



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

Ab Workout Equipment

MODEL:005A

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:005A



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:

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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

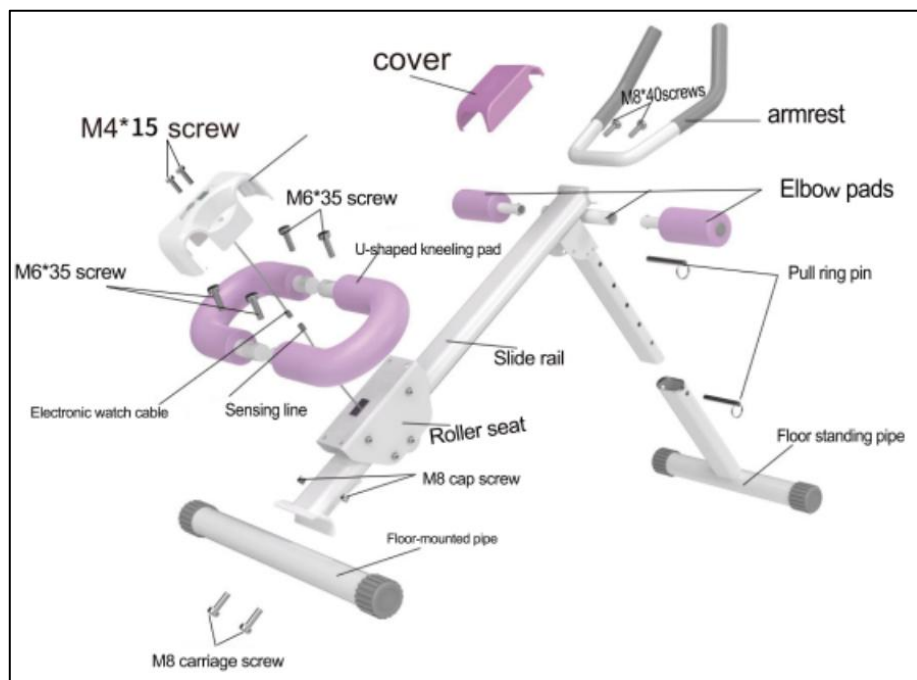
relevant personnel.

- 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 330lbs
- 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.

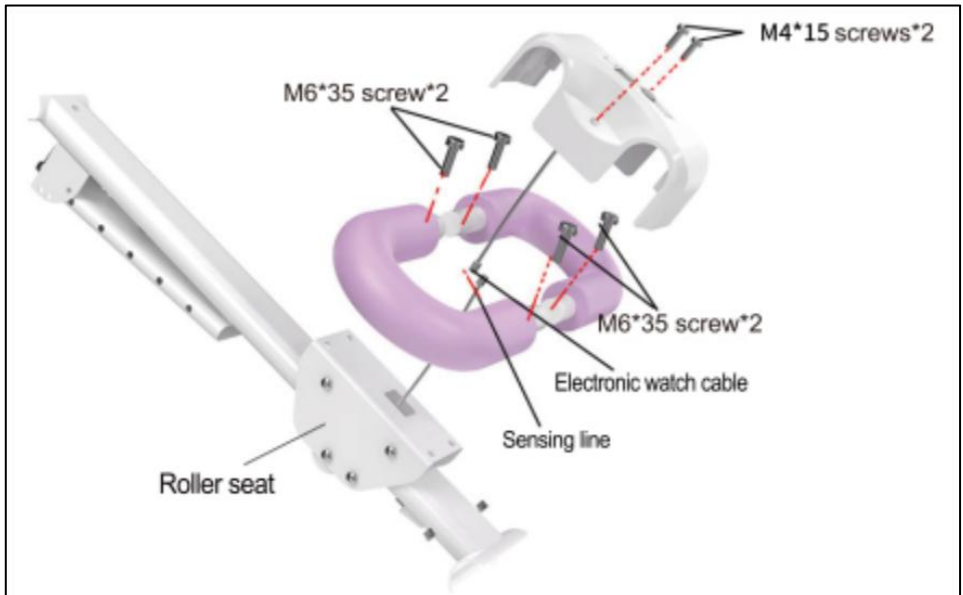
Exploded view



Assembly

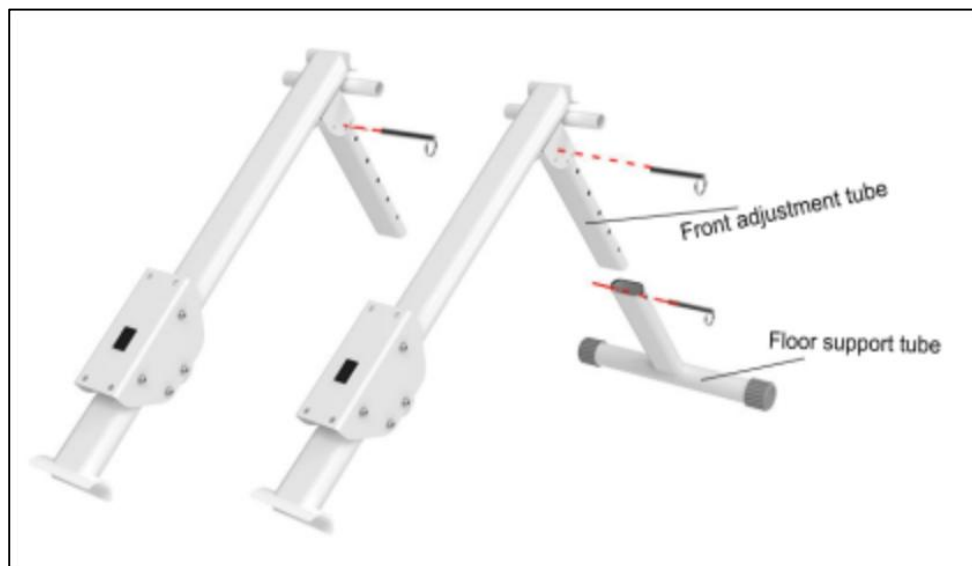
Step 1:

Insert U-shaped kneeling pad as required Align M6*35 screw-4 and tighten the screw holes of the roller base. Plug in the electronic watch cable and the induction wire on the base of the roller. Use M4*15-2 screws to fix the electronic watch on the roller base



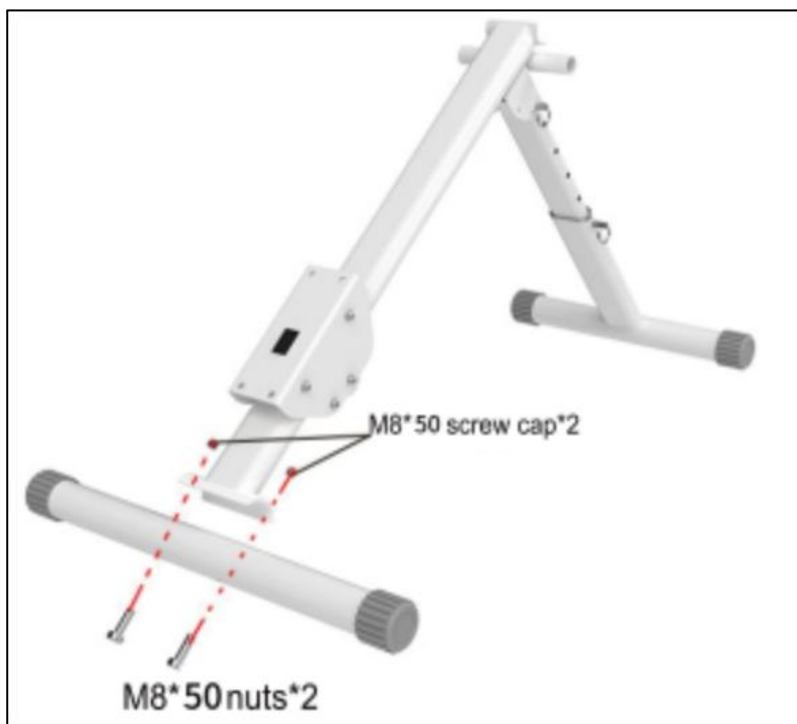
Step 2:

Pull out the belt ring buckle, rotate the front adjustment tube outward, and then secure the front adjustment tube with the belt ring pull pin, then install the ground support tube and secure with the belt ring pull pin.



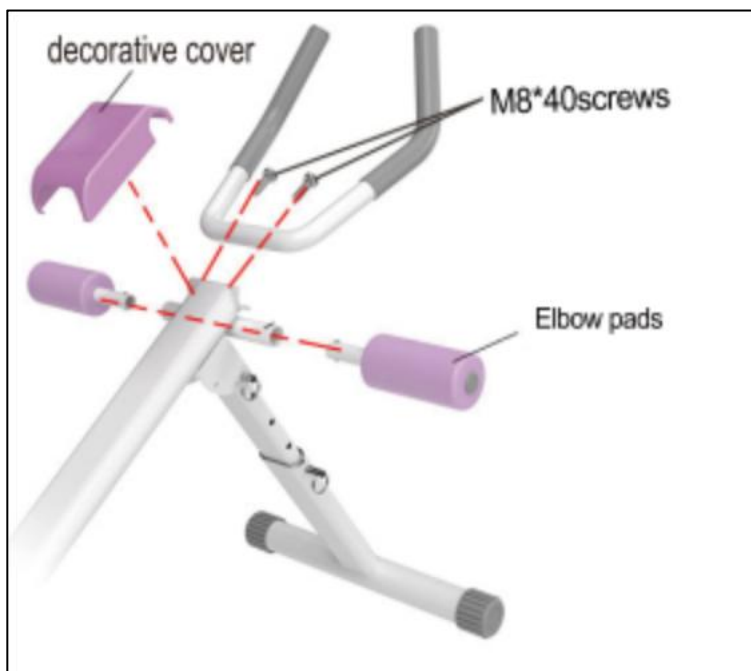
Step 3:

Attach Head Pad (11) and Back Pad (10) to Seat Pad Frame (6). Use Internal Hex Cap Screw M8*40 (15) and Flat Washer D8 (19). Tighten the screws.



Step 4:

Fix the amrest with M8*40 screws. Use M5*40 self-tapping screws to connect the handrails



Debug

Debugging: After the complete machine is installed place it on the level ground. Make sure the machine is level and tighten all the screws on the machine with the accompanying tools. If it is uneven, you can use the eccentric foot sleeves on the front and rear feet to adjust it to the level before you can move.

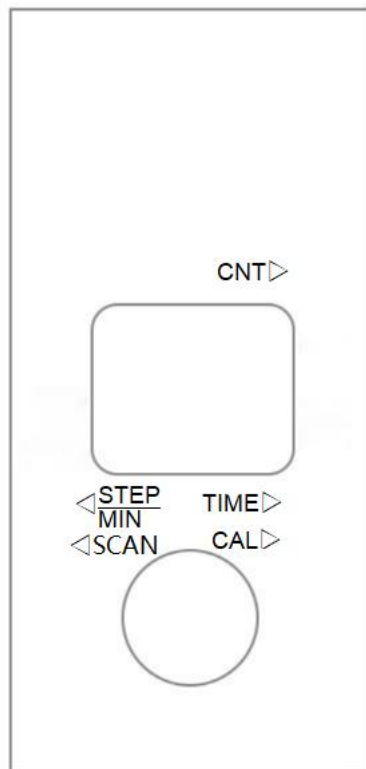


Fold

The machine must be stored in a dry place To prevent dust or other dirt contamination. Please wipe clean with a rag before use.



Counter



Count: 0~9999

CNT: 00:00~99:59min

CAL: 0~9999kcal

STEP/SCAN 40-220bpm

The electronic watch lets you choose the mode you want, press 3 seconds to clear 0.

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. Calories: Press the red (gray) button until the pointer is fixed to the CAL to moving, showing the burning calories.
4. Number / minute: 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(LR44).

Manufacturer: Shanghaimuxinmuyeyouxiangongsi

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