



## SKIPFIT INSTRUCTIONS

*It's easy to get started!*



Slide cuff over right foot onto ankle. There is no adjustment needed on cuff, it is supposed to be loose.

**NOTE: it is best to use right foot if you're a righty, and vice versa.**



Hold ball in right hand and toss it in a circular motion in direction of left foot so when it comes around again you can see it coming.



Move right leg in small circles to keep up circular momentum of SkipFit.

**Remember the faster you go, the easier it is to keep skipping!**

**WATCH A VIDEO** on our site for further instruction on how to use your **SKIPFIT** [empowerfitness.com/skipfitinfo](http://empowerfitness.com/skipfitinfo)

### WARNINGS:

- Consult your physician before starting this or any exercise program.
- Store product away from children under 16 when not in use.
- Failure to follow all warnings and instructions could result in bodily injury or property damage.

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