

• ABOUT US •

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

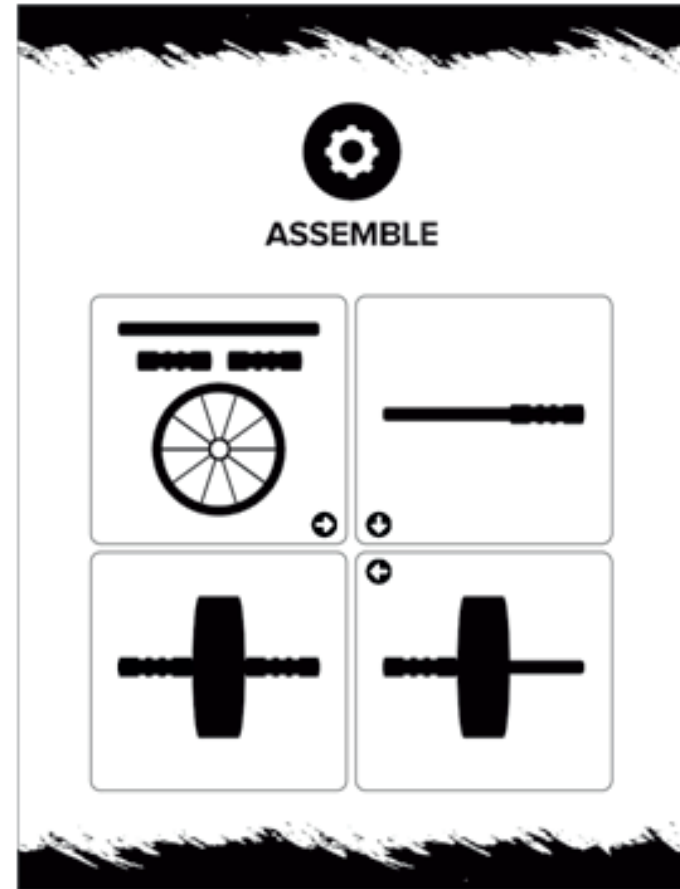
Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

Dr Trust
AB Blaster Roller Wheel with Knee Mat -311

• QUICK START GUIDE •



• OVERVIEW •

Dr Trust AB Wheel Roller is an advanced training tool that burns fat and helps to maintain toned abs and strong muscles throughout the body. The unit comes with a knee mat and two easy grip handles for exercising and stretching safely and easily.

• PRODUCT FEATURES •

- Rubberized with traction grips.
- Anti-slip wheel increase stability.
- Works on upper and lower abs.
- For home and gym use.
- Regular use helps in building shoulders, back, biceps, triceps, and much more.

• KEY ASSEMBLY PARTS •

- A) Foam HandlesX2
- B) Rubber WheelX1
- C) Metal RodX1
- D) Knee PadX1
- E) Black CapX2

• QUICK START GUIDE •



1. Slide one of the foam handles onto the metal (steel) axle.
2. Slide the wheel onto the same metal axle.
3. Slide the remaining handle onto the same metal axle.
4. Push both sides' handles inside to make them and wheel a tight fit.

Tip: Place the abdominal roller wheel vertically on the floor and push down on one of the handles.

• HOW TO DISASSEMBLE THE ROLLER WHEEL •

To disassemble the roller wheel, firmly grip one of the handles by one hand and push the wheel with the other hand. This will push the other side foam handle off the metal axle and allow you to remove the wheel and handles from the axle.



• IMPORTANT GUIDELINES •

- Must inspect the equipment thoroughly before each use.
- Do not use it if it is not working properly
- Consult your physician before start using this equipment for exercising.
- Do not use the roller wheel if there are damaged or worn parts.
- Before beginning your first workout, become familiar with the Dr Trust Roller Wheel. Wrong use of this product can result in serious injury. However, the risk of injury can be lessened when safe techniques and common sense are practiced.
- Always use it on a non-skid surface only.
- Do not use attachments not recommended by the manufacturer.

• INSTRUCTIONS FOR SAFE USE •

1. To begin kneeling, please hold the Dr Trust AB Roller with both hands firmly and go down on your knees on the knee mat by holding both sides of AB Roller.
2. Place the roller on the floor in front of you, so that you are on all your hands and knees (as in a kneeling push up position). This will be your starting position.
3. Slowly roll the AB Roller straight forward, stretching your body into a straight position.
4. After a pause at the stretched position, start pulling yourself back to the starting position as you breathe out.

• IMPORTANT TIPS •

- ✓ Make sure you use less range of motion in the beginning until your core becomes stronger and you master the correct form.
- ✓ Your spine and hips should not move, and your abs should remain tight during the entire motion.
- ✓ Go down as far as you can control without touching the floor with your body and keeping your back straight. Breathe in during this portion of the movement.
- ✓ Always go slowly and keep your abs tight.
- ✓ Based on your fitness level – please refer to the 4 positions given in the picture.



• VARIATIONS •

If you are advanced, you can perform the exercise moving the Dr Trust Ab Roller to the sides in a diagonal fashion as opposed to straight forward. This version places more emphasis on the obliques.



• **CAUTIONS** •

- √ Exercising with Dr Trust AB Roller is not advised for people with lower back problems or hernias.
- √ Consult your doctor before engaging in an exercise program.
- √ If you feel unwell or injured, discontinue exercising until you confirm that you are healthy enough to continue.
- √ Do not allow children to use the roller unsupervised.

• **CUSTOMER SUPPORT** •

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