

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate

www.vevor.com/support

Ab Workout Equipment

MODEL:YN-388

We continue to be committed to provide you tools with competitive price. "Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover all categories of tools offered by us. You are kindly reminded to verify carefully when you are placing an order with us if you are actually Saving Half in comparison with the top major brands.

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Ab Workout Equipment

MODEL:YN-388



Note:The product picture is for reference, the actual details shall prevail

NEED HELP? CONTACT US!

Have product questions? Need technical support? Please feel free to contact us:

Technical Support and E-Warranty Certificate
www.vevor.com/support

This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

	Warning-To reduce the risk of injury, user must read instructions manual carefully.
	CORRECT DISPOSAL for Display This product is subject to the provision of european Directive 2012/19/EU. The symbol showing a wheelie bin crossed through indicates that the product requires separate refuse collection in the European Union. This applies to the product and all accessories marked with this symbol. Products marked as such may not be discarded with normal domestic waste, but must be taken to a collection point for recycling electrical and electronic devices.
	Compliance is a EC security certification.

Operation safety



WARNING:

Please read all instructions before using this product
It is the Owner's responsibility to ensure that all users of this product are fully aware of all warnings and precautions.

- Do not use it if you are pregnant
- Please install strictly according to the instructions
- To ensure user safety, please check whether all screws and other connecting parts on the device are intact before each use
- Incorrect or excessive intensity exercise is not good for health. It is recommended to consult a doctor before exercising
- It is best to wear sportswear and sports shoes when exercising
- If you feel dizziness, vomiting or other adverse symptoms during exercise, you should stop training immediately.
- Children and disabled people can only use it under the supervision of

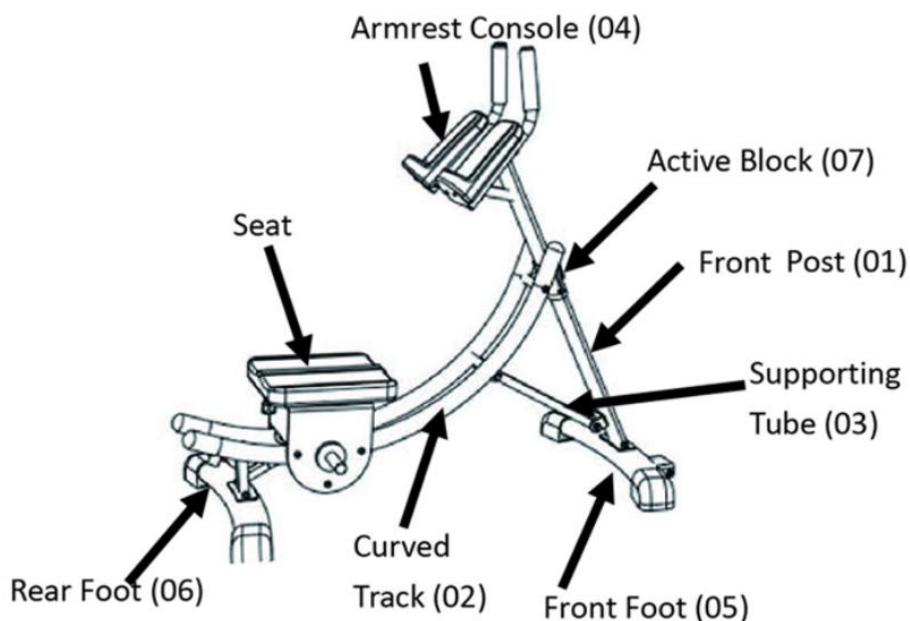
relevant personnel.

- This machine is designed to adjust the intensity of exercise by adjusting the height, which can be adjusted back and forth from low to high.
- The user's weight cannot exceed 440lbs
- Note that all screws and nuts must be tightened before

Exercise Plans

1. Beginners are recommended to start with less reps, 5 reps as 1 set for example and add reps as goes.
2. Please do not exercise half an hour before /after meals or 1 hour before sleep
3. Please make exercise plans.

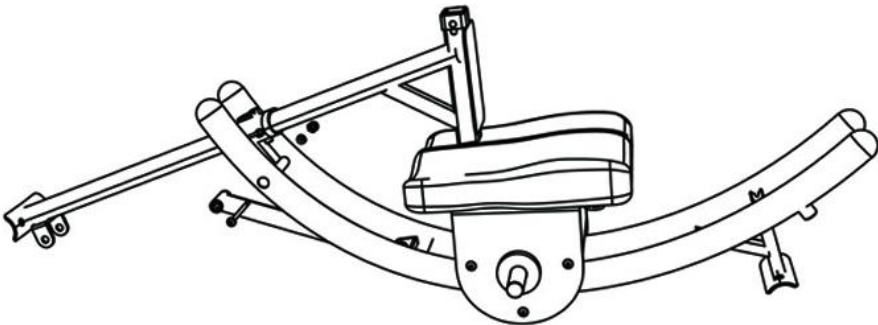
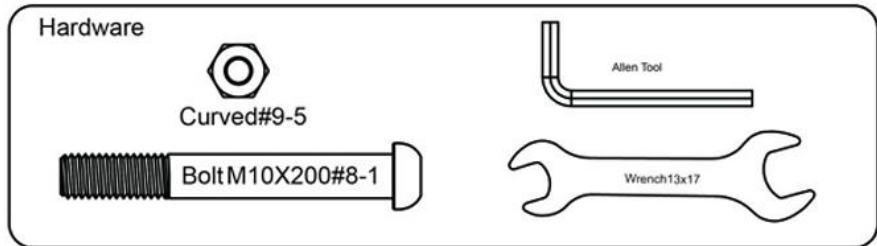
Exploded view



Assembly

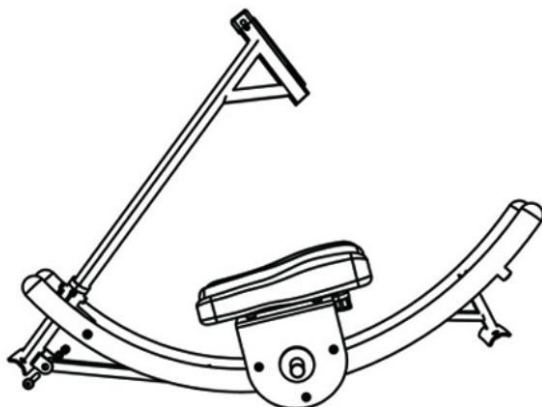
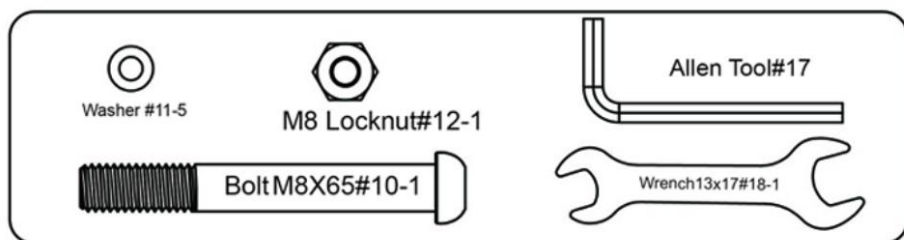
Step 1: Install Curved Track

Place the machine on level ground. Remove the bolts(#8 #9) which have been pre-attached to the Curved Track(#02), then re-attach the bolts to connect the Curved Track (#02) and Active Block (#7).



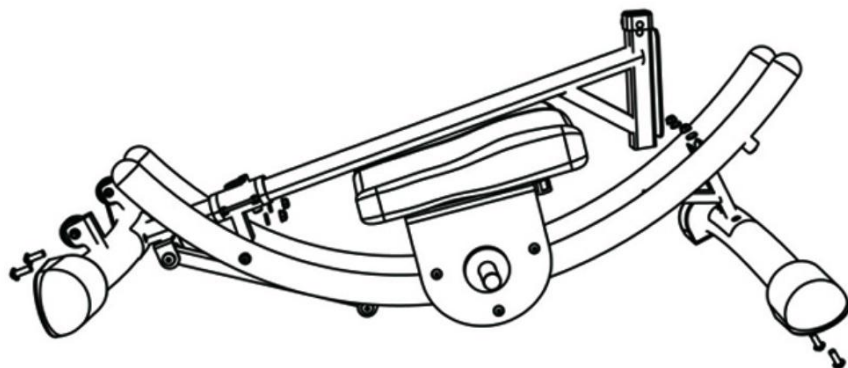
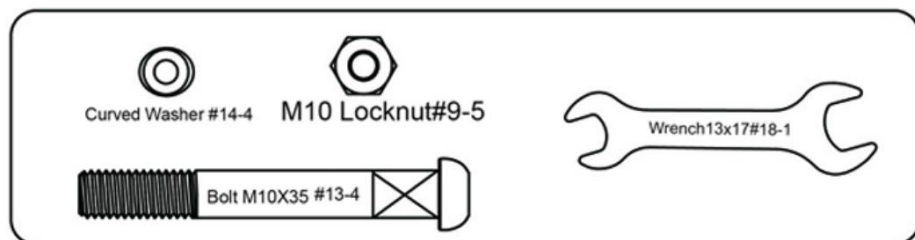
Step 2: Install Supporting Tube

Remove the U shape hardware on Front Post(#01),re-attach with bolt (#10),washer (#11) and locknut (#12)



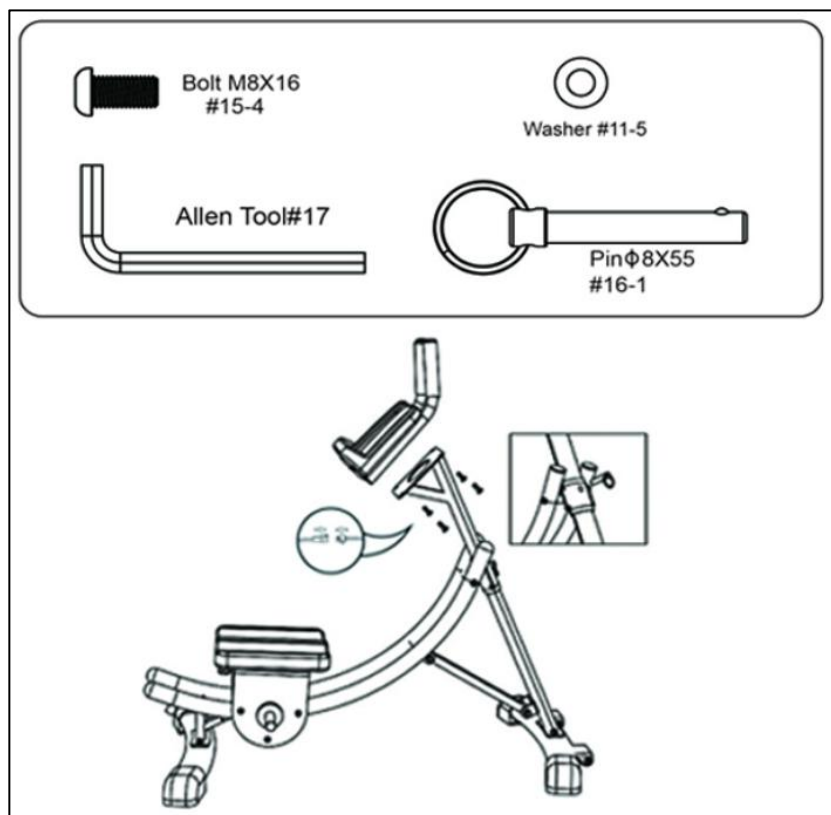
Step 3: Install Rear Foot and Front Foot

Remove hardware(#13#14#9),Re-attach on Front Foot (05) and Front Post (01)



Step 4:

install Armrest Console Move Active Block (#07) to the position shown on the picture and insert with Pin (#16) Attach Armrest Console (04) to Front Post (01) with Bolt (#15) and washer (#11). Connect wire sensor under console.



Storage

1. Push the handles downward. Move the machine with the wheels on front foot.
2. Remove the Pin. Move active block towards the foot. Lift front foot and place the machine on the ground as shown in the picture



Counter



Digital Repetition Counter

1. The digital repetition counter helps to keep your workout on track. You focus on exercising correctly and the counter keeps track of your repetitions.
2. Requires 1 "AAA" batteries
3. Press the mode key to start the count function.
4. To reset the counter, press and hold the button for 3 seconds.

Function:

1. Count: After pressing the red (gray) button key for 3 seconds, the movement starts to count
2. Time: Press the red (gray) button until the pointer is fixed to TIME to start the movement time
3. Calorie: Press the red (gray) button until the pointer is fixed to the CAL to moving, showing the burning calories.
4. REPS / min: Press the red (gray) button until the pointer is fixed to STEP / MIN to show the number of movements per minute
5. SCAN: Cyops show counts, times, calories

Tips:

- A. With no signal for 4-5 minutes, the LCD screen will be turned off
- B. If the display does not appear, replace the battery.

Manufacturer: Shanghaimuxinmuyeyouxiangongsi

Address: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, shanghai 200000 CN.

Imported to AUS: SIHAO PTY LTD. 1 ROKEVA STREETEASTWOOD NSW 2122 Australia

Imported to USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Place, Rancho Cucamonga, CA 91730

UK	REP
-----------	------------

YH CONSULTING LIMITED. C/O YH Consulting
Limited Office 147, Centurion House, London
Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP
-----------	------------

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate

www.vevor.com/support