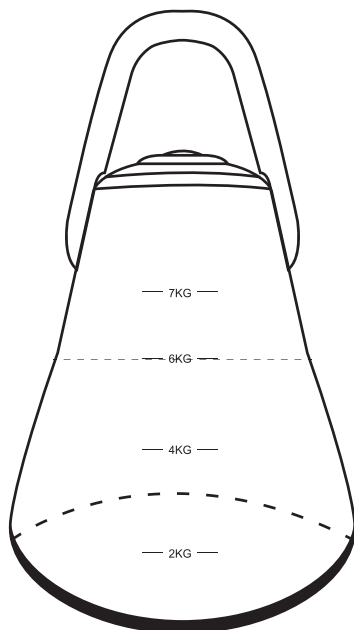




**NATURE &
DECOUVERTES**

KETTLEBELL

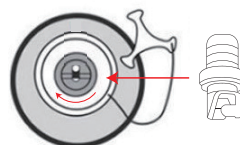
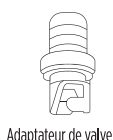
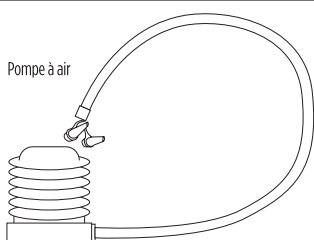
Réf. 15237880



Lire attentivement et conserver soigneusement ce mode d'emploi.
Please carefully read this manual and keep it in a safe place.
Lea detenidamente este manual y consérvelo en un lugar seguro.
Lees deze instructies zorgvuldig en bewaar ze op een veilige plaats.
Leia cuidadosamente este manual e guarde-o em local seguro.

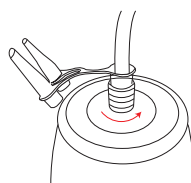
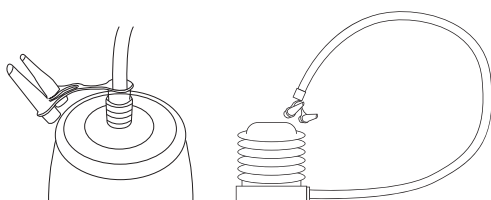
INSTRUCTIONS IMPORTANTES. À CONSERVER POUR USAGE ULTÉRIEUR : LIRE ATTENTIVEMENT

ÉTAPE 1 : GONFLER LA KETTLEBELL



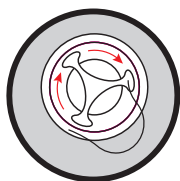
1 Préparez la pompe à air et l'adaptateur de valve.

2 Assurez-vous que la valve de la kettlebell est fermée. Connectez ensuite l'adaptateur de valve à la valve d'air et serrez-le fermement en le tournant dans le sens des aiguilles d'une montre.

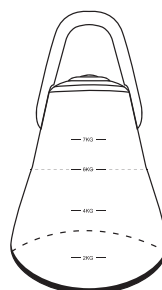


3 Fixez la pompe à air à l'adaptateur et commencez à gonfler.

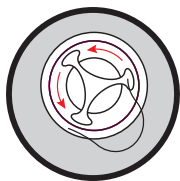
4 Une fois la kettlebell gonflée, tournez lentement l'adaptateur dans le sens inverse des aiguilles d'une montre pour le retirer.



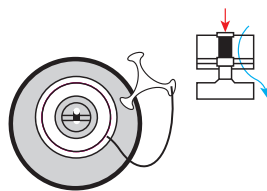
5 Serrez le bouchon pour terminer l'opération.



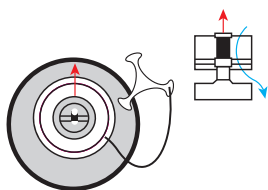
ÉTAPE 2 : REMPLIR D'EAU



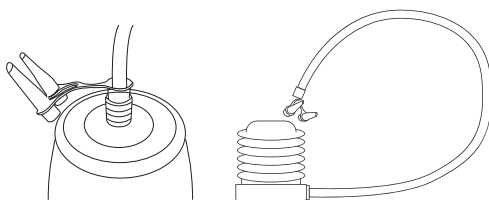
1 Ouvrez le bouchon.



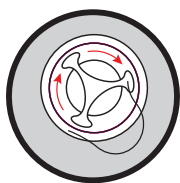
2 Ouvrez la valve en appuyant une fois dessus, puis remplissez la kettlebell avec la quantité d'eau souhaitée.



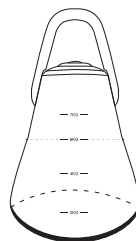
3 Fermez la valve en appuyant une fois dessus.



4 Gonflez à nouveau la kettlebell pour qu'elle soit complètement tendue.



5 Fermez le bouchon.



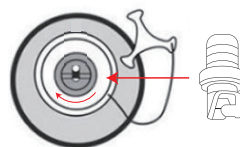
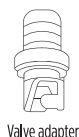
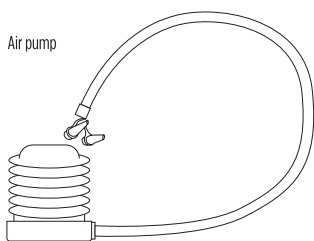
6 Une fois entièrement gonflé et rempli d'eau, le poids est d'environ 72 kg. L'indication en kg est donnée à titre indicatif, le niveau d'eau peut varier en fonction du gonflage.

ATTENTION :

- Changez l'eau toutes les 72 heures. Ne buvez pas l'eau contenue dans la kettlebell.
- Commencez avec un poids léger pour apprendre le mouvement en toute sécurité.
- Ce produit est réservé aux adultes. Ne convient pas aux enfants.

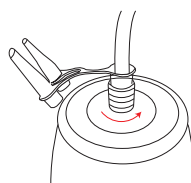
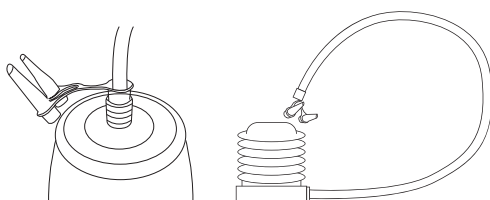
PLEASE CAREFULLY READ THIS MANUAL AND KEEP IT IN A SAFE PLACE

STEP 1: INFLATING THE KETTLEBELL



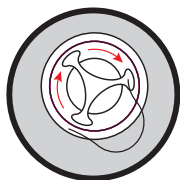
1 Prepare the air pump and the valve adapter.

2 Make sure the valve on the kettlebell is closed. Then connect the valve adapter to the air valve and tighten it securely by turning it clockwise.

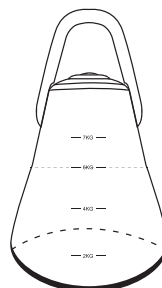


3 Attach the air pump to the adapter and start inflating.

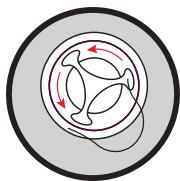
4 Once inflated, slowly twist the adapter anti-clockwise to remove it.



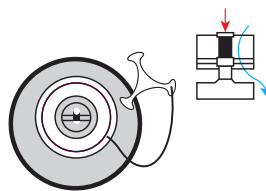
5 Tighten the cap to complete the process.



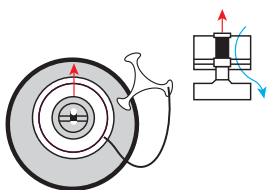
STEP 2: FILLING THE WATER



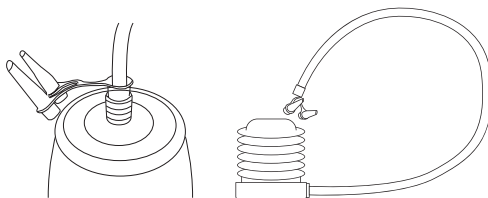
1 Open the cap.



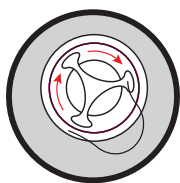
2 Open the valve by pressing the valve once, then fill the kettlebell with the desired amount of water.



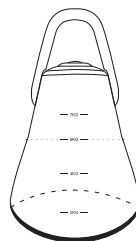
3 Close the valve by pressing the valve once.



4 Inflate again the kettlebell to make it fully expanded.



5 Close the cap.



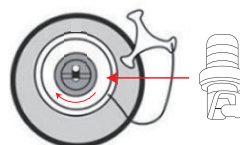
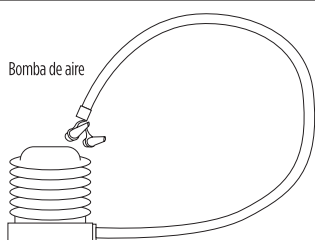
6 When fully inflated and filled with water, the weight is approximately 7kg. The kg marking is just for reference, the water level may change depending on the inflation.

WARNING:

- Change the water every 72 hours. Do not drink the water filled in the kettlebell.
- Start with a light weight to learn the movement safely.
- This product is intended for adults only. Not suitable for children.

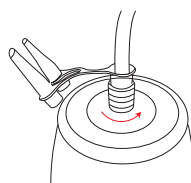
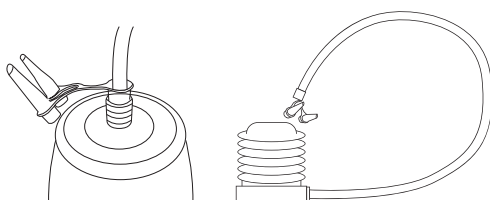
INSTRUCCIONES IMPORTANTES. MANTENGA PARA USO FUTURO: LEA CUIDADOSAMENTE

PASO 1: INFLAR LA KETTLEBELL



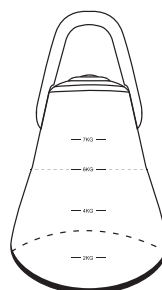
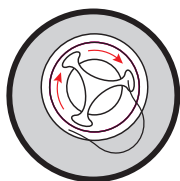
1 Prepare la bomba de aire y el adaptador de válvula.

2 Asegúrate de que la válvula de la kettlebell esté cerrada. A continuación, conecta el adaptador de válvula a la válvula de aire y apriétalo firmemente girándolo en el sentido de las agujas del reloj.



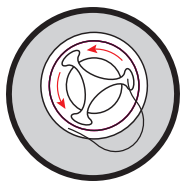
3 Fija la bomba de aire al adaptador y comienza a inflar.

4 Una vez inflado, gire lentamente el adaptador en sentido contrario a las agujas del reloj para retirarlo.

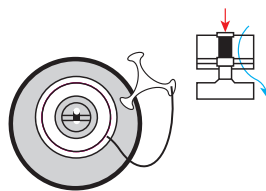


5 Apriete el tapón para finalizar el proceso.

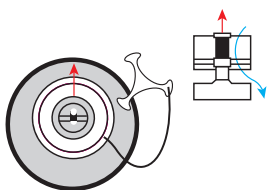
PASO 2: LLENAR CON AGUA



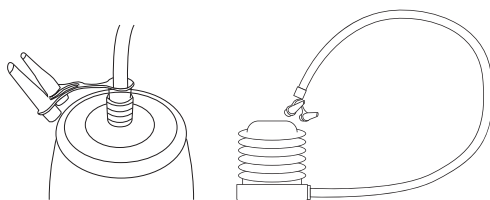
1 Abra el tapón.



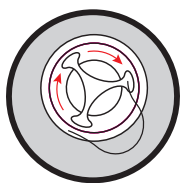
2 Abra la válvula presionándola una vez y, a continuación, llene la kettlebell con la cantidad de agua deseada.



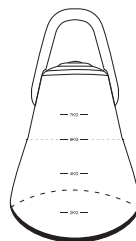
3 Cierre la válvula presionándola una vez.



4 Vuelva a inflar la kettlebell hasta que quede completamente tensa.



5 Cierre el tapón.



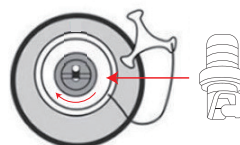
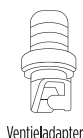
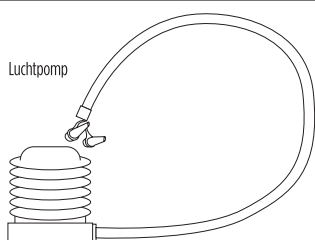
6 Una vez completamente inflado y lleno de agua, el peso es de aproximadamente 7 kg. La indicación en kg es orientativa, el nivel de agua puede variar en función del inflado.

ATENCIÓN:

- Cambie el agua cada 72 horas. No beba el agua contenida en la pesa rusa.
- Comience con un peso ligero para aprender el movimiento de forma segura.
- Este producto está destinado solo a adultos. No es apto para niños.

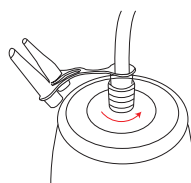
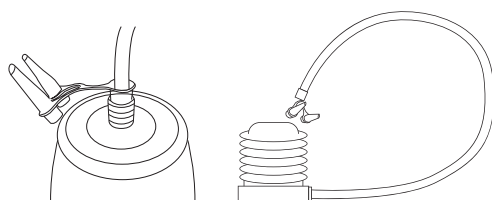
BELANGRIJKE INSTRUCTIES. BEWAREN VOOR LATER GEBRUIK: AANDACHTIG LEZEN

STAP 1: DE KETTLEBELL OPBLAZEN



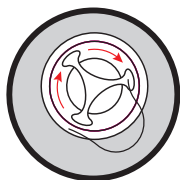
1 Leg de luchtpomp en de ventieladapter klaar.

2 Zorg ervoor dat het ventiel van de kettlebell gesloten is. Sluit vervolgens de ventieladapter aan op het luchtventiel en draai deze stevig vast door hem met de klok mee te draaien.

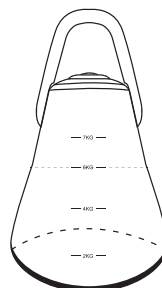


3 Bevestig de luchtpomp aan de adapter en begin met opblazen.

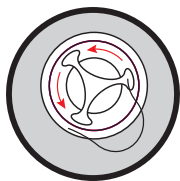
4 Draai de adapter na het opblazen langzaam tegen de klok in om hem te verwijderen.



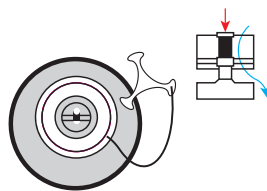
5 Draai de dop vast om het proces te voltooien.



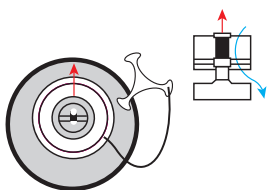
STAP 2: VULLEN MET WATER



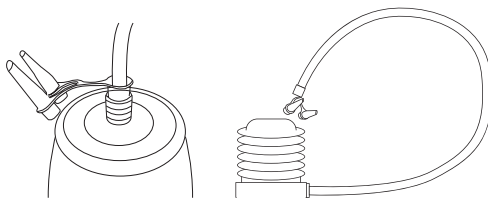
- 1** Open de dop.



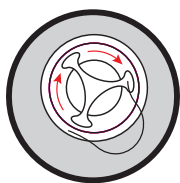
- 2** Open het ventiel door er eenmaal op te drukken en vul de kettlebell met de gewenste hoeveelheid water.



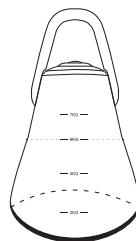
- 3** Sluit het ventiel door er eenmaal op te drukken.



- 4** Blaas de kettlebell opnieuw op totdat deze volledig gespannen is.



- 5** Sluit de dop.



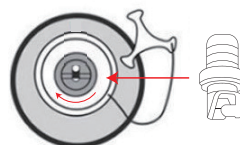
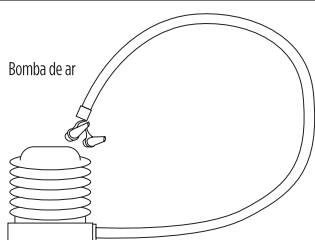
- 6** Als de kettlebell volledig is opgeblazen en gevuld met water, weegt hij ongeveer 7 kg. De indicatie in kg is bij wijze van indicatie, het waterpeil kan variëren afhankelijk van het opblazen.

LET OP:

- Ververs het water om de 72 uur. Drink het water uit de kettlebell niet op.
- Begin met een licht gewicht om de beweging veilig aan te leren.
- Dit product is alleen bedoeld voor volwassenen. Niet geschikt voor kinderen.

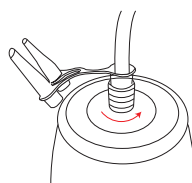
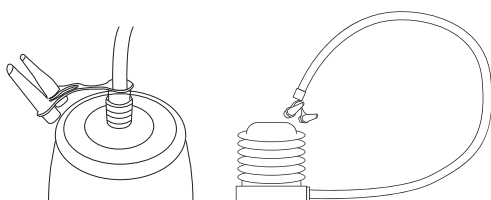
INSTRUÇÕES IMPORTANTES. MANTENHA O USO FUTURO: LEIA CUIDADOSAMENTE

PASSO 1: ENCHER O KETTLEBELL



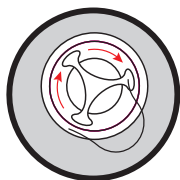
1 Prepare a bomba de ar e o adaptador de válvula.

2 Certifique-se de que a válvula do 'kettlebell' está fechada. Em seguida, conecte o adaptador de válvula à válvula de ar e aperte-o firmemente, girando-o no sentido horário.

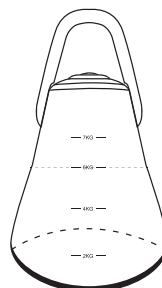


3 Fixe a bomba de ar ao adaptador e comece a encher.

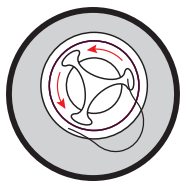
4 Depois de enchido, rode lentamente o adaptador no sentido anti-horário para o retirar.



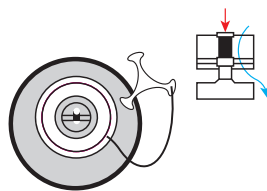
5 Aperte a tampa para concluir o processo.



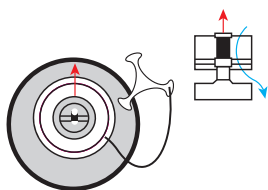
PASSO 2: ENCHER COM ÁGUA



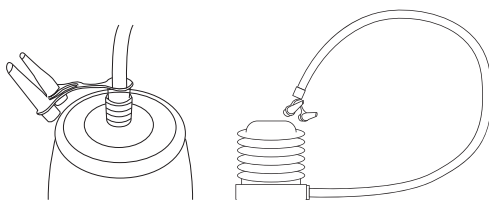
- 1** Abra a tampa.



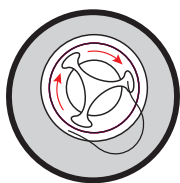
- 2** Abra a válvula pressionando uma vez e, em seguida, encha o kettlebell com a quantidade de água desejada.



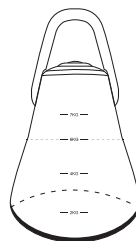
- 3** Feche a válvula pressionando uma vez.



- 4** Encha novamente o kettlebell para que fique completamente tenso.



- 5** Feche a tampa.



- 6** Quando estiver totalmente enchido e cheio de água, o peso é de aproximadamente 7 kg. A indicação em kg é meramente indicativa, o nível de água pode variar consoante o enchimento.

ATENÇÃO:

- Troque a água a cada 72 horas. Não beba a água contida no kettlebell.
- Comece com um peso leve para aprender o movimento com segurança.
- Este produto é destinado apenas a adultos. Não é adequado para crianças.

Nature & Découvertes
11 rue des Etangs Gobert
78000 Versailles (France)
www.natureetdecouvertes.com
contactclient@nature-et-decouvertes.com



Conforme aux normes européennes.
Compliant with European standards.
Conforme con las normas europeas.
In overeenstemming met Europese normen.
Em conformidade com as normas europeias.



Ce produit doit être collecté par une filière spécifique et ne doit pas être jeté dans une poubelle classique.
This product must be collected by a specialist service and must not be disposed of with household waste.
Este producto debe ser recolectado por un sector específico y no debe ser lanzado en un contenedor convencional.
Dit product moet op een specifieke manier worden opgehaald en mag niet in een traditionele vuilnisbak worden gegooid.
Este produto deve ser coletado por um setor específico e não deve ser jogado em um recipiente convencional.