

Level



Check that the hammock is Attached securely, with both levels even.

**HIGH QUALITY**

Sit in the hammock first,  
Holding on to its front side.

**LIGHTWEIGHT**

Pivot and swing your legs  
Inside the hammock

**SKIN-FRIENDLY**

Lay down in transversal  
Position for a btter comfort.

**T**o preserve your hammock for as long as possible, no sharp objects, don't wear shoes, avoid long exposure to UV and keep away from fire.



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