Ergonomic Lower-Back Exercise Chari HUSLA

Exercise everywhere!

HUSLA is...

It is developed considering design, safety, exercise range, and convenient life.
This product is for those who spend long hours in a chair and have no time and place to exercise.
HUSLA is a pelvis and lower-back exercise chair for those who lack flexibility, balance and attention and have light back pains.

Back and forth moving exercise

Way to exercise pelvis and wais
Straighten your back and move your pelvis back and forth.

Effect

It is effective in strengthening prostate and energy, and preventing backache and abdominal obesity in the abdomen, shoulder stiffness.

Left and right moving exercise

Way to exercise pelvis and waist.
Straighten your back and move your pelvis left and right.

Effect

It is effective in making slim waistelines and good body balance, and reducing your flesh of flank.

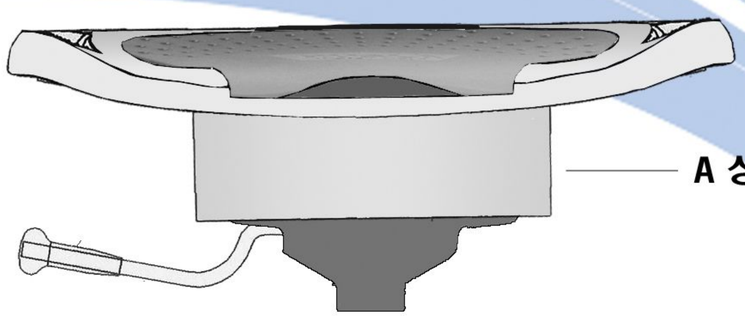
Pelvic rotation exercise

Way to exercise pelvis and waist.
Straighten your back and turn your pelvic to the left or right like drawing a circle.

Effect

It is effective in preventing constipation, indigestion, hip-related diseases, menstrual pain, and correcting pelvic.

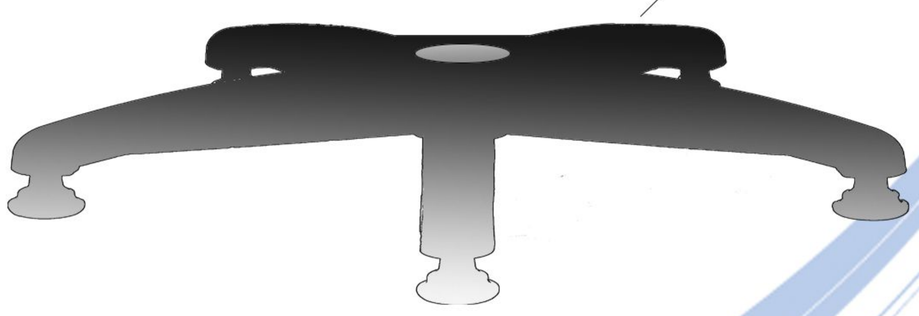
Assemble products



A 상판 (The Body)

C 중심봉 (Gas Cylinder)

D 오발 (Chair leg)

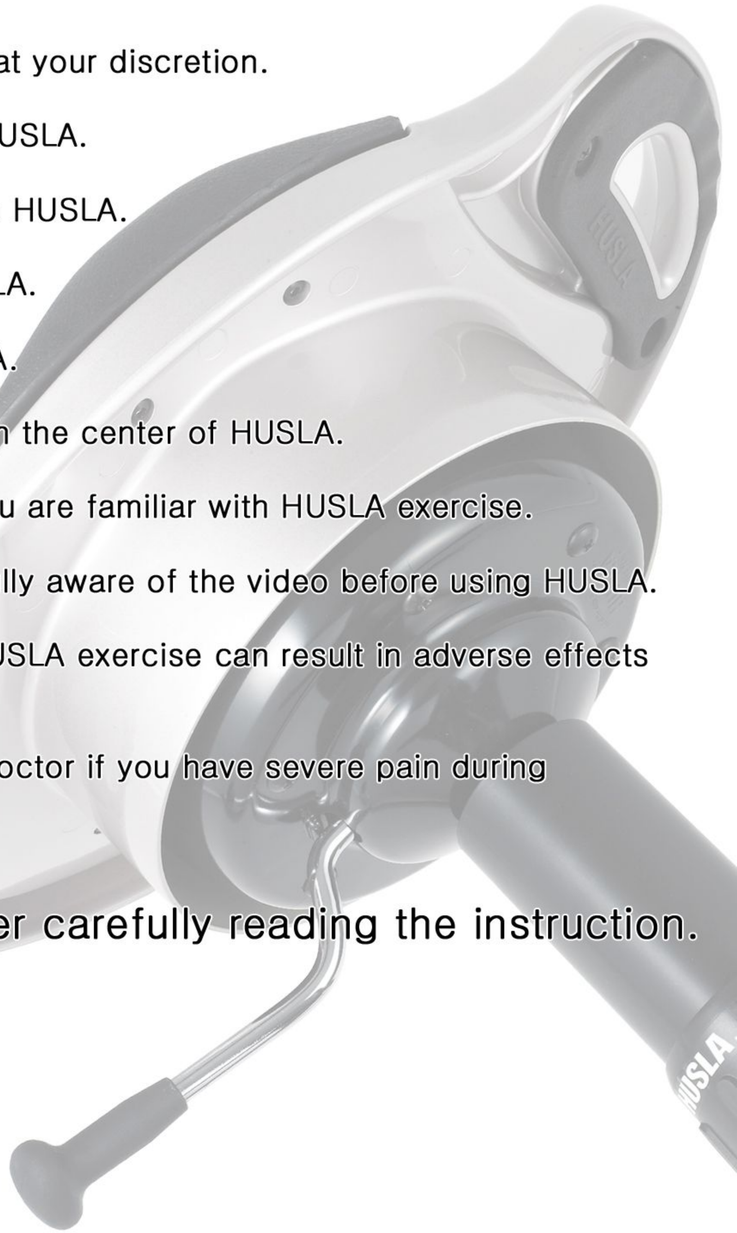


A+B+C In order to join

Instructions for use

1. Do not disassemble HUSLA at your discretion.
2. Be careful when sitting on HUSLA.
3. Do not stand up stepping on HUSLA.
4. Do not sleep sitting on HUSLA.
5. Do not play sitting on HUSLA.
6. Be sure to exercise sitting on the center of HUSLA.
7. Take exercise slowly until you are familiar with HUSLA exercise.
8. Be sure to use after being fully aware of the video before using HUSLA.
9. Radical movement during HUSLA exercise can result in adverse effects on the product ot the body.
10. Use after consulting your doctor if you have severe pain during HUSLA exercise.

※ Make sure to use after carefully reading the instruction.



Husla

http://husla.koreasme.com

MADE IN KOREA