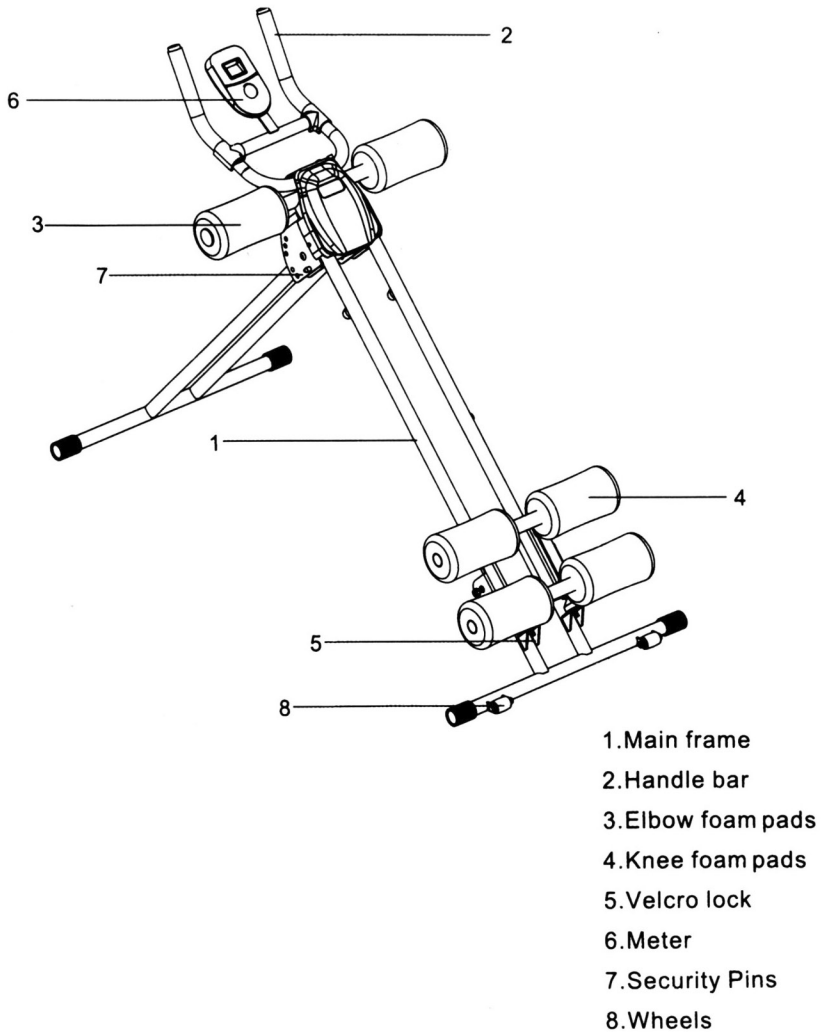




AB|FORCE



PRODUCT DESCRIPTION



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.

ASSEMBLY

ASSEMBLING THE PRODUCT

Please read the assembly instructions carefully and follow the steps indicated. If the product is not assembled properly, it should not be used. Abdominal Exercise Bodycare assumes no responsibility for personal injury or property damage by or through the use of this product.

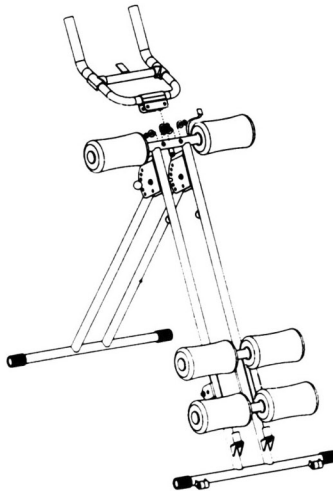
PARTS LIST

Part No.	PARTS LIST	Quantity
1	Main frame	1
4	Handle bar	1
5	Elbow foam pads	2
6	Knee foam pads	4
10	Round end cap	6
12	Meter	1
15	Security pins	2
7	Velcro lock	1

Part No.	PARTS LIST	Quantity
17	Upper meter wire	1
19	Lower meter wire	1
22	Allen bolt	2
29	Curve washer	2
30	Product cover	1
31	Cover of handle bar	2
35	Scerw	2
42	Spring washer	2

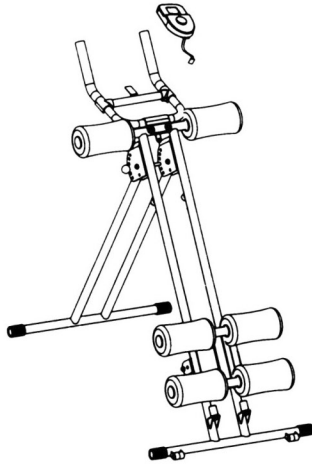
STEP 1

As illustrated in the picture , insert the screw seperately to the hole confirming them be locked.



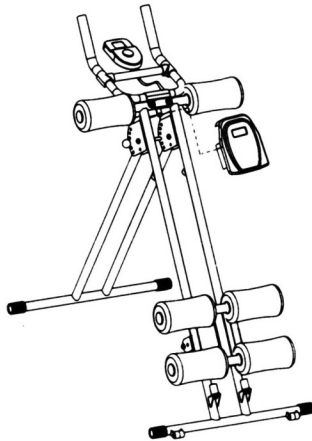
STEP 2

Slide the meter into the handle bar ,then connect the upper meter wire with lower meter wire.



STEP 3

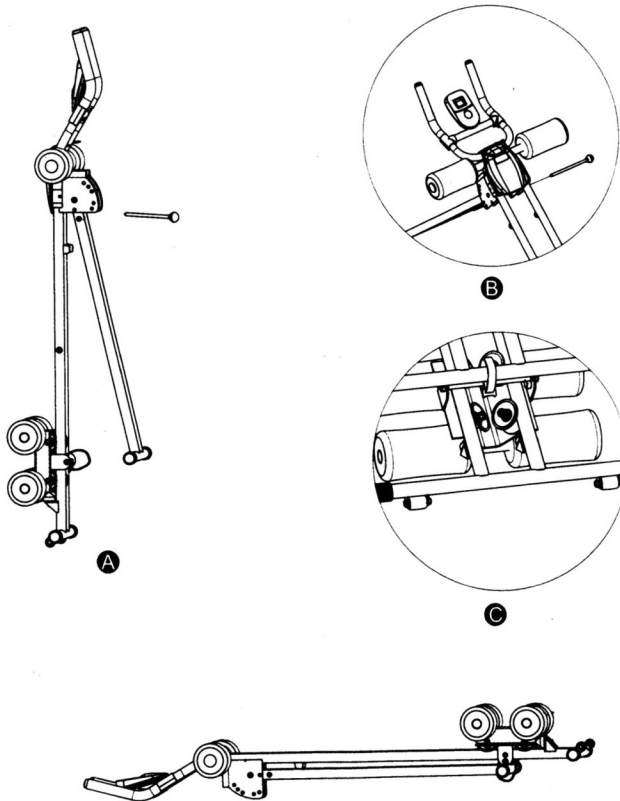
Attach the product cover to the main frame,and fasten with screws.



POLDING THE PRODUCT

Pull out the security pins, fold the product as shown in Figure A and Figure B, then insert the security pins again.

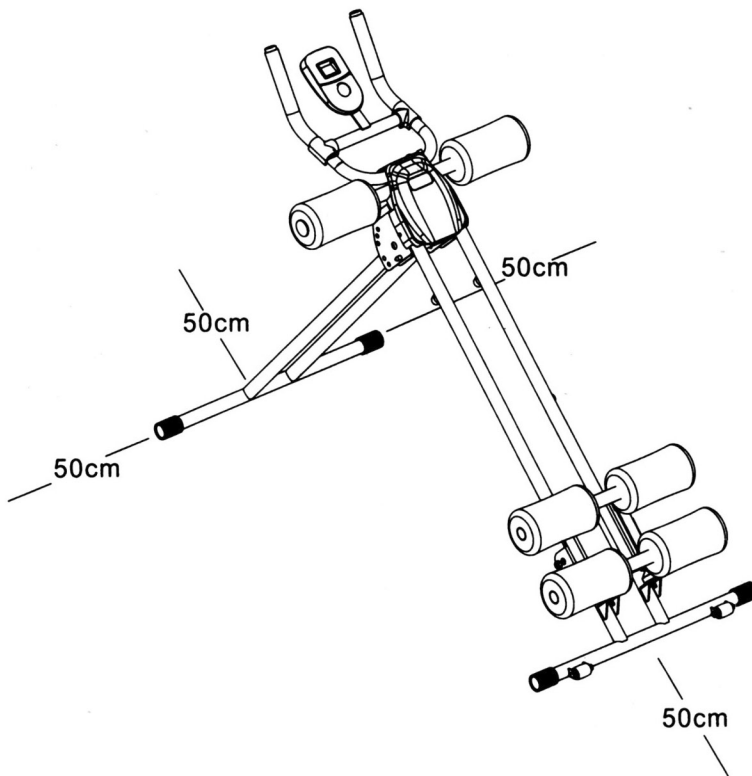
Attach rollers onto bottom of main frame with the velcro lock as shown in Figure C.

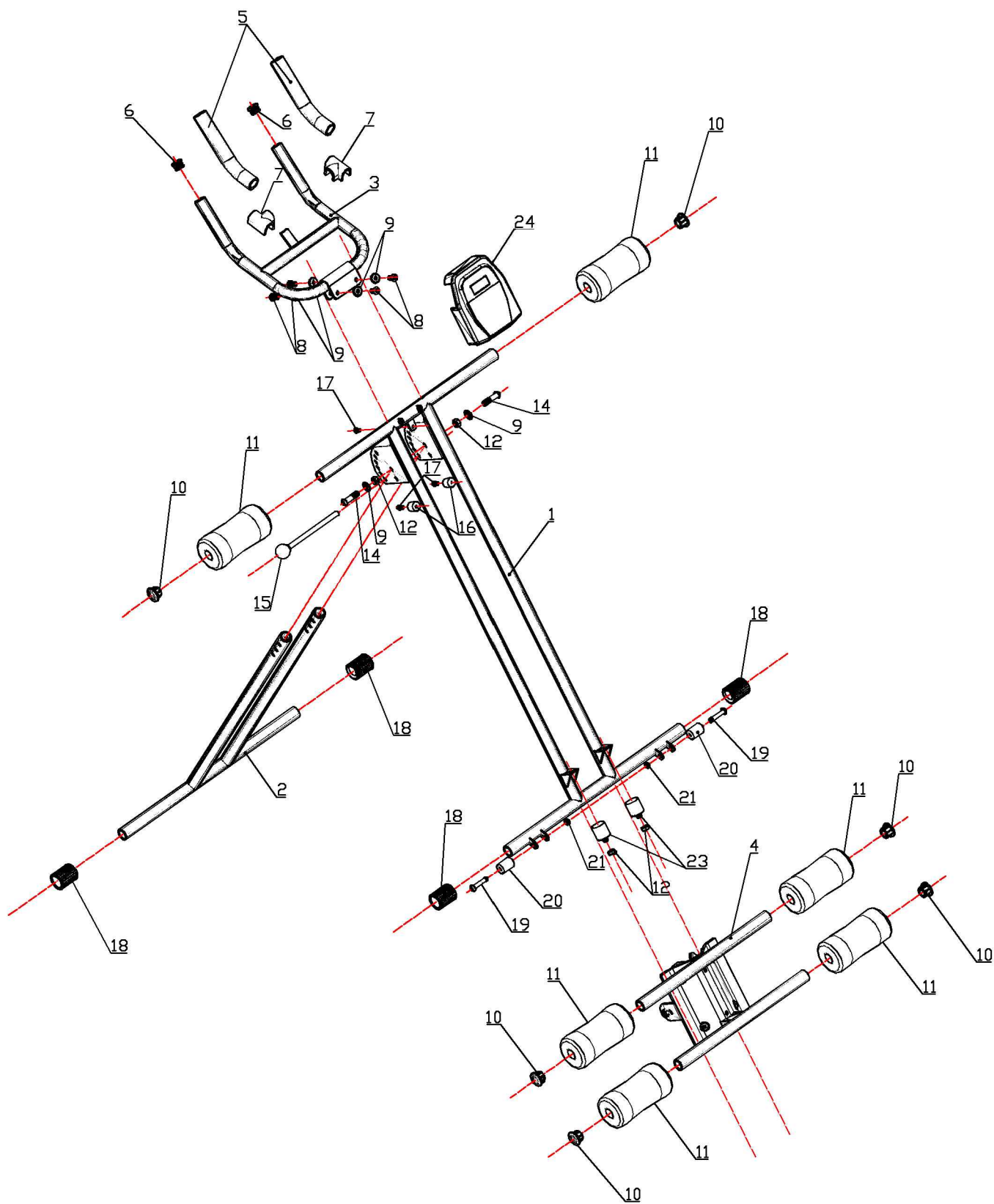


PREPARATION FOR USE

Ensure that the product is placed on a solid,level surface.there should be at least 50cm clearance at the sides,front and back of the product.Check to make sure there is enough room for safe access and passage around the product.

Do not operate in recessed areas or plush carpet.







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