

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate www.vevor.com/support

AERIAL YOGA HAMMOCK

We continue to be committed to provide you tools with competitive price.

"Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover all categories of tools offered by us. You are kindly reminded to verify carefully when you are placing an order with us if you are actually saving half in comparison with the top major brands.

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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 ;



NEED HELP? CONTACT US!

Have product questions? Need technical support? Please feel free to contact us:

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This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

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

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

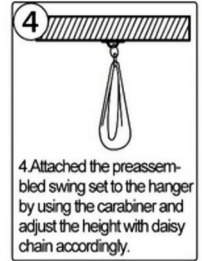
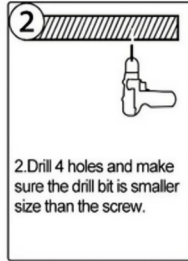
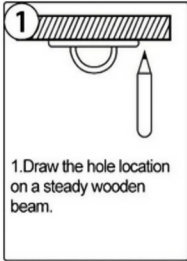
3. Socks

ASSEMBLY INSTRUCTIONS

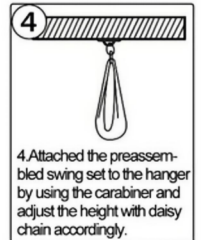
A.How to Install U - Hook

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

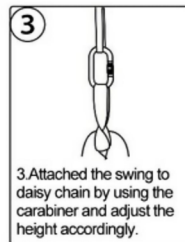
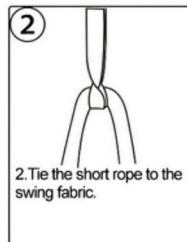
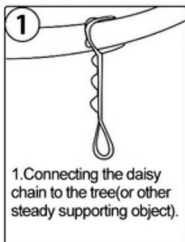
Self-Tapping Screw Use on Wooden Ceiling



Expansion Screw Use on Concrete Ceiling



Outdoor Installation Guide - On the Tree etc



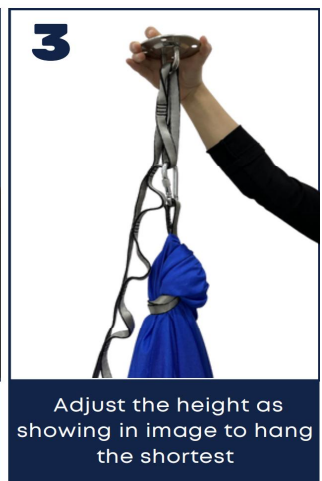
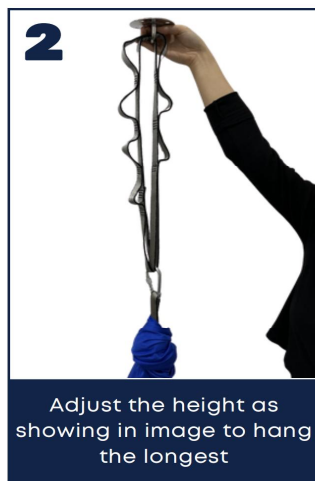
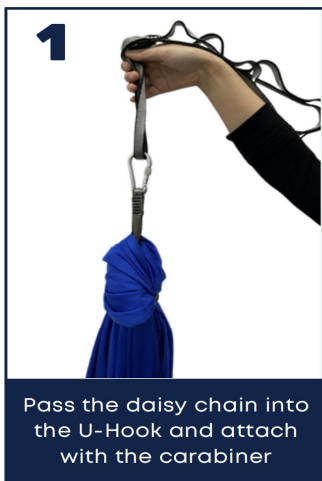
For more details
Check out Section C

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>

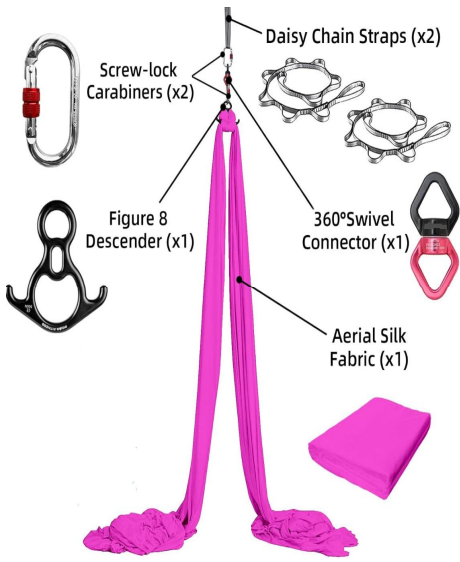
				
<p>1. Place silk over left wrist and grab one end with right hand</p>	<p>2. Wrap silk once around left wrist</p>	<p>3. Turn left palm down and grab onto the longer portion of silk</p>	<p>4. Pull the longer silk through the circle with left hand</p>	<p>5. Continue to pull silk up to make a loop</p>
				
<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.**

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