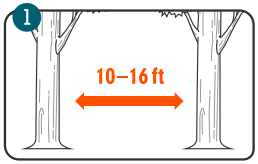
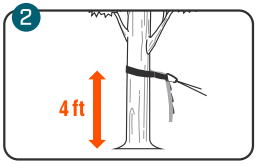
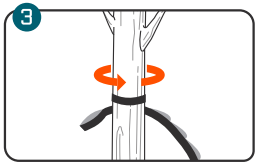
OLIFE | Sunbreeze
HAMMOCK SET-UP GUIDE

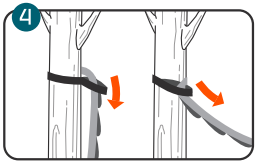
OLIFE HAMMOCKS WORK BEST WITH THE INCLUDED SUSPENSION SYSTEMS. CAREFULLY FOLLOW THE INSTRUCTIONS PROVIDED WITH YOUR OLIFE HAMMOCK.



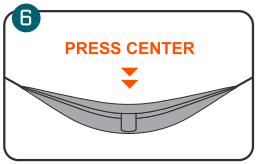


1. Choose two healthy, sturdy trees approx. 10–16 feet (3–5 meters) apart. Find a flat spot if you want to enter or exit your hammock more easily.
2. Attach the hammock straps at least 4 feet (1.2 meters) from the ground.

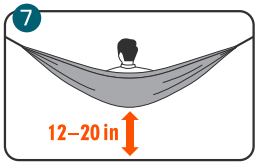


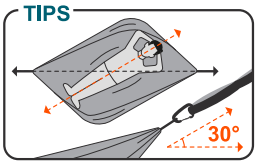


3. Wrap the single-loop end around the tree (once or more times as needed).
4. Feed the end with multiple loops through the single-loop end and then pull tight to anchor the strap to the tree.



5. Clip your hammocks carabiner to one of the straps loops, making sure it clicks closed. Repeat steps 3–5 on the other tree.
6. Press into the center of the hammock to test before sitting in it.





7. Make any adjustments as needed to have the bottom of the occupied hammock sit 12–20 inches (30–50 cm) off the ground. Relax!

Tips: For maximum comfort, hang your hammock at approx. 30° (between the strap and the ground) and position yourself at an angle to lie flat. Don't hang your hammock too tight.

WEIGHT LIMIT	SINGLE	DOUBLE	SMALL
	396 LB (180 KG)	440 LB (200 KG)	220 LB (100 KG)

SAFETY INSTRUCTIONS

BEFORE USE

- Always be sure the area beneath the hammock is free of sharp objects such as rocks, trash, and any other debris that could be a potential hazard.
- Always fully inspect your hammock, carabiners, and straps for snags, fraying, any signs of damage, or general wear and tear. If anything seems unusual or is found during inspection, please discontinue use.
- Make sure each strap is firmly tightened and the gate of each carabiner is closed.
- Always test the hammock before putting your full weight into it.
- It is recommended to hang your hammock at a height of 4–5 feet (1.2–1.5 m) so that its lowest point can sit 12–20 inches (30–50 cm) off the ground when in use.
- DO NOT hang one end higher than the other. The two attachment points should be located at the same height so that the hammock sits level.
- The hammock carabiners and straps are NOT to be used for climbing.

DURING USE

- DO NOT leave children unsupervised in or near the hammock.
- When children use the hammock, a protective mat must be placed under the hammock to prevent injuries from accidental falls.
- DO NOT get in the hammock feet first. Instead, sit into the hammock with both hands holding onto the hammock's edges (closest and farthest), and slowly shift and even out your body weight.
- Always place your weight in the center of the hammock, not on either edge.
- DO NOT swing excessively in the hammock as this may cause injuries and may wear out your hammock and accessories prematurely.
- DO NOT stand, jump, bounce, or swing aggressively in the hammock.
- DO NOT let your hammock and straps come into contact with sharp objects.
- DO NOT exceed your hammock's stated weight limit.

AFTER USE

- Always take down your hammock and store dry in a cool place when not in use, as elemental damage will quickly degrade the product.
- DO NOT let your hammock and straps come into contact with corrosive media such as acids, alkalis, strong detergents, etc.

PRODUCT CARE

HAND WASH RECOMMENDED	DO NOT BLEACH	DO NOT TUMBLE DRY	DO NOT IRON	DO NOT DRY CLEAN

Note: Remove detachable accessories (such as carabiners) before washing.

WARRANTY

OLIFE warrants this product to be in good condition upon receipt and free from manufacturing defects for a period of 2-years from the original date of purchase.

This warranty only covers manufacturing defects and does not cover:

- UV damage (discoloration and brittleness causes tearing)
- Elemental/accidental damage (wind, burns, animal bites)
- Improper care or use
- Normal wear and tear
- After-market design modifications

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