

3-IN-1 Ab

•3-IN-1 comprehensive fitness equipment Strong and effective abdominal muscle training stimulation

the abdominal muscles get direct, efficient and sufficient Strong chest and back training——With push-ups and

rope skipping training, it can stimulate the chest, shoulders and neck in all aspects

*FitBeast reserves all the right for the final explanation.

DON'T WANT TO READ WORDS! PICTURE IS NOT EASY TO UNDER-STAND! WATCH PRODUCT TUTORIAL VIDEO ON WWW.FITBEASTSPORT.COM

Please emaill me i you have anythingneed

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VIDEO ON WWW.FITBEASTSPORT.COM

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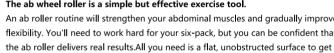


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Read and follow all information before use. Serious injury or fatality may occur. The ab wheel roller is a simple but effective exercise tool. An ab roller routine will strengthen your abdominal muscles and gradually improve flexibility. You'll need to work hard for your six-pack, but you can be confident that

3-IN-1 Ab EXERCISE



started.

Primary Training Stage

ROLLER SET

1 set of 5-7 repetitions per day It normally takes 10 minutes to complete a set of training per day. For beginners who has weak abdominal strength, doing too much sets of training is probable to result in abdominal muscle strain and waist aches. If you keep doing 1 set of training every day, you can start your next stage of training after 10 days.

Secondary Intensive Training Stage 2-3 sets of 10-15 repetitions per day It will take about 15 minutes to complete the training per day. Please note that the

is strong, it is normal to do 20-50 repetitions a set. Muscle strain and movement deformation will not happen after nearly 20 days of training. Then you can increase the sets of training per day, which will lay a solid foundation for your next training stage. **Final Hardest Training Stage**

training advice we give you is only a reference range, it will be better for you to do more. For those experienced fitness enthusiast whose abdominal muscle endurance

3 or more sets of 12-20 repetitions per day It will take around half an hour to complete the final stage of training per day. It requires higher waist strength at this stage. If you feel no power on your waist or your

waist was hurt before, it is better to choose primary and secondary training. At the beginning of this training stage, you can do 12 repetitions per set, but increase gradually according to your physical condition.

3.9IN

03

FOUR CORNERS TO GROUND STABLY

or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are

1.Do not start training with an empty stomach

you or any other particular viewer undertake or perform any particular technique

Matters to be noticed

2.Protein supplement properly

3.Warm up first before training

cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers. You acknowledge and agree that the Materials are provided by FitBeast LLC (directly and/or through their licensors). You agree that all persons appearing in these Materials do so on behalf of FitBeast LLC and that FitBeast LLC are the sole providers of the content of the Materials, notwithstanding any other person in the Materials appearing to endorse or recommend the Materials. NO WARRANTIES OF ANY KIND OR NATURE REL ATING TOTHE MATERIALS. EITHER

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These Materials are for educational purposes only (i.e. they ilustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that

FOR A PARTICULAR PURPOSE. KNOWLEDGE REGARDING THE HUMAN BODY AND EXERCISES CHANGES; THEREFORE, YOU SHOULD CHECK THE FOLLOWING WEBSITE FROM TIME TOTIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS. REGARDING THE MATERIALS AT www.fiDtbeastsport.com; HOWEVER FitBeast LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.

02



DURABLE PVC BARS GROOVE INSTALLATION PROMISE SAFE

AND CONVENIENT

2.8IN

FITBEAST

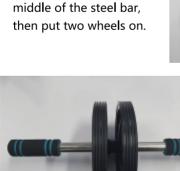
Step 2:

Introduction of AB Roller

Step 1:

parts.

AB Roller include this 6



completely into the steel pipe.

Put plastic ring in

Step 3: Plug the 2 handles into the steel bar.

Step 3:

is too long)

Adjust the length of rope.

(you can cut it if the rope

Introduction of Jump Rope

Notice:To prevent the wheel swaying, insert the handle

Pull out the lid of handle.

Introduction of Jump Rope



Introduction of Push Up Bars

Step 1:

this 6 parts

Push up Bars include

Step 1:



Step 5: Put the lid back to handle.

Plug the handles into the base.



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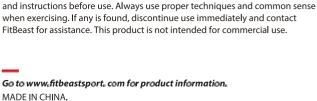


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Use the registration code on the product service card to use on the brand official website.

Email: fitbeastservice@gmail.com WhatsApp: +8618038159034

IMPORTANT: Read and follow all warnings and directions before using this product to reduce the risk of injury. Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any



exercise program. All FitBeast equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings



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FOAM ROLLER SET