Specifications

Color: Green
Style: Modern
Material: Polyester, Manganese Steel
Process: Warp Knitting
Mount Type: Ceiling-mounted
Assembly Required: Yes
Applicable Floor Height: 3.3-4.0m/ 10.83-13.12 ft
Installation Spacing At Both Ends: 40-55cm/15.75-21.65in (Hammock Usage)
Hole Spacing from the Wall to the Fixing Disc: 1.2-1.5m/ 3.94-4.92 ft
Fixed Disc Hole Spacing When Two Sets of Hammocks are Used: 70-100cm/ 27.56-39.37 in
Max. Load Capacity: 200kg/440.92lbs
Product Expanded Size: 6*2.6m/19.68*8.53 ft
Gross Weight: 3 kg/ 6.61 lbs
Package Size: 36.5*27*13.3cm/ 14.37*10.63*5.24 in

Package Included

1 * Yoga Fabric Cloth
2 * Extension Straps
2 * Screw-lock Carabiners
1 * OX Horn Hook
1 * 360°Swivel Connector
2 * Fixing Discs
8 * Expansion Screws

How to Install

1. Select the installation point and use a 12# drill bit to drill holes (depth: 5-6cm/1.97-2.36in)
2. Install fixing discs.
3. Knot and hang the cloth.

How to Use the Extension Strap

1. Thread the long end of the extension strap through the hanging disc.
2. Thread the other end through the extension strap hole.
3. Tighten the extension strap.

How to Use the Carabiner

1. Turn the screw clockwise.
2. Press to open.
3. Lock it counterclockwise.

How to Tie a Hammock Knot

1. Pass the yoga cloth through the latch hole and leave about 19.68" of it aside.
2. Pull the reserved portion and make a loop in one direction.
3. Make another loop in the same direction.
4. Pass the cloth through the loop.
5. Tighten it upwards after passing it through.

Notes

1. Please make sure the ceiling is solid and the installation must be solid and able to bear the weight. We recommend that you have it installed by a professional.
2. Normally, the expansion screw will blow up after the force is applied.
3. Please use this product for yoga practice or aerial dance under the guidance of a professional.
4. When washing the fabric in the washing machine, please do not mix it with other clothes and the water temperature should not exceed 86°F.
5. Please note that if you are using it for Air Dance, you will generally only need to use one mounting point.
6. Please note that the distance between the hammock and the floor is recommended to be no more than 19.68". For inversion training, the distance between your head and the floor is recommended to be no more than 5.91" to prevent injury caused by accidental falling.
7. Before each use, please check whether the fixing disc, extension strap, carabiners, and fabric are intact.
8. Please do not use it close to a fire source and sharp objects, this fabric is not fireproof.
9. When used outdoors, please choose a flat ground that does not have hard, sharp objects. You can place a soft drop mat (not included) under the product.
10. Please allow the slight color difference caused by the shooting light and 1-3cm error due to manual measurement, and make sure you do not mind before you order.