



Customer Service Unit 2 Frederick Road  
Hoo Farm Industrial estate Kiddreminster DY11 7RA UK  
[www.vytaliving.co.uk](http://www.vytaliving.co.uk)  
Tel: 0845 389 0962



**Specification**

Size: 83.5 x 44 x 131 cm Material: Metal, PP, foam  
Battery: 1 X AA Max Loading: 100 KG

**Made In China**

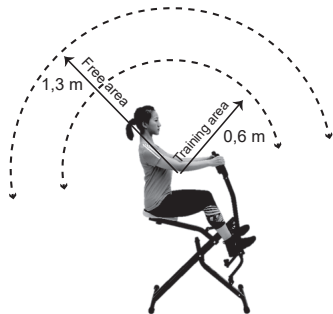
**AB FITNESS JOCKEY**



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## SAFETY WARNINGS

Always read the instruction manual before using the AB Fitness Jockey.  
 If you have any doubts about your physical fitness or if you are suffering from any form of illness, always consult your doctor before using the AB Fitness Jockey.  
 If you are suffering from a herniated disc, consult your doctor before using the AB Fitness Jockey.  
 If you suffer from asthma or any other respiratory illness, consult your doctor before using the AB Fitness Jockey.  
 Always place the AB Fitness Jockey on a flat surface. Make sure children do not use the AB Fitness Jockey without adult supervision.  
 Do not use the AB Fitness Jockey if you are pregnant.  
 Do not consume alcoholic drinks while using the AB Fitness Jockey.  
 Drink water after using the AB Fitness Jockey.  
 The maximum weight allowed on the AB Fitness Jockey is 100 kg. For a safe, comfortable workout, leave a minimum of 0.6 m of free space around the device.  
 To use this device correctly, do the exercises indicated in the Exercise Guide. Do not do any other exercises, since you may injure yourself by using the device incorrectly.



To get on, stand to the left of the device and lift your right foot over the seat. Place it on the floor on the other side and sit down on the seat. To get off stand up and lift your right foot up over the seat and place it on the floor to the left of the device.  
 Warning: "Not for therapeutic purposes!"

**You are ready to start your workout, to know all exercises you can do with AB Fitness Jockey and the body parts you will target, please check the Workout Guide.**

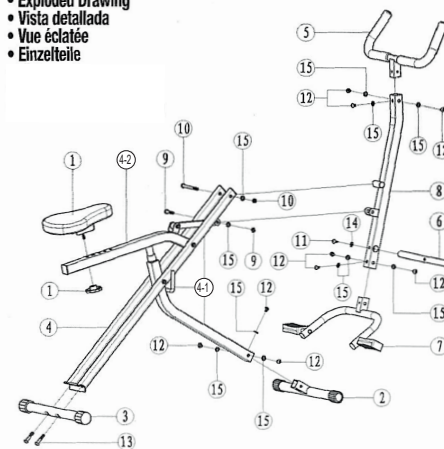
### Quality Warranty:

This product is covered by a warranty against manufacturing defects subject to the time periods stipulated by the legislation in force in each country. This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.

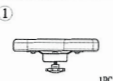
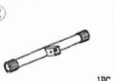




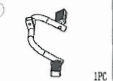
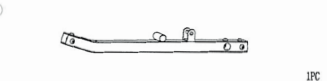

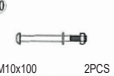

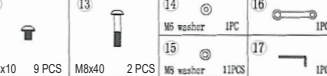

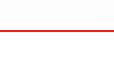
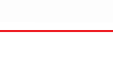
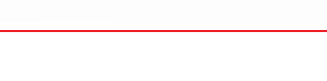

- Assembled Unit
- Aparato montado
- Appareil monté
- Zusammengebautes Gerät



- Exploded Drawing
- Vista detallada
- Vue éclatée
- Einzelteile

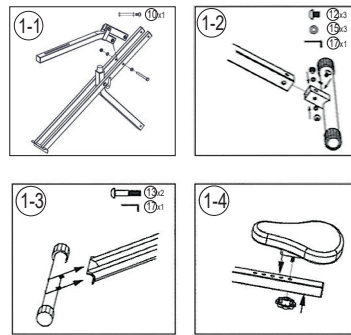
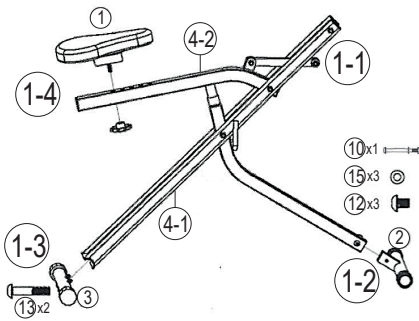


- PRODUCT PARTS
- PIEZAS DEL PRODUCTO
- PC = UNIDAD
- Washer = arandela
- PIÈCES DU PRODUIT
- PC = UNITÉ
- Washer = rondelle
- TEILE DES PRODUKTES
- PC = STÜCKZAHL
- Washer = Unterlegscheibe

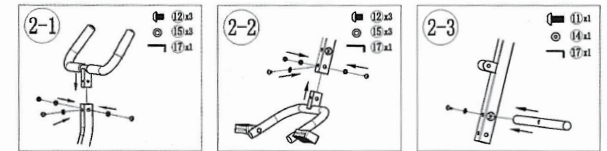
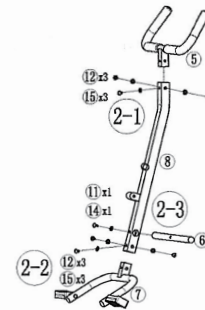
 1 1PC	 2 1PC	 3 1PC	 4 1PC
 5 1PC	 6 1PC	 7 1PC	 8 1PC
 9 M8x35	 10 1PC	 11 M6x15	 12 M8x10 9 PCS
 13 M8x40	 14 M6 washer 1PC	 15 M5 washer 11PCS	 16 1PC
 17 1PC			

**ASSEMBLY INSTRUCTIONS**

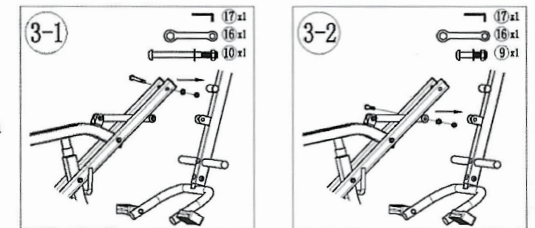
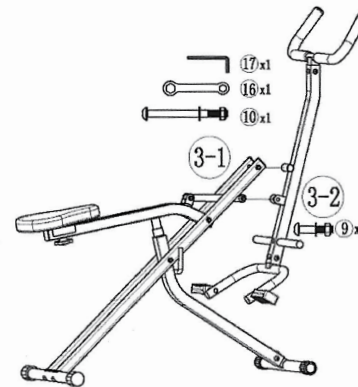
1. Some screws are pre-assembled on the corresponding holes, please disassemble them first and assemble them then.
2. For some parts which need multi screws, please do not tighten screws all the way until all screws are in place.
3. Please tighten all screws for the base tubes only after the base is even and stable on a flat and smooth surface.



STEP 1



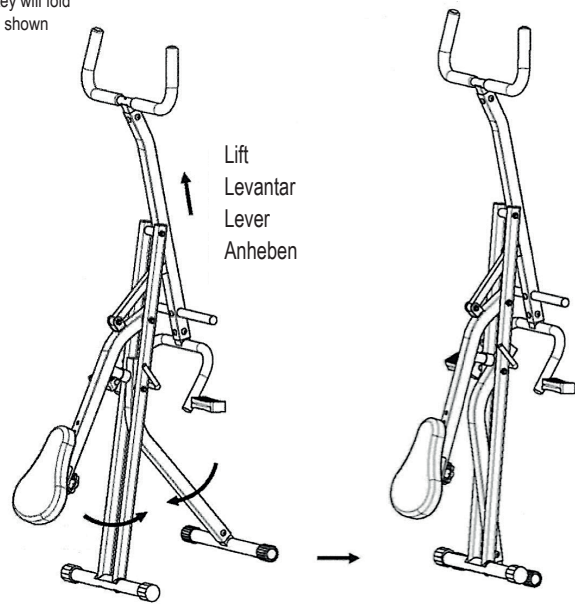
STEP 2



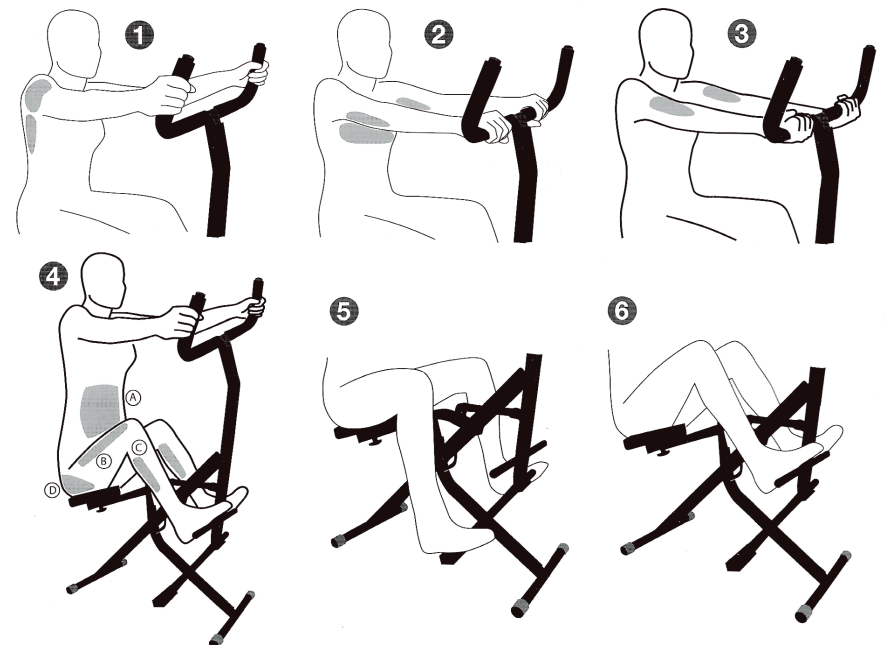
STEP 3

**How to Fold for easy storage**

Just lift the handle bar and AB Fitness Jockey will fold automatically as shown below.



**Exercise guide**



# 142 x 120 mm

## AB FITNESS JOCKEY

Congratulations on your purchase of the AB FITNESS JOCKEY Computer, the counter that provides you with real-time data on your workout.

### INSTALATION

Place the counter into the tab in the centre of the handlebars on the AB FITNESS JOCKEY unit. Ensure it is firmly attached.

### OPERATION

#### Buttons

**MODE BUTTON:** Press the button to select and lock in the specific function you want. Press the button until the screen pointer is on the desired function.

**RESET BUTTON:** Press The button to reset all the readings on the current workout. Data displayed on the screen:

- COUNT** - Indicates the number of repetitions you have done in the workout (0 - 9,999 repetitions).
- TIME** - Indicates the total workout time (00:00 - 99:59 minutes).
- CAL** - Indicates the number of calories burned during the exercise (0 - 9,999 calories).
- STRIDES/MINUTE** - Indicates the average number of repetitions per minute.
- SCAN** - When this option is activated, the screen rotates through the 4 settings and displays the data in each one every 4 seconds.

#### More information:

- If the product is not used for 4 to 5 minutes, the LCD display will shut off automatically.
- When you begin your workout, the counter will start up automatically.
- If the data are not displayed clearly, replace the battery. The counter runs on one AA battery (not included).


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### DISPOSAL OF MATERIALS

A symbol of a crossed-out wheeled bin  means you should find out about and follow local regulations about disposing of this kind of product.

Do not dispose of this product as you would other household waste.

Dispose of this device in accordance with the corresponding local regulations.

Electrical and electronic devices contain hazardous substances that can have harmful effects on the environment and/or human health and should be recycled properly.



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