

# Description of fitness equipment category- 健身器材类目（哑铃、瑜伽垫、拉力器、跑步机 配件等）

## 1. Product Introduction / 产品介绍

This fitness equipment is designed for home fitness, gym training and outdoor exercise, helping you exercise your body, enhance physical fitness and shape a perfect figure. The product is made of high-quality materials, with safe and reliable performance, simple operation, and suitable for fitness enthusiasts of all levels. It can effectively exercise muscles, improve flexibility, and meet your diverse fitness needs.

本健身器材专为家庭健身、健身房训练、户外锻炼设计，帮助您锻炼身体、增强体质、塑造完美身形。产品采用优质材质打造，性能安全可靠、操作简单，适用于各水平健身爱好者，可有效锻炼肌肉、提升柔韧性，满足您多样化的健身需求。

## 2. Product Features / 产品特点

- High-quality wear-resistant material, non-toxic and odorless, safe to use
- Ergonomic design, comfortable to hold/grip, not easy to slip
- Stable performance, strong load-bearing capacity, not easy to damage
- Lightweight and portable, easy to store and carry, suitable for home and outdoor use
- Multi-functional design, can exercise multiple parts of the body (arms, waist, legs, etc.)
- Easy to clean, waterproof and sweat-proof, suitable for long-term use
- 优质耐磨材质，无毒无味，使用安全
- 人体工学设计，握持舒适，不易打滑
- 性能稳定，承重性强，不易损坏
- 轻便易携，便于收纳和携带，适用于家庭、户外使用
- 多功能设计，可锻炼身体多个部位（手臂、腰部、腿部等）
- 易清洁，防水防汗，适合长期使用

## 3. Scope of Application / 适用范围

Suitable for home fitness, gym, office, outdoor sports and other scenes. It is suitable for fitness enthusiasts of all ages and levels, whether it is strength training, flexibility training or aerobic exercise, it can meet the needs.

适用于家庭健身、健身房、办公室、户外运动等场景，适合各年龄段、各水平健身爱好者，无论是力量训练、柔韧性训练还是有氧运动，均可满足需求。

## 4. Installation & Use / 安装与使用

1. For assembled products: Check whether all parts are complete and firmly connected before use.
2. For unassembled products: Assemble according to the instructions, ensure that all parts are fixed tightly, and do not use them if they are loose.
3. Before use, do a good warm-up exercise to avoid sports injuries.
4. Use according to the correct posture, do not use excessive force, so as not to damage the equipment or cause physical injury.
5. After use, clean the surface of the equipment with a dry cloth, and store it in a dry and ventilated place.
6. 组装好的产品：使用前检查所有部件是否齐全、连接牢固。
7. 未组装产品：按照说明书进行组装，确保所有部件固定紧密，松动则请勿使用。
8. 使用前做好热身运动，避免运动损伤。
9. 按照正确姿势使用，请勿用力过猛，以免损坏器材或造成身体受伤。
10. 使用后，用干布擦拭器材表面，存放于干燥通风处。

## 5. Notes / 注意事项

- Please allow 1-3cm error due to manual measurement.
- The color may vary slightly due to different monitors and lighting.
- Children should use it under the supervision of adults to avoid accidental injury.
- Do not use the equipment in a humid, high-temperature or corrosive environment to avoid damage.
- If the equipment is damaged (such as cracks, loose parts), stop using it immediately to prevent injury.
- 手工测量存在1-3cm误差，敬请谅解。
- 因显示器、光线不同，颜色可能存在轻微差异。
- 儿童需在成人监护下使用，避免意外受伤。
- 请勿在潮湿、高温或有腐蚀性的环境中使用器材，避免损坏。

- 若器材出现破损（如开裂、部件松动），请立即停止使用，防止受伤。

## **6. After-Sales Service / 售后服务**

If you have any questions about product use, installation, or if there are quality problems, missing accessories, etc., please contact us in time. We will provide you with professional guidance and satisfactory after-sales service (such as free replacement of damaged parts) as soon as possible.

如您对产品使用、安装有任何疑问，或出现质量问题、配件缺失等情况，请及时联系我们，我们将尽快为您提供专业指导及满意的售后服务（如免费更换破损部件）。