise prescription.

Legal Disclaimer: Yoga Swing assumes no liability for the structural strength of your supporting object. All use of Yoga Swing equipment is at your own risk. These instructions are an example of one of the ways you can install and use your Yoga Swing and will not be a safe set-up solution for everyone.



### **WARNING:**

This product contains small parts. If swallowed, it will pose a choking hazard. Keep these small parts away from children when assembling!

## SPECIFICATIONS

<b>Model</b>	<b>YJ-0081-064</b>	<b>YJ-0081-058</b>	<b>YJ-0077-S1 0</b>	<b>YJ-0077-S0 9</b>
<b>Color</b>	Royal blue	Light purple	Dark green	Sky blue
<b>Maximum load</b>	550 lbs (about 250kg)		2200 lbs (about 1000kg)	
<b>Material</b>	Nylon		Nylon	
<b>Product size</b>	2.8x1.6 m		10x2.8m	
<b>Model</b>	<b>YJ-0077-S1 008</b>	<b>YJ-0077-S01 08</b>	<b>YJ-0077-S1 304</b>	<b>YJ-0077-S0 204</b>
<b>Color</b>	Dark green	Deep purple	Golden	Light purple
<b>Maximum load</b>	2200 lbs (about 1000kg)		2200 lbs (about 1000kg)	
<b>Material</b>	Nylon		Nylon	
<b>Product size</b>	8x2.8m		4x1.6m	
<b>Model</b>	<b>YJ-0076-CF T00105</b>	<b>YJ-0077-S0 905</b>	<b>YJ-0077-S1 005</b>	/
<b>Color</b>	Gradient gold	Sky blue	Dark green	
<b>Maximum load</b>	2200 lbs (about 1000kg)			
<b>Material</b>	Nylon			
<b>Product size</b>	5x2.8m			

## PART LIST

MODEL: YJ-0081-064; YJ-0081-058;



1 . Daisy Chains

2. O-Sling

3. U - Hook

4. Carabiner

5. Expansion Screws

6. Self-Tapping Screws

7. Socks

**MODEL: YJ-0077-S10; YJ-0077-S09;  
YJ-0077-S1008; YJ-0077-S0108;**



**2**



**3**



**4**



**1**



**5**

- 1 . Daisy Chains**
- 2. Figure 8 Descender**
- 3. Screw-Lock Carabiners**
- 4. 360° Swivel Connector**
- 5. Socks**

**MODEL: YJ-0077-S0905; YJ-0077-S1005;  
YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;**



**3**



**2**



**1**



**1 . Daisy Chains**

**2. Screw-Lock Carabiners**

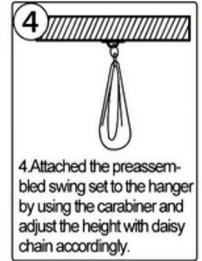
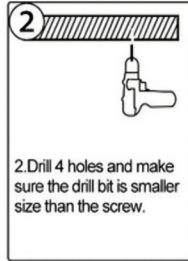
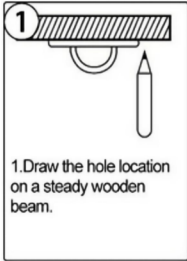
**3. Socks**

# ASSEMBLY INSTRUCTIONS

## A.How to Install U - Hook

**Note:** For the accessories mentioned in the installation instructions below, please purchase separately if the corresponding product model is not matched!

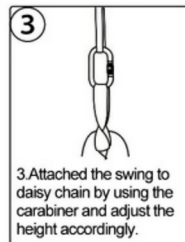
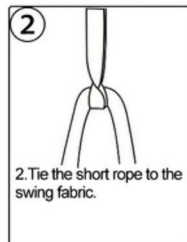
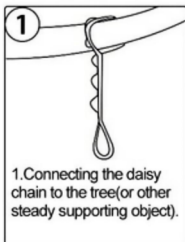
### Self-Tapping Screw Use on Wooden Ceiling



### Expansion Screw Use on Concrete Ceiling



### Outdoor Installation Guide - On the Tree etc



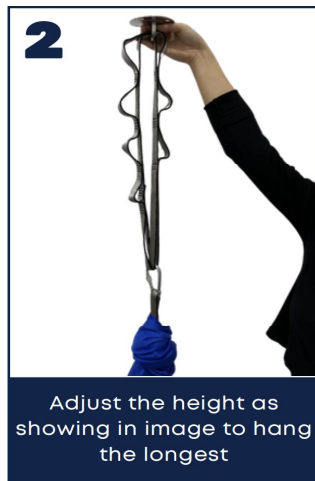
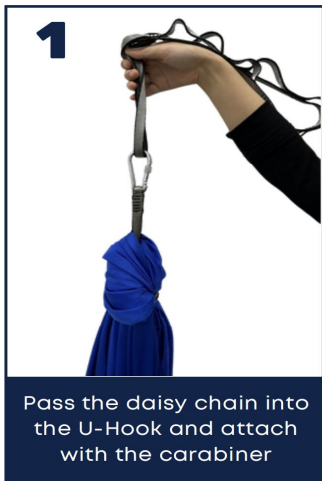
For more details  
Check out Section C

For more details  
Check out Section B











## B. How to Install O-sling on Swing





## C. How to Install Daisy Chains



## C. How to Install Figure 8 Descender and Screw-Lock Carabiners

				
<p>1. Lay your Figure 8 on a flat surface</p>	<p>2. Find the middle of your silks and line it up to the lowest hole of the Figure 8</p>	<p>3. Pull the silk through the hole to make a loop</p>	<p>4. Separate the tails of the silks below and flip the loop down</p>	<p>5. Flip the loop under the Figure 8 so it is pointing up</p>
				
<p>6. Pull the loop forward through the lowest hole on the Figure 8</p>	<p>7. Flip the loop up and hook it over the top of the Figure 8</p>	<p>8. Tighten and adjust the knot by pulling on both tails of the silks</p>	<p>9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly</p>	<p>10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use</p>

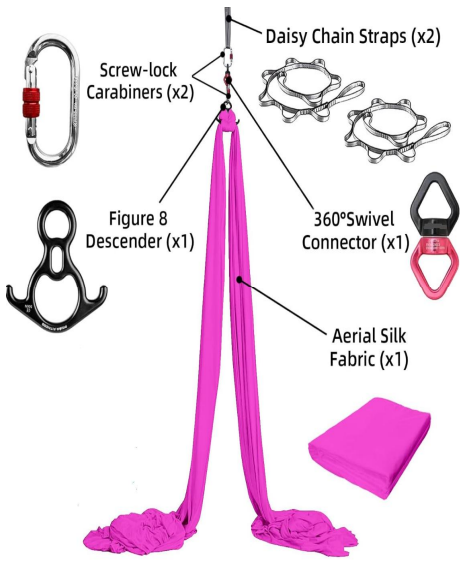
				
<p>1. Place silk over left wrist and grab one end with right hand</p>	<p>2. Wrap silk once around left wrist</p>	<p>3. Turn left palm down and grab onto the longer portion of silk</p>	<p>4. Pull the longer silk through the circle with left hand</p>	<p>5. Continue to pull silk up to make a loop</p>
				
<p>6. Hook a Carabiner through the loop</p>	<p>7. Bring the silk end through the loop</p>	<p>8. Pull the silk end down and through</p>	<p>9. Tighten your knot by pulling hard on both sides of the silk</p>	<p>10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.</p>

**WARNING:** *Do not attempt to attach the Yoga Hammock on a structure you are uncertain about bearing your full weight on as this could result in serious injuries.*

You can use ceiling hooks to attach to support beams, hang it from existing structures, trees, porches, at the gym or studio, wherever there is space and you feel comfortable. Remember to select or create a forgiving surface beneath. If you are employing ceiling hooks or bolts please install with caution. These fittings will need to take more than your full weight while you are in motion. We advise professional installation of any such weight bearing fittings.

## EXAMPLE OF ASSEMBLY





## **CLEANING AND MAINTENANCE**

- 1. The product cannot be hung for outdoor use for a long time**
- 2.The hammock can be removed regularly for cleaning and natural drying.**



# HAMAC DE YOGA AÉRIEN

## HAMAC DE YOGA AÉRIEN

MODÈLE : YJ-0081-064      YJ-0081-058      YJ-0077-S10      YJ-0077-S09  
YJ-0077-S1008 ; YJ-0077-S0108 ; YJ-0077-S0905 ; YJ-0077-S1005 ;  
YJ-0076-CFT00105 ; YJ-0077-S1304 ; YJ-0077-S0204 ;



Merci beaucoup d'avoir choisi ce hamac de yoga aérien. Veuillez lire toutes les instructions avant de l'utiliser. Les informations vous aideront obtenir les meilleurs résultats possibles.

## INTRODUCTION

Le hamac de yoga aérien est polyvalent et peut être installé de nombreuses façons. Accroché à une branche d'arbre, à une balançoire/aire de jeux, à un porche, à un équipement de gymnastique, à des poutres apparentes et à l'aide de crochets de plafond, il peut être placé dans n'importe quelle pièce de votre maison.

Attention : Pour éviter tout dommage physique potentiel, veuillez consulter votre professionnel de la santé pour concevoir une prescription d'exercice appropriée.

Avis de non-responsabilité juridique : Yoga Swing n'assume aucune responsabilité quant à la solidité structurelle de votre objet de support. Toute utilisation de l'équipement Yoga Swing se fait à vos propres risques. Ces instructions sont un exemple d'une des façons dont vous pouvez installer et utiliser votre Yoga Swing et ne constitueront pas une solution d'installation sûre pour tout le monde.



### AVERTISSEMENT:

Ce produit contient de petites pièces. En cas d'ingestion, il existe un risque d'étouffement. Gardez ces petites pièces hors de portée des enfants lors du montage !

## CARACTÉRISTIQUES

Modèle	YJ-0081-064 YJ-0081-058 YJ-0077-S1		0	YJ-0077-S0 9	
Couleur	Bleu royal	Violet clair	Vert foncé	Bleu ciel	
Maximum charger	550 lb (environ 250 kg) 2200 lb (environ 1000 kg)				
Matériel	Nylon		Nylon		
Taille du produit	2,8 x 1,6 m		10x2,8m		
Modèle	YJ-0077-S1 008	YJ-0077-S01 08	YJ-0077-S1 304	YJ-0077-S0 204	
Couleur	Vert foncé	Violet foncé	Doré	Violet clair	
Maximum charger	2200 lb (environ 1000 kg) 2200 lb (environ 1000 kg)				
Matériel	Nylon		Nylon		
Taille du produit	8x2,8m		4x1,6m		
Modèle	YJ-0076-CF T00105	YJ-0077-S0 905	YJ-0077-S1 005	/	
Couleur	Dégradé d'or		Bleu ciel		Vert foncé
Maximum charger	2200 livres (environ 1000 kg)				
Matériel	Nylon				
Taille du produit	5x2,8 m				

LISTE DES PIÈCES

MODÈLE : YJ-0081-064 ; YJ-0081-058 ;



1. Chaînes en guirlande 2. Élingue en O

3. U - Crochet

4. Mousqueton

5. Vis d'expansion

6. Vis autotaraudeuses

7. Chaussettes

MODÈLE : YJ-0077-S10 ; YJ-0077-S09 ;

YJ-0077-S1008 ; YJ-0077-S0108 ;



2



3



4



1



5

1. Chaînes en margerite 2. Figure 8 Descendre  
3. Mousquetons à verrouillage à vis  
4. Connecteur pivotant à 360° 5. Chaussettes

MODÈLE : YJ-0077-S0905 ; YJ-0077-S1005 ;

YJ-0076-CFT00105 ; YJ-0077-S1304 ; YJ-0077-S0204 ;



3



2



1



1. Chaînes de marguerites

2. Mousquetons à vis

3. Chaussettes

## INSTRUCTIONS DE MONTAGE

### A. Comment installer le crochet en U

**Remarque :** pour les accessoires

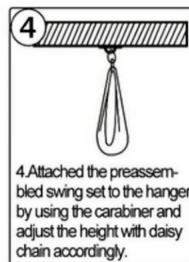
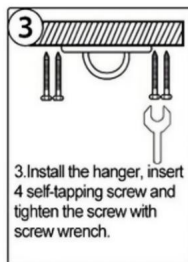
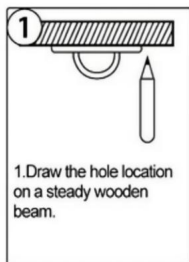
mentionné dans l'installation

instructions ci-dessous, veuillez acheter

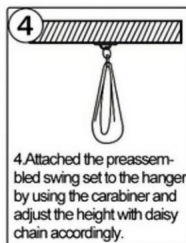
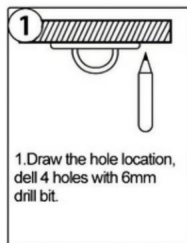
séparément si le correspondant

le modèle du produit ne correspond pas !

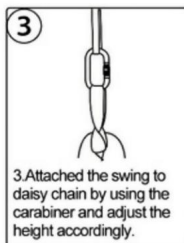
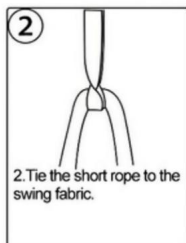
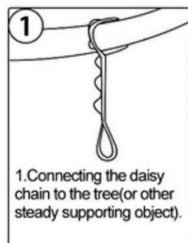
### Self-Tapping Screw Use on Wooden Ceiling



### Expansion Screw Use on Concrete Ceiling



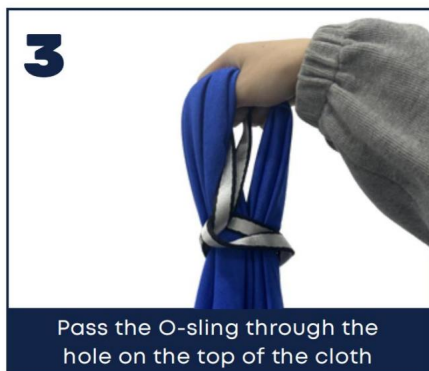
### Outdoor Installation Guide - On the Tree etc



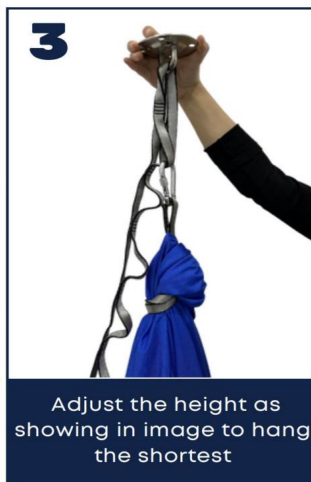
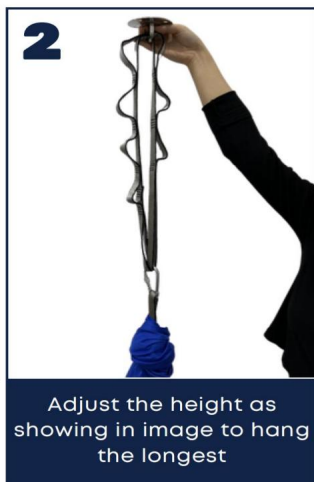
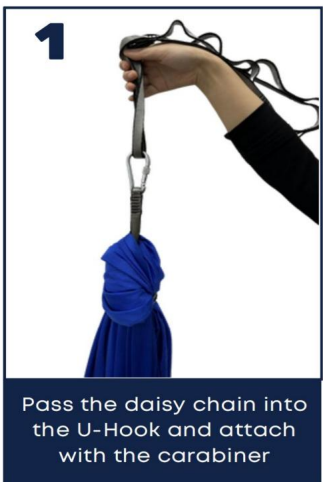
For more details  
Check out Section C

For more details  
Check out Section B





B. Comment installer une élingue en O sur une balançoire



C. Comment installer des guirlandes



## C. Comment installer un descendeur en 8 et des mousquetons à vis

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

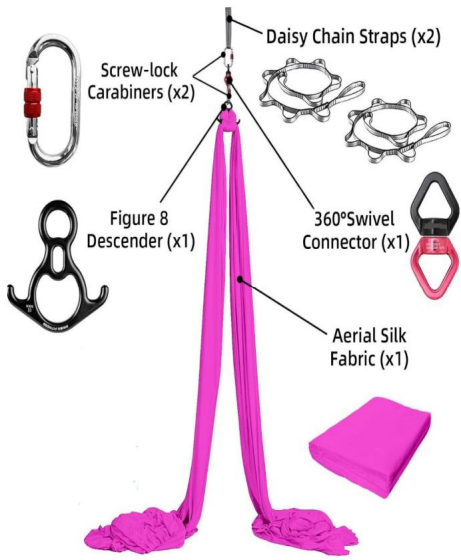
## AVERTISSEMENT : N'essayez pas de fixer le hamac de yoga

sur une structure sur laquelle vous n'êtes pas sûr de pouvoir supporter tout votre poids, car cela pourrait entraîner des blessures graves.

Vous pouvez utiliser des crochets de plafond pour les fixer aux poutres de support, les suspendre à des structures existantes, des arbres, des porches, à la salle de sport ou au studio, partout où il y a de l'espace et où vous vous sentez à l'aise. N'oubliez pas de sélectionner ou de créer une surface tolérante en dessous. Si vous utilisez des crochets ou des boulons de plafond, installez-les avec précaution. Ces fixations devront supporter plus que votre poids total lorsque vous êtes en mouvement. Nous conseillons l'installation professionnelle de ces fixations porteuses de poids.

## EXEMPLE DE MONTAGE





## NETTOYAGE ET ENTRETIEN

1. Le produit ne peut pas être suspendu pour une utilisation à l'extérieur pendant une longue période. 2. Le hamac peut être retiré régulièrement pour le nettoyage et le séchage naturel.



# **AERIAL YOGA HÄNGEMATTE**

## AERIAL YOGA HÄNGEMATTE

MODELL: YJ-0081-064 , YJ-0081-058 , YJ-0077-S10 , YJ-0077-S09 ,  
YJ-0077-S1008; YJ-0077-S0108; YJ-0077-S0905; YJ-0077-S1005;  
YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;



Vielen Dank, dass Sie sich für diese Aerial Yoga Hängematte entschieden haben.

Bitte lesen Sie alle Anweisungen, bevor Sie sie verwenden. Die Informationen helfen Ihnen um die bestmöglichen Ergebnisse zu erzielen.

## EINFÜHRUNG

Aerial Yoga Hängematten sind vielseitig und können auf viele Arten aufgestellt werden. Sie können an einem Ast, einer Schaukel/einem Spielplatz, einer Veranda, einem Fitnessgerät oder freiliegenden Balken aufgehängt werden und sind mit Hilfe von Deckenhaken in jedem Raum Ihres Hauses einsetzbar.

Achtung: Um mögliche körperliche Schäden zu vermeiden, konsultieren Sie bitte Ihren Gesundheitsexperten, um ein geeignetes Trainingsprogramm auszuarbeiten.

Rechtlicher Hinweis: Yoga Swing übernimmt keine Haftung für die strukturelle Stabilität Ihres Trägerobjekts. Die Nutzung der Yoga Swing-Ausrüstung erfolgt auf eigene Gefahr. Diese Anleitung ist ein Beispiel für eine der Möglichkeiten, wie Sie Ihre Yoga Swing installieren und verwenden können, und stellt nicht für jeden eine sichere Aufstellungslösung dar.



### **WARNUNG:**

Dieses Produkt enthält Kleinteile. Bei Verschlucken besteht Erstickungsgefahr. Halten Sie diese Kleinteile beim Zusammenbau von Kindern

## Spezifikationen

Modell	<b>YJ-0081-064</b>	<b>YJ-0081-058</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
			<b>0</b>	<b>9</b>
Farbe	Königsblau	Hellviolett Dunkelgrün Himmelblau		
Maximal laden	550 lbs (ca. 250 kg) 2200 lbs (ca. 1000 kg)			
Material	Nylon		Nylon	
Produktgröße	2,8x1,6 m		10x2,8m	
Modell	<b>YJ-0077-S1</b>	<b>YJ-0077-S01</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
	<b>008</b>	<b>08</b>	<b>304</b>	<b>204</b>
Farbe	Dunkelgrün Dunkelviolett Golden			Hellviolett
Maximal laden	2200 Pfund (ca. 1000 kg) 2200 Pfund (ca. 1000 kg)			
Material	Nylon		Nylon	
Produktgröße	8x2,8m		4x1,6m	
Modell	<b>YJ-0076-CF</b>	<b>YJ-0077-S0</b>	<b>YJ-0077-S1</b>	/
	<b>T00105</b>	<b>905</b>	<b>005</b>	
Farbe	Farbverlauf Gold	Himmelblau	Dunkelgrün	
Maximal laden	2200 lbs (ca. 1000 kg)			
Material	Nylon			
Produktgröße	5 x 2,8 m			

## TEILELISTE

MODELL: YJ-0081-064ÿYJ-0081-058ÿ



1. Daisy Chains 2. O-Sling 5.  
Dehnschrauben

6. Selbstschneidende Schrauben

3. U - Haken

4. Karabiner

7. Socken

**MODELL: YJ-0077-S10;YJ-0077-S09;  
YJ-0077-S1008;YJ-0077-S0108;**



**2**



**3**



**4**



**1**



**5**

**1. Daisy Chains**

**3. Karabiner mit Schraubverschluss**

**4. 360°-Schwenkanschluss**

**2. Abbildung 8 Abstieg**

**5. Socken**

**MODELL: YJ-0077-S0905;YJ-0077-S1005;**

**YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;**



**3**



**2**



**1**



1. Gänseblümchenketten

2. Karabiner mit Schraubverschluss

3. Socken

## MONTAGEANLEITUNG

### A. So installieren Sie einen U-Haken

**Hinweis:** Für das Zubehör

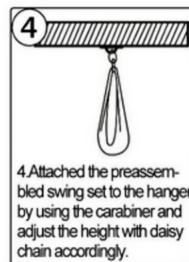
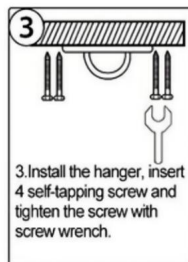
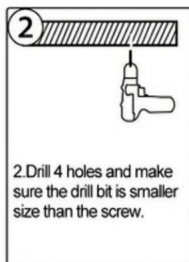
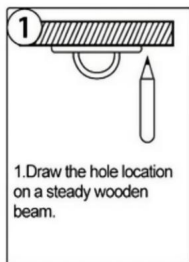
in der Installation erwähnt

Anweisungen unten, bitte kaufen

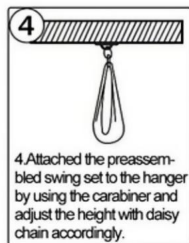
gesondert, wenn die entsprechenden

Produktmodell stimmt nicht überein!

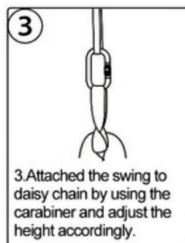
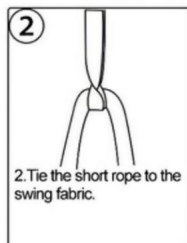
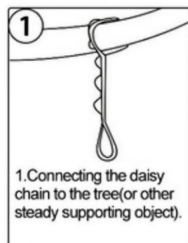
### Self-Tapping Screw Use on Wooden Ceiling



### Expansion Screw Use on Concrete Ceiling



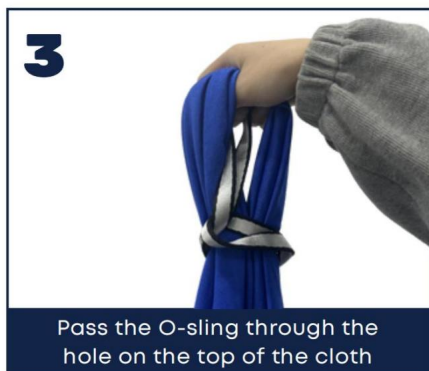
### Outdoor Installation Guide - On the Tree etc



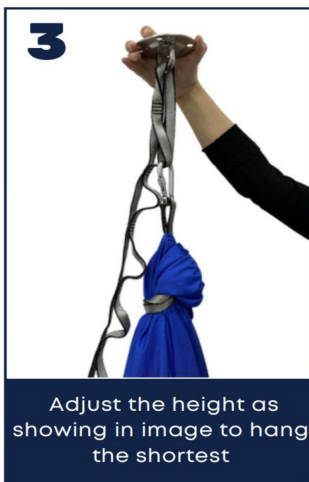
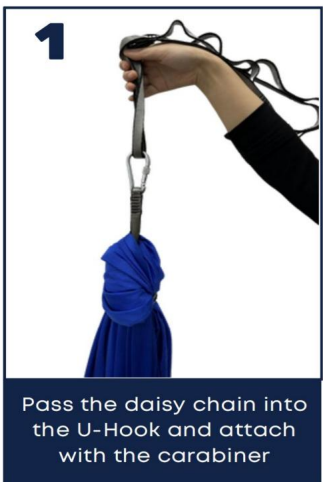
For more details  
Check out Section C

For more details  
Check out Section B











B. So installieren Sie eine O-Schlinge an einer Schaukel



C. So installieren Sie Daisy Chains



## C. So installieren Sie Abseilichter und Karabiner mit Schraubverschluss

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

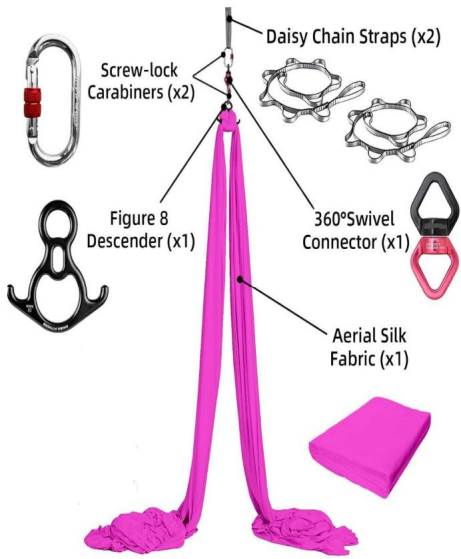
**WARNUNG:** *Versuchen Sie nicht, die Yoga-Hängematte zu befestigen*

*auf einer Struktur, bei der Sie sich nicht sicher sind, ob Sie Ihr gesamtes Gewicht darauf ausüben, da dies zu schweren Verletzungen führen könnte.*

Sie können Deckenhaken verwenden, um sie an Stützbalken zu befestigen, sie an vorhandenen Strukturen, Bäumen, Veranden, im Fitnessstudio oder Studio aufzuhängen, wo auch immer Platz ist und Sie sich wohl fühlen. Denken Sie daran, eine nachgiebige Oberfläche darunter auszuwählen oder zu schaffen. Wenn Sie Deckenhaken oder -bolzen verwenden, gehen Sie bei der Installation bitte vorsichtig vor. Diese Befestigungen müssen mehr als Ihr gesamtes Gewicht aushalten, während Sie in Bewegung sind. Wir empfehlen die professionelle Installation solcher gewichtstragenden Befestigungen.

## MONTAGEBEISPIEL





## **REINIGUNG UND WARTUNG**

- 1. Das Produkt kann nicht für längere Zeit im Freien aufgehängt werden.**
- 2. Die Hängematte kann regelmäßig zum Reinigen und natürlichen Trocknen abgenommen werden.**



# **AMACA YOGA AEREA**

## AMACA YOGA AEREA

**MODELLO: YJ-0081-064** , Codice articolo YJ-0081-058, **YJ-0077-S10** , Codice articolo: YJ-0077-S09,

**YJ-0077-S1008;YJ-0077-S0108;YJ-0077-S0905;YJ-0077-S1005;**

**YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;**



Grazie mille per aver scelto questa Aerial Yoga Hammock. Si prega di leggere tutte le istruzioni prima di utilizzarla. Le informazioni ti aiuteranno ottenere i migliori risultati possibili.

## INTRODUZIONE

Aerial Yoga Hammock è versatile e può essere installato in molti modi. Appeso a un ramo di un albero, a un'altalena/parco giochi, a portici, attrezzature da palestra, travi a vista e con l'ausilio di ganci a soffitto può essere posizionato in qualsiasi stanza della casa.

Attenzione: per evitare qualsiasi potenziale danno fisico, consultare il proprio professionista sanitario per elaborare una prescrizione di esercizi appropriata.

Disclaimer legale: Yoga Swing non si assume alcuna responsabilità per la resistenza strutturale del tuo oggetto di supporto. Ogni utilizzo dell'attrezzatura Yoga Swing è a tuo rischio e pericolo. Queste istruzioni sono un esempio di uno dei modi in cui puoi installare e utilizzare il tuo Yoga Swing e non saranno una soluzione di installazione sicura per tutti.



### **AVVERTIMENTO:**

Questo prodotto contiene piccole parti. Se ingerito, potrebbe rappresentare un rischio di soffocamento. Tenere queste piccole parti lontano dalla portata dei bambini durante il montaggio!

## SPECIFICHE

Modello	<b>YJ-0081-064 YJ-0081-058 YJ-0077-S1</b>		<b>0</b>	Codice articolo YJ-0077-S0 <b>9</b>	
Colore	Blu reale	Viola chiaro Verde scuro	Azzurro cielo		
Massimo carico	550 libbre (circa 250 kg) 2200 libbre (circa 1000 kg)				
Materiale	Nylon		Nylon		
Dimensioni del prodotto	2,8x1,6 metri		10x2,8m		
Modello	Codice articolo YJ-0077-S1 <b>008</b>	Codice articolo YJ-0077-S01 <b>08</b>	Codice articolo: YJ-0077-S1 <b>304</b>	Codice articolo YJ-0077-S0 <b>204</b>	
Colore	Verde scuro	Viola scuro	Dorato	Viola chiaro	
Massimo carico	2200 libbre (circa 1000 kg) 2200 libbre (circa 1000 kg)				
Materiale	Nylon		Nylon		
Dimensioni del prodotto	8x2,8m		4x1,6 m		
Modello	Codice articolo YJ-0076-CF <b>T00105</b>	Codice articolo YJ-0077-S0 <b>905</b>	Codice articolo: YJ-0077-S1 <b>005</b>	/	
Colore	Oro sfumato	Azzurro cielo	Verde scuro		
Massimo carico	2200 libbre (circa 1000 kg)				
Materiale	Nylon				
Dimensioni del prodotto	5x2,8m				

ELENCO DEI PEZZI

MODELLO: YJ-0081-064;YJ-0081-058;



1. Catene a margherita di espansione  
2. O-Sling  
5. Viti  
6. Viti autofilettanti

3. U - Gancio

4. Moschettone

7. Calzini

MODELLO: YJ-0077-S10;YJ-0077-S09;

YJ-0077-S1008;YJ-0077-S0108;



**2**



**3**



**4**



**1**



**5**

1. Catene a margherita

2. Figura 8 Discesa

3. Moschettoni con chiusura a vite

4. Connettore girevole a 360°

5. Calzini

**MODELLO: YJ-0077-S0905YJ-0077-S1005Y**

**YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;**



**3**



**2**



**1**



1. Catene di  
margherite 3. Calzini

2. Moschettoni con chiusura a vite

## ISTRUZIONI DI MONTAGGIO

### A. Come installare U-Hook

**Nota:** Per gli accessori

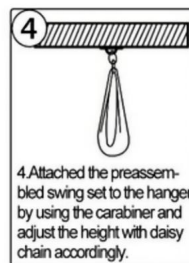
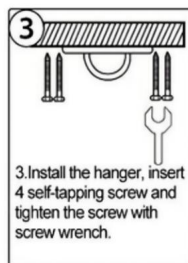
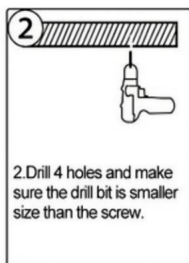
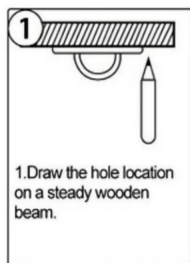
menzionato nell'installazione

istruzioni di seguito, si prega di acquistare

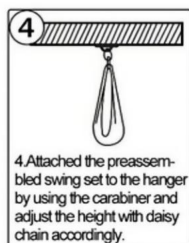
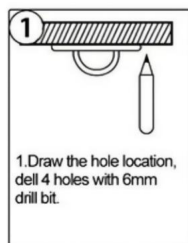
separatamente se il corrispondente

il modello del prodotto non corrisponde!

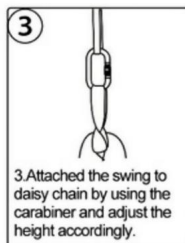
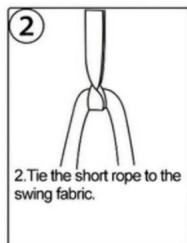
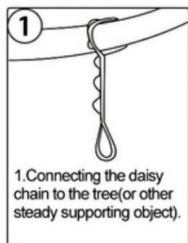
#### Self-Tapping Screw Use on Wooden Ceiling



#### Expansion Screw Use on Concrete Ceiling



#### Outdoor Installation Guide - On the Tree etc



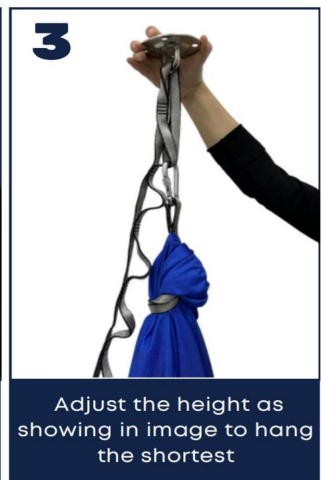
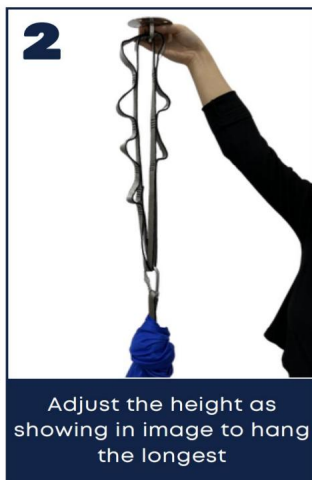
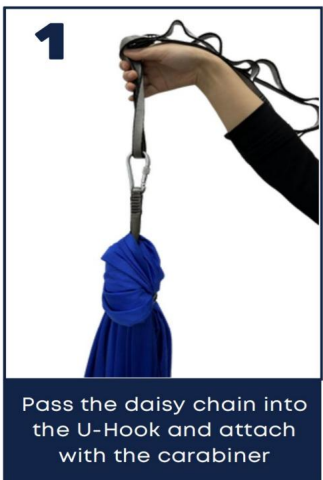
For more details  
Check out Section C

For more details  
Check out Section B









## B. Come installare l'imbracatura O sull'altalena



## C. Come installare le catene a margherita



## C. Come installare i discensori a forma di 8 e i moschettoni a vite

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

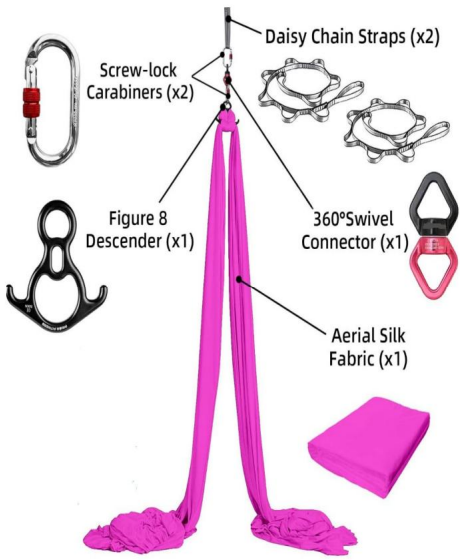
## **ATTENZIONE:** *non tentare di attaccare l'amaca Yoga*

*su una struttura sulla quale non sei sicuro di poter sostenere tutto il tuo peso poiché ciò potrebbe causare gravi lesioni.*

Puoi usare ganci a soffitto per fissarlo a travi di supporto, appenderlo a strutture esistenti, alberi, portici, in palestra o in studio, ovunque ci sia spazio e ti senti a tuo agio. Ricordati di selezionare o creare una superficie tollerante sotto. Se stai usando ganci o bulloni a soffitto, installali con cautela. Questi raccordi dovranno sostenere più del tuo peso totale mentre sei in movimento. Consigliamo l'installazione professionale di tali raccordi portanti.

### **ESEMPIO DI MONTAGGIO**





## **PULIZIA E MANUTENZIONE**

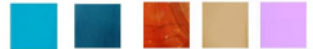
**1. Il prodotto non può essere appeso all'esterno per un lungo periodo di tempo. 2. L'amaca può essere rimossa regolarmente per la pulizia e l'asciugatura naturale.**



# HAMACA DE YOGA AÉREA

HAMACA DE YOGA AÉREA

MODELO: YJ-0081-064      YJ-0081-058      YJ-0077-S10      YJ-0077-S09  
YJ-0077-S1008; YJ-0077-S0108; YJ-0077-S0905; YJ-0077-S1005;  
YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;



Muchas gracias por elegir esta hamaca de yoga aérea. Lea todas las instrucciones antes de usarla. La información le ayudará. Conseguir los mejores resultados posibles.

## INTRODUCCIÓN

La hamaca de yoga aérea es versátil y se puede instalar de muchas maneras. Se puede colgar de la rama de un árbol, de un columpio o de un patio de juegos, en porches, en equipos de gimnasio, en vigas expuestas y, con la ayuda de ganchos para el techo, se puede colocar en cualquier habitación de la casa.

Precaución: Para evitar posibles daños físicos, consulte con su médico. Profesional de la salud para diseñar una prescripción de ejercicio adecuada.

Aviso legal: Yoga Swing no asume ninguna responsabilidad por la resistencia estructural del objeto de apoyo. Todo uso del equipo de Yoga Swing se realiza bajo su propio riesgo. Estas instrucciones son un ejemplo de una de las formas en que puede instalar y utilizar su Yoga Swing y no serán una solución de instalación segura para todos.



### ADVERTENCIA:

Este producto contiene piezas pequeñas. Si se ingieren, pueden provocar asfixia.  
¡Mantenga estas piezas pequeñas fuera del alcance de los niños durante el montaje!

## PRESUPUESTO

Modelo	YJ-0081-064 YJ-0081-058 YJ-0077-S1	YJ-0077-S0
Color	Azul real	Violeta claro Verde oscuro Azul cielo
Máximo carga	550 libras (aproximadamente 250 kg) 2200 libras (aproximadamente 1000 kg)	
Material	Nylon	
Tamaño del producto	2,8 x 1,6 m	
Modelo	YJ-0077-S1 008	YJ-0077-S01 08
Color	Verde oscuro Púrpura intenso Dorado	Violeta claro
Máximo carga	2200 libras (aproximadamente 1000 kg) 2200 libras (aproximadamente 1000 kg)	
Material	Nylon	
Tamaño del producto	8x2,8m	
Modelo	YJ-0076-CF T00105	YJ-0077-S0 905
Color	Oro degradado Azul cielo	Verde oscuro
Máximo carga	2200 libras (aproximadamente 1000 kg)	
Material	Nylon	
Tamaño del producto	5x2,8m	

LISTA DE PIEZAS

MODELO: YJ-0081-064YJ-0081-058



1. Cadenas tipo margarita 2. Eslinga tipo O 5.

3. Gancho en forma de U

4. Mosquetón

Tornillos de expansión

6. Tornillos autorroscantes

7. Calcetines

MODELO: YJ-0077-S10YJ-0077-S09

YJ-0077-S1008;YJ-0077-S0108;



2



3



4



1



5

1. Cadenas tipo

2. Figure 8 Descender

margarita 3. Mosquetones con cierre de rosca

4. Conector giratorio de 360°

5. Calcetines

MODELO: YJ-0077-S0905YJ-0077-S1005

YJ-0076-CFT00105;YJ-0077-S1304;YJ-0077-S0204;



3



2



1



1. Cadenas de margaritas

2. Mosquetones con cierre de rosca

3. Calcetines

## INSTRUCCIONES DE MONTAJE

### A. Cómo instalar el gancho en forma de U

**Nota:** Para los accesorios

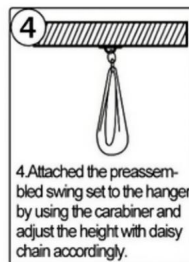
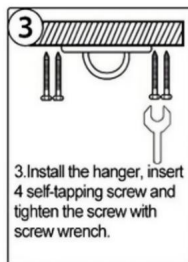
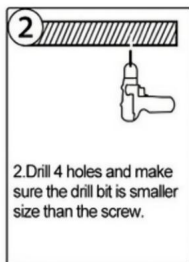
mencionado en la instalación

instrucciones a continuación, por favor compre

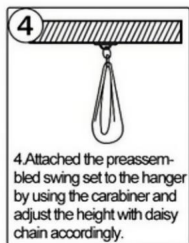
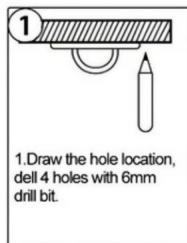
por separado si corresponde

¡El modelo del producto no coincide!

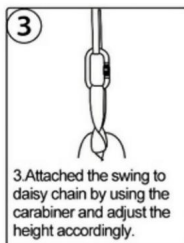
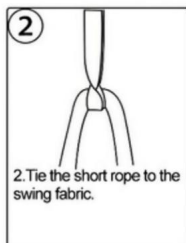
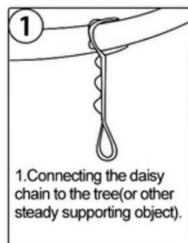
### Self-Tapping Screw Use on Wooden Ceiling



### Expansion Screw Use on Concrete Ceiling



### Outdoor Installation Guide - On the Tree etc



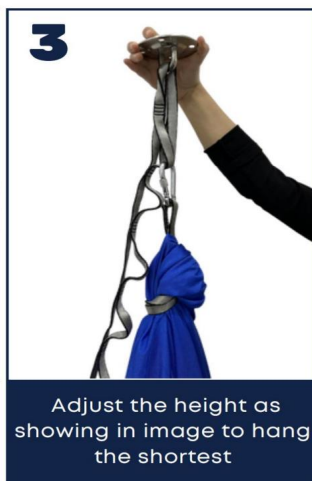
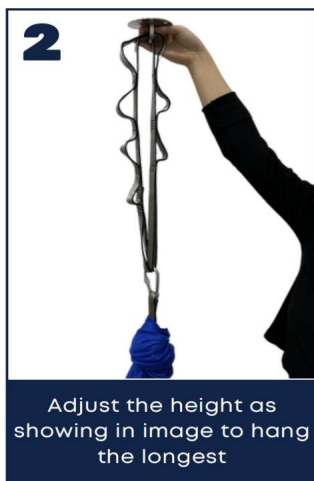
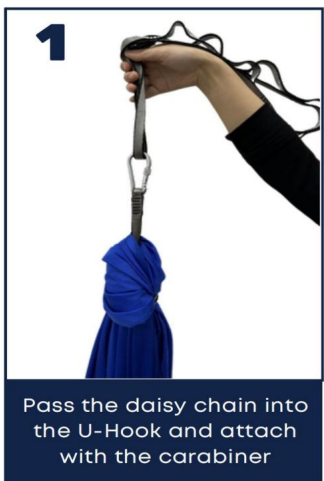
For more details  
Check out Section C

For more details  
Check out Section B







## B. Cómo instalar el arnés tipo O en el columpio



## C. Cómo instalar cadenas tipo margarita



## C. Cómo instalar el descensor en forma de 8 y los mosquetones con cierre de rosca

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

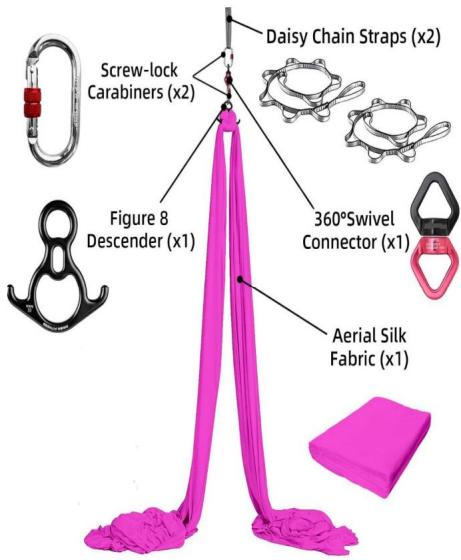
## ADVERTENCIA: No intente sujetar la hamaca de yoga

sobre una estructura sobre la que no está seguro de poder soportar todo su peso, ya que esto podría ocasionar lesiones graves.

Puedes usar ganchos de techo para sujetarlo a vigas de soporte, colgarlo de estructuras existentes, árboles, porches, en el gimnasio o estudio, donde haya espacio y te sientas cómodo. Recuerda seleccionar o crear una superficie que sea tolerante debajo. Si estás usando ganchos o pernos de techo, instálalos con cuidado. Estos accesorios deberán soportar más que tu peso total mientras estás en movimiento. Recomendamos la instalación profesional de cualquier accesorio que soporte peso.

### EJEMPLO DE MONTAJE





## LIMPIEZA Y MANTENIMIENTO

1. El producto no se puede colgar para uso al aire libre durante mucho tiempo. 2. La hamaca se puede quitar periódicamente para limpiarla y secarla de forma natural.



# HAMAK DO JOGI POWIETRZNEJ

HAMAK DO JOGI POWIETRZNEJ

MODEL: YJ-0081-064

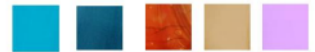
YJ-0081-058

YJ-0077-S10

YJ-0077-S09

YJ-0077-S1008YJ-0077-S0108YJ-0077-S0905YJ-0077-S1005

YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;



Dziękujemy bardzo za wybranie tego hamaka do aerial jogi. Przed użyciem przeczytaj wszystkie instrukcje. Informacje te pomogą Ci osiągnąć najlepsze możliwe rezultaty.

## WSTĘP

Aerial Yoga Hammock jest wszechstronny i można go rozstawić na wiele sposobów. Zawieszony na gałęzi drzewa, huśtawce/placu zabaw, ganku, sprzęcie do ćwiczeń, odsłoniętych belkach, a za pomocą haków sufitowych można go umieścić w dowolnym pomieszczeniu domu.

Ostrzeżenie: Aby uniknąć potencjalnych obrażeń fizycznych, skonsultuj się z lekarzem. pracownika służby zdrowia w celu opracowania odpowiedniego planu ćwiczeń.

Zastrzeżenie prawne: Yoga Swing nie ponosi żadnej odpowiedzialności za wytrzymałość konstrukcyjną Twojego obiektu podtrzymującego. Wszelkie korzystanie ze sprzętu Yoga Swing odbywa się na Twoje własne ryzyko. Niniejsze instrukcje są przykładem jednego ze sposobów instalacji i użytkowania Yoga Swing i nie będą bezpiecznym rozwiązaniem dla każdego.



### OSTRZEŻENIE:

Ten produkt zawiera małe części. W przypadku połknięcia istnieje ryzyko zadławienia. Trzymaj te małe części z dala od dzieci podczas montażu!

## SPECYFIKACJE

Model	YJ-0081-064 YJ-0081-058 YJ-0077-S1	0	YJ-0077-S0 9	
Kolor	Królewski niebieski	Jasnofioletowy	Ciemnozielony Błękitny	
Maksymalny obciążenie	550 funtów (około 250 kg) 2200 funtów (około 1000 kg)			
Tworzywo	Nylon		Nylon	
Rozmiar produktu	2,8x1,6m		10x2,8m	
Model	YJ-0077-S1 008	YJ-0077-S01 08	YJ-0077-S1 304	YJ-0077-S0 204
Kolor	Ciemnozielony Głęboki fiolet Złoty		Jasnofioletowy	
Maksymalny obciążenie	2200 funtów (około 1000 kg) 2200 funtów (około 1000 kg)			
Tworzywo	Nylon			
Rozmiar produktu	Nylonowy 8x2,8m		4x1,6m	
Model	YJ-0076-CF T00105	YJ-0077-S0 905	YJ-0077-S1 005	/
Kolor	Gradientowe złoto,	błękit nieba	Ciemnozielony	
Maksymalny obciążenie	2200 funtów (około 1000 kg)			
Tworzywo	Nylon			
Rozmiar produktu	5x2,8m			

LISTA CZĘŚCI

MODEL: YJ-0081-064; YJ-0081-058;



1. Łańcuchy Daisy 2. O-Sling 5. Śruby  
rozprężne  
6. Wkręty samogwintujące

3. U - Hak

4. Karabinek

7. Skarpetki

MODELE: YJ-0077-S10YJ-0077-S09

YJ-0077-S1008YJ-0077-S0108



2



3



4



1



5

- 1. Łańcuchy Daisy 3.  
Karabinki z blokadą śrubową
- 4. Złącze obrotowe 360°

- 2. Rysunek 8 Zejście
- 5. Skarpetki

MODEL: YJ-0077-S0905YJ-0077-S1005

YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;



3



2



1



1. Łańcuchy stokrotek
3. Skarpetki

2. Karabinki z blokadą śrubową

## INSTRUKCJA MONTAŻU

### A. Jak zainstalować hak U

**Uwaga:** W przypadku akcesoriów

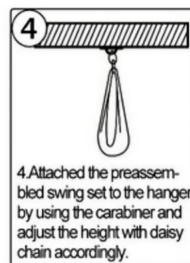
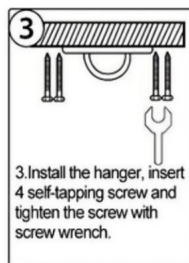
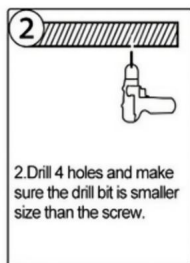
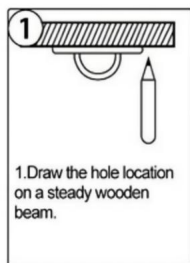
wspomniano w instalacji

instrukcje poniżej, proszę dokonać zakupu

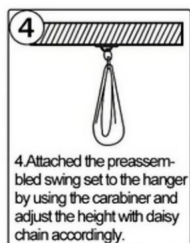
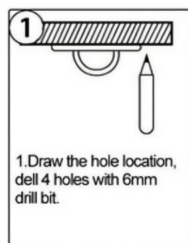
oddzielnie, jeśli odpowiada

model produktu nie jest dopasowany!

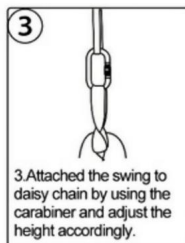
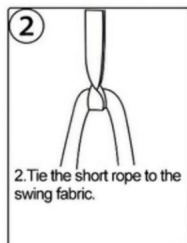
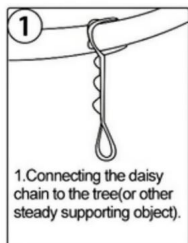
#### Self-Tapping Screw Use on Wooden Ceiling



#### Expansion Screw Use on Concrete Ceiling



#### Outdoor Installation Guide - On the Tree etc



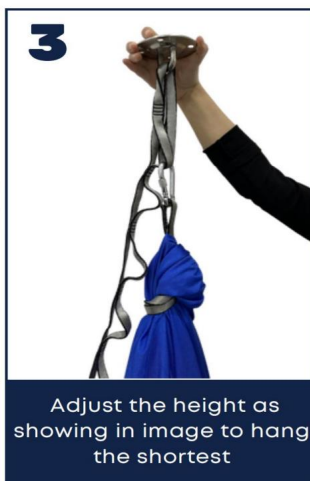
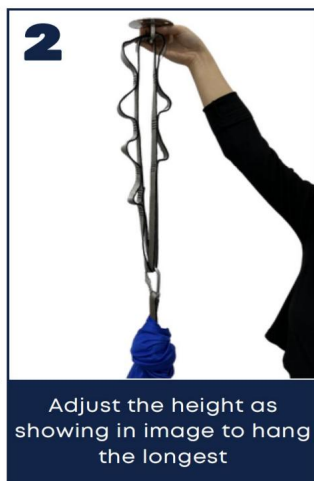
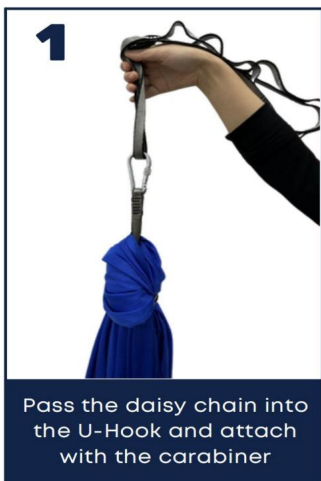
For more details  
Check out Section C

For more details  
Check out Section B



## B. Jak zamontować O-sling na huśtawce



## C. Jak zainstalować łańcuchy szeregowe



## C. Jak zamontować przyrząd zjazdowy Figure 8 i karabinki z blokadą śrubową

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

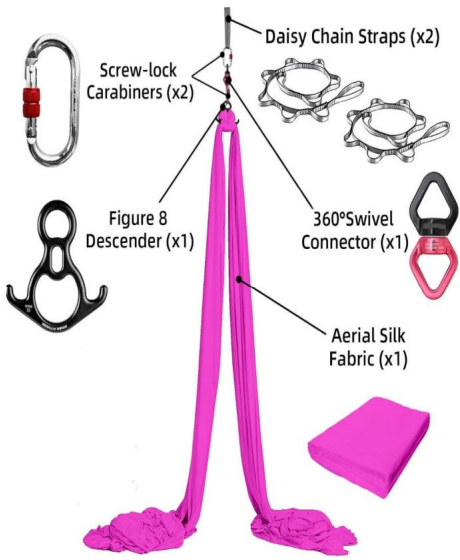
## OSTRZEŻENIE: Nie próbuj mocować hamaka do jogi

na konstrukcji, na którą nie masz pewności, czy będziesz w stanie unieść cały swój ciężar, ponieważ może to skutkować poważnymi obrażeniami.

Możesz użyć haków sufitowych, aby przymocować je do belek nośnych, zawiesić je na istniejących konstrukcjach, drzewach, gankach, na siłowni lub w studiu, gdziekolwiek jest przestrzeń i czujesz się komfortowo. Pamiętaj, aby wybrać lub stworzyć wytrzymałą powierzchnię pod spodem. Jeśli używasz haków sufitowych lub śrub, zamontuj je ostrożnie. Te mocowania będą musiały unieść więcej niż Twój pełny ciężar, gdy będziesz w ruchu. Zalecamy profesjonalną instalację wszelkich takich mocowań nośnych.

### PRZYKŁAD MONTAŻU





## CZYSZCZENIE I KONSERWACJA

1. Produktu nie można wieszać na zewnątrz przez dłuższy czas. 2. Hamak można regularnie zdejmować w celu czyszczenia i naturalnego suszenia.



# LUCHT YOGA HANGMAT

## LUCHT YOGA HANGMAT

MODEL: YJ-0081-064 , YJ-0081-058 , YJ-0077-S10 , YJ-0077-S09 ,  
YJ-0077-S1008YJ-0077-S0108YJ-0077-S0905YJ-0077-S1005Y  
YJ-0076-CFT00105YJ-0077-S1304YJ-0077-S0204;



Neem contact met ons op:

Hartelijk dank voor het kiezen van deze Aerial Yoga Hangmat. Lees alle instructies voordat u deze gebruikt. De informatie zal u helpen om de best mogelijke resultaten te behalen.

## INVOERING

Aerial Yoga Hammock is veelzijdig en kan op veel manieren worden opgezet. Opgehangen in een boomtak, schommelset/speelplaats, veranda's, fitnessapparatuur, zichtbare balken en met behulp van plafondhaken kan het in elke kamer van uw huis worden geplaatst.

Let op: Om mogelijk lichamelijk letsel te voorkomen, dient u contact op te nemen met uw een zorgverlener om een passend bewegingsvoorschrift op te stellen.

Juridische disclaimer: Yoga Swing aanvaardt geen aansprakelijkheid voor de structurele sterkte van uw ondersteunende object. Alle gebruik van Yoga Swing-apparatuur is op eigen risico. Deze instructies zijn een voorbeeld van een van de manieren waarop u uw Yoga Swing kunt installeren en gebruiken en zullen geen veilige oplossing zijn voor iedereen.



### **WAARSCHUWING:**

Dit product bevat kleine onderdelen. Als u het inslikt, kan het verstikkingsgevaar opleveren. Houd deze kleine onderdelen uit de buurt van kinderen tijdens het monteren!

## SPECIFICATIES

Model	<b>YJ-0081-064</b>	<b>YJ-0081-058</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
			<b>0</b>	<b>9</b>
Kleur	Koningsblauw	Lichtpaars	Donkergroen	Hemelsblauw
Maximaal laden	550 lbs (ongeveer 250 kg) 2200 lbs (ongeveer 1000 kg)			
Materiaal	Nylon		Nylon	
Productgrootte	2,8x1,6 meter		10x2,8m	
Model	<b>YJ-0077-S1</b>	<b>YJ-0077-S01</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
	<b>008</b>	<b>08</b>	<b>304</b>	<b>204</b>
Kleur	Donkergroen	Dieppaars	Goudkleurig	Lichtpaars
Maximaal laden	2200 lbs (ongeveer 1000 kg) 2200 lbs (ongeveer 1000 kg)			
Materiaal	Nylon			
Productgrootte	Nylon8x2,8m		4x1,6m	
Model	<b>YJ-0076-CF</b>	<b>YJ-0077-S0</b>	<b>YJ-0077-S1</b>	/
	<b>T00105</b>	<b>905</b>	<b>005</b>	
Kleur	Gradiënt goud	Hemelsblauw	Donkergroen	
Maximaal laden	2200 lbs (ongeveer 1000 kg)			
Materiaal	Nylon			
Productgrootte	5x2,8m			

ONDERDELENLIJST

MODEL: YJ-0081-064; YJ-0081-058;



1. Daisy Chains 2. O-Sling 5.

Expansieschroeven

6. Zelftappende schroeven

3. U-haak

4. Karabijnhaak

7. Sokken

**MODEL: YJ-0077-S10ÿYJ-0077-S09ÿ**

**YJ-0077-S1008ÿYJ-0077-S0108ÿ**



**2**



**3**



**4**



**1**



**5**

**1. Daisy Chains**

Schroef-lock karabijnhaken

**4. 360° draibare connector**

**2. Figuur 8 Afdalen**

**5. Sokken**

**MODEL: YJ-0077-S0905ÿYJ-0077-S1005ÿ**

**YJ-0076-CFT00105ÿYJ-0077-S1304ÿYJ-0077-S0204;**



**3**



**2**



**1**



**1. Daisy Chains 3.**  
Sokken

**2. Schroef-lock karabijnhaken**

## MONTAGE-INSTRUCTIES

### A. Hoe installeer ik een U-haak

**Let op:** Voor de accessoires

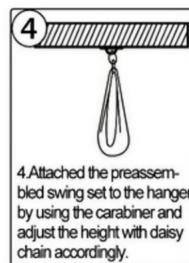
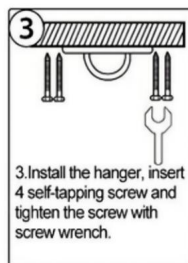
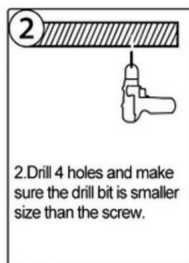
vermeld in de installatie

instructies hieronder, koop alstublieft

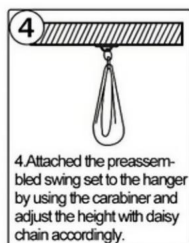
afzonderlijk indien de overeenkomstige

productmodel komt niet overeen!

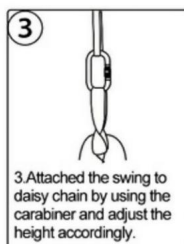
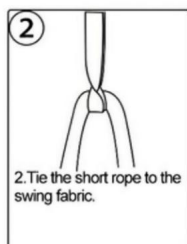
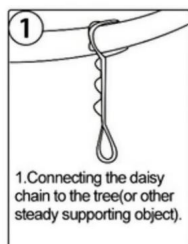
#### Self-Tapping Screw Use on Wooden Ceiling



#### Expansion Screw Use on Concrete Ceiling



#### Outdoor Installation Guide - On the Tree etc



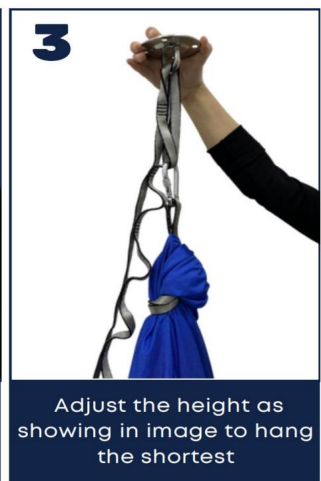
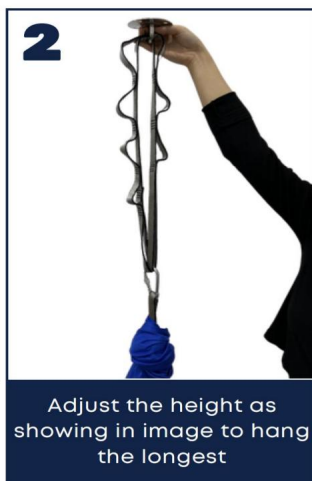
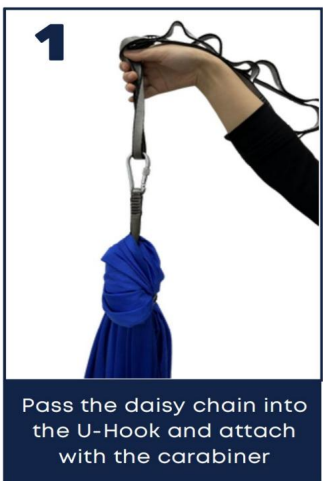
For more details  
Check out Section C

For more details  
Check out Section B






## B. Hoe installeer je de O-sling op de schommel



## C. Hoe Daisy Chains te installeren



## C. Hoe installeer je de figuur 8-afdaal- en schroefvergrendelingskarabijnhaken

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

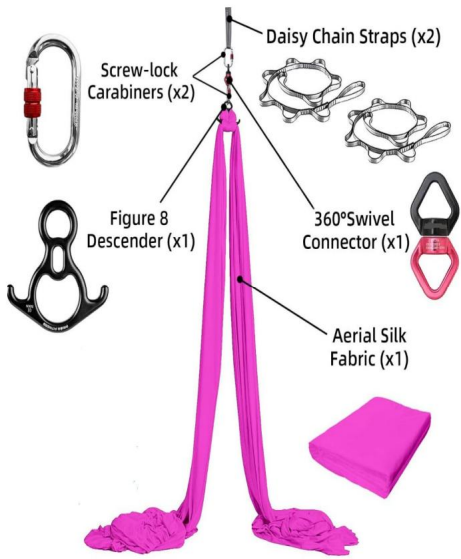
**WAARSCHUWING:** *Probeer de Yoga Hangmat niet te bevestigen*

*op een constructie waarvan u niet zeker weet of u uw volledige gewicht erop kunt dragen, omdat dit tot ernstig letsel kan leiden.*

U kunt plafondhaken gebruiken om te bevestigen aan steunbalken, het op te hangen aan bestaande structuren, bomen, veranda's, in de sportschool of studio, waar dan ook waar ruimte is en u zich prettig voelt. Vergeet niet om een vergevingsgezind oppervlak eronder te selecteren of te creëren. Als u plafondhaken of bouten gebruikt, installeer deze dan met voorzichtigheid. Deze fittingen moeten meer dan uw volledige gewicht kunnen dragen terwijl u beweegt. Wij adviseren professionele installatie van dergelijke gewichtdragende fittingen.

**VOORBEELD VAN MONTAGE**





## REINIGING EN ONDERHOUD

**1. Het product kan niet langdurig buiten worden opgehangen. 2. De hangmat kan regelmatig worden verwijderd om te worden schoongemaakt en natuurlijk te drogen.**



# **AERIAL YOGA HÄNGMÖJA**

## AERIAL YOGA HÄNGMÖJA

MODELL: YJ-0081-064    YJ-0081-058    YJ-0077-S10    YJ-0077-S09  
YJ-0077-S1008    YJ-0077-S0108    YJ-0077-S0905    YJ-0077-S1005  
YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;



Tack så mycket för att du valde denna Aerial Yoga Hammock. Läs alla instruktioner innan du använder den. Informationen hjälper dig uppnå bästa möjliga resultat.

## INTRODUKTION

Aerial Yoga Hammock är mångsidig och kan sättas upp på många sätt. Hängs i en trädgren, gungställning/lekplats, verandor, gymutrustning, synliga takbjälkar och kan med hjälp av takkrokar gå i vilket rum som helst i ditt hus.

Varning: För att undvika eventuella fysiska skador, vänligen rådfråga din vårdpersonal att utforma ett lämpligt träningsrecept.

Juridisk ansvarsfriskrivning: Yoga Swing tar inget ansvar för den strukturella styrkan hos ditt stödjande föremål. All användning av Yoga Swing-utrustning sker på egen risk. Dessa instruktioner är ett exempel på ett av sätten du kan installera och använda din Yoga Swing och kommer inte att vara en säker installationslösning för alla.



### **VARNING:**

Denna produkt innehåller små delar. Om den sväljs kommer den att utgöra en kvävningsrisk. Håll dessa små delar borta från barn när du monterar dem!

## SPECIFIKATIONER

Modell	<b>YJ-0081-064</b>	<b>YJ-0081-058</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
			<b>0</b>	<b>9</b>
Färg	Kungsblå	Ljuslila Mörkgrön	Himmelsblå	
Maximal ladda	550 lbs (cirka 250 kg) 2200 lbs (ca 1000 kg)			
Material	Nylon		Nylon	
Produktstorlek	2,8x1,6 m		10x2,8m	
Modell	<b>YJ-0077-S1</b>	<b>YJ-0077-S01</b>	<b>YJ-0077-S1</b>	<b>YJ-0077-S0</b>
	<b>008</b>	<b>08</b>	<b>304</b>	<b>204</b>
Färg	Mörkgrön Djuplila	Gyllene		Ljuslila
Maximal ladda	2200 lbs (cirka 1000 kg) 2200 lbs (ca 1000 kg)			
Material	Nylon		Nylon	
Produktstorlek	8x2,8m		4x1,6m	
Modell	<b>YJ-0076-CF</b>	<b>YJ-0077-S0</b>	<b>YJ-0077-S1</b>	
	<b>T00105</b>	<b>905</b>	<b>005</b>	
Färg	Gradient guld	Himmelsblå	Mörkgrön	
Maximal ladda	2200 lbs (cirka 1000 kg)			
Material	Nylon			
Produktstorlek	5x2,8m			

## DELLISTA

MODELL: YJ-0081-064ÿYJ-0081-058ÿ



1 . Daisy Chains  
2. O-sling  
5. Expansionskruvar  
6. Självgängande skruvar

3. U - Krok

4. Karbinhake

7. Strumpor

MODELL: YJ-0077-S10ÿYJ-0077-S09ÿ

YJ-0077-S1008ÿYJ-0077-S0108ÿ



2



3



4



1



5

1 . Daisy Chains 3.

Skruvlåskarbinhakar

4. 360° vridbar kontakt

2. Figur 8 Gå ner

5. Strumpor

**MODELL: YJ-0077-S0905ÿYJ-0077-S1005ÿ**

**YJ-0076-CFT00105; YJ-0077-S1304; YJ-0077-S0204;**



**3**



**2**



**1**



**1 . Daisy Chains 3.**  
Strumpor

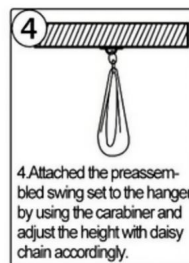
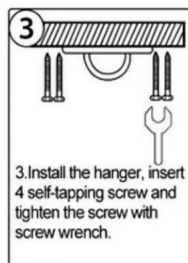
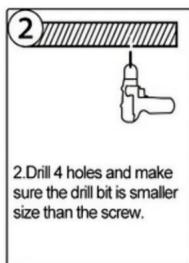
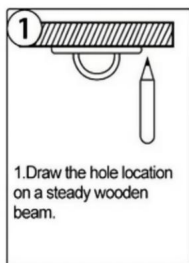
**2. Skruvlåskarbinhakar**

## MONTERINGSINSTRUKTIONER

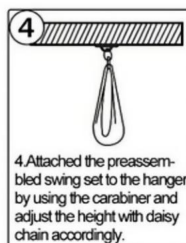
### A. Hur man installerar U - Hook

**Obs:** För tillbehören nämns i installationen instruktioner nedan, köp separat om motsvarande produktmodellen matchar inte!

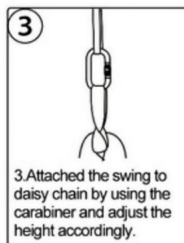
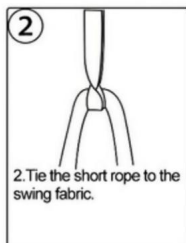
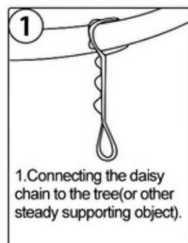
#### Self-Tapping Screw Use on Wooden Ceiling



#### Expansion Screw Use on Concrete Ceiling



#### Outdoor Installation Guide - On the Tree etc



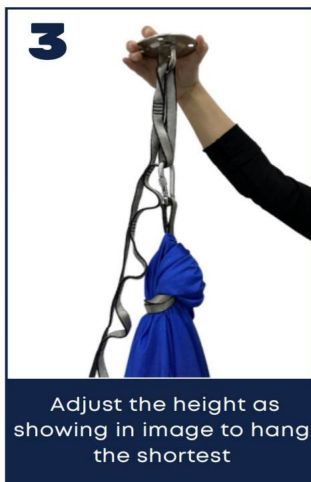
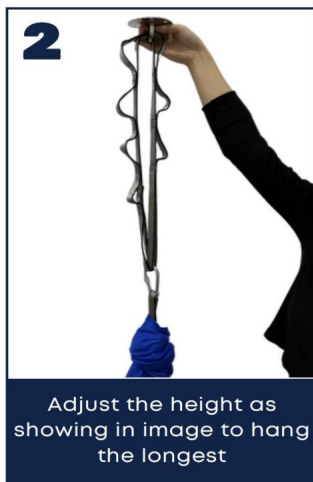
For more details  
Check out Section C

For more details  
Check out Section B








## B. Hur man installerar O-sele på Swing



## C. Hur man installerar Daisy Chains



## C. Hur man installerar Figur 8 Nedstignings- och skruvlåskarinbikar

				
1. Lay your Figure 8 on a flat surface	2. Find the middle of your silks and line it up to the lowest hole of the Figure 8	3. Pull the silk through the hole to make a loop	4. Separate the tails of the silks below and flip the loop down	5. Flip the loop under the Figure 8 so it is pointing up
				
6. Pull the loop forward through the lowest hole on the Figure 8	7. Flip the loop up and hook it over the top of the Figure 8	8. Tighten and adjust the knot by pulling on both tails of the silks	9. Link 1 Carabiner to each side of the swivel. Then attach a carabiner to the top Figure 8 hole. Make sure to screw-lock the carabiners tightly	10. Attach your silks to a strong point (eg. pipe, beam, ceiling mount). Ensure safety and have a professional Rigger inspect and approve before use

				
1. Place silk over left wrist and grab one end with right hand	2. Wrap silk once around left wrist	3. Turn left palm down and grab onto the longer portion of silk	4. Pull the longer silk through the circle with left hand	5. Continue to pull silk up to make a loop
				
6. Hook a Carabiner through the loop	7. Bring the silk end through the loop	8. Pull the silk end down and through	9. Tighten your knot by pulling hard on both sides of the silk	10. Repeat steps 1-9 for the other silk end. Hang your new hammock from a strong point.

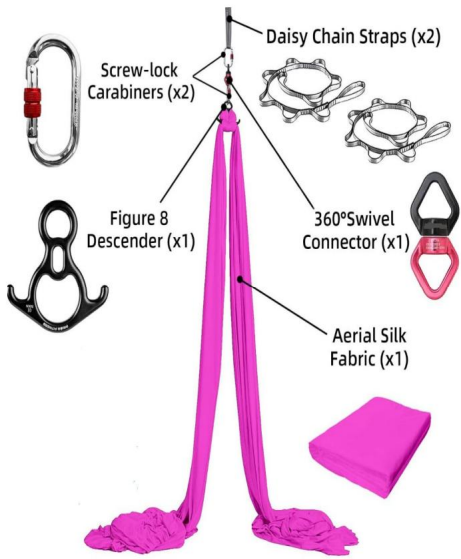
## **VARNING:** *Försök inte att fästa Yoga Hammock*

*på en struktur som du är osäker på att bära din fulla vikt på eftersom detta kan resultera i allvarliga skador.*

Du kan använda takkrokar för att fästa på stödbalkar, hänga den från befintliga strukturer, träd, verandor, på gymmet eller studion, var det än finns plats och du känner dig bekväm. Kom ihåg att välja eller skapa en förlåtande yta under. Om du använder takkrokar eller bultar, installera med försiktighet. Dessa beslag kommer att behöva ta mer än din fulla vikt medan du är i rörelse. Vi rekommenderar professionell installation av sådana vikt bärande beslag.

### EXEMPEL PÅ MONTERING





## RENGÖRING OCH UNDERHÅLL

**1. Produkten kan inte hängas för utomhusbruk under lång tid 2. Hängmattan kan tas bort regelbundet för rengöring och naturlig torkning.**

