

# Safety Notice for Yoga Wall

## Warning:

- **Do not use this equipment and accessories unsupervised**
- **Always use under the guidance** of a certified instructor or trainer
- **Accessories pose an extreme liability** if used when frayed, worn or damaged. Routinely inspect all accessories. Always replace any accessory at first sign of wear
- **Never attempt to release jammed parts.**
- **Injuries may result** in exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician
- **People with blood pressure issues** should not do inversions.
- **Do not customise** any of the attachments
- **In the event of equipment malfunction** inform an employee and do not use or attempt to fix yourself
- **Maximum user weight** – do not exceed 500 lbs
- **Only one person** may use any accessory at any one time
- **The user** of this wall and accessories shall bear the sole responsibility for any malfunction which results from improper use, damage, or alteration by anyone other than Yoga Wall Inc. authorised representatives
- **Keep children away from accessories.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLEARIFICATION FROM STUDIO PERSONNEL.