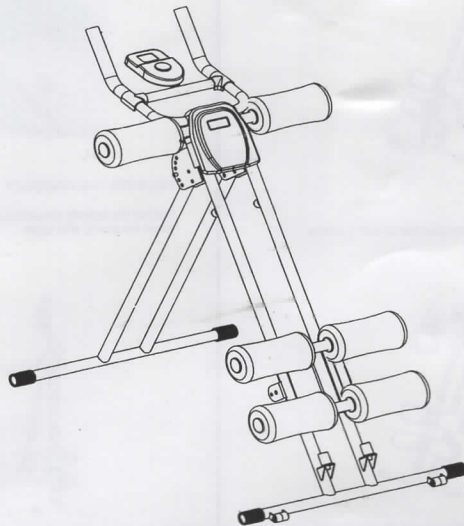


Abdominal Exercise

User Manual >>



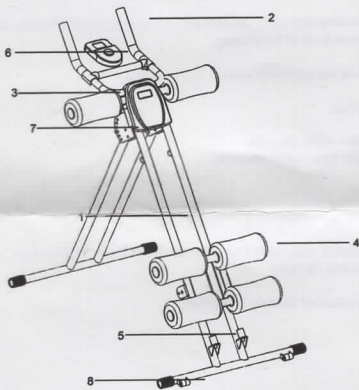
FOREWORD

Thank you for choosing this Abdominal Exercise products to complement your healthcare needs.

Abdominal Exercise have been tested and confirmed to be safe and reliable for personal use. Before using it, please read this user manual carefully for the correct usage and operation.

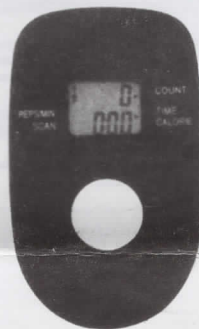
please keep this user manual on hand for easy reference.

PRODUCT DESCRIPTION



1. Main frame
2. Handle bar
3. Elbow foam pads
4. Knee foam pads
5. Velcro lock
6. Meter
7. Security Pins
8. Wheels

Meter



Indications

1. Calories: Counts the total calories from exercise. Range from 0-999kcal.
2. Time: As soon as you begin to exercise, the monitor will indicate the time spent from 00:00 to 99:00 minutes.
3. Count: Counts number of crunches made from 0-9999.
4. Reps/Min: Calculates the number of crunches made per minute. Range 0-9999 time/minute.

Mode Button

1. The computer offers 2 types of indication display: Lock vs. Scan mode.
2. In Scan mode, the computer will display the different indications consecutively.
3. The Mode button allows you to switch to Lock mode to select and "lock" the display indication.
4. To reset, hold the MODE key down for 3 seconds.

HOW TO OPERATE

1. Ensure the security pins on both sides are secured before starting your exercise
2. Place your knees on the knee foam pads.
3. Place your elbows on the elbow foam pads.
4. Place your hands on the handle bar.
5. Pull your body up the main frame.
6. Release your body down the main frame in a controlled manner.

★ Caution:

- Before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems
- Product can withstand a maximum user weight of 120 kg.
- Ensure the security this on both sides are secured before starting your exercise.
- Keep clear of the bottom of the machine at all times, and especially when using the product.
- Do not wear loose or baggy clothing while using the product.

APPLICATION



Starting position



Pull your body up the main frame



When you have reached the top, release your body down the main frame in a controlled manner

SAFETY PRECAUTIONS

Please read this section carefully before use to learn about the correct usage and safe operation of the product. The points listed here are indispensable for the proper usage of the product and to prevent hazards or damages to the user or other people. After reading through, please keep the manual on hand for easy reference.

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or Persons with pre-existing health problems. Read all instructions before using any fitness equipment.

Warning: Product can withstand a maximum user weight of 120 Kg.

Important Safety Instructions

1. Stop exercising if you feel nauseous, dizzy or experience pain at any time while exercising and consult your physician.
2. Inspect the product for worn or loose components before use.
3. Do not use product outdoors.
4. Do not wear loose clothing that can get trapped while using the product.
5. Always wear proper footwear on or around exercise equipment.
6. This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction concerning use of the product by a person responsible for their safety.
7. For safety reasons, always return the appliance to a service centre authorized by Abdominal Exercise Bobycare for examination or repair if the product is not working. Do not attempt to repair the product by yourself, otherwise your guarantee becomes invalid.
8. This product is not intended for use by children. Children should be supervised to ensure they do not play with the product.
9. Use the product on a solid, flat and even surface that is not slippery, with a protective cover for your or carpet.
10. Provide at least 0.5m clearance around the product.
11. Keep hands away from moving parts.
12. Follow the assembly instructions carefully. Use only original parts as delivered. Ask for assistance when necessary.

13. Ensure that all parts are suitably adjusted and securely fastened.
14. Be careful when folding the product and remember to lock it with the security pin
15. When moving the product use the castor wheels, and make sure it is locked and folded.
16. Do not place the product in a humid environment.

PHYSICAL KNOWLEDGE

Exercise Instructions

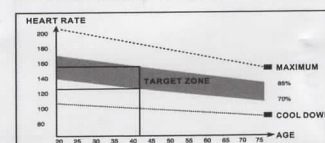
1. The Warm Up Phase

It is important to warm up before any exercise takes place. Warming up also helps reduce the risk of muscle cramps and injuries. Each stretching position should be held for at least 30 seconds, and repeated for 4 times.



2. The Exercise Phase

The following reference graph indicates the maximum and minimum exercise heart rate for various age groups. Exercise should be performed steadily within the target heart rate zone. Upon completion of the exercise, your leg muscles should feel more relaxed and flexible.



3. The Cool Down Phase

Cooling down is an important phase to complete your exercise. This helps to cool down our cardiovascular system as well as our muscles. Repeat the warm up exercises for approximately 5 minutes to cool down.