

# INSTRUCTION

*razy Abs*



To get more exercise instructions, please visit Youtube and type "Crazy Abs Abdominal exerciser".

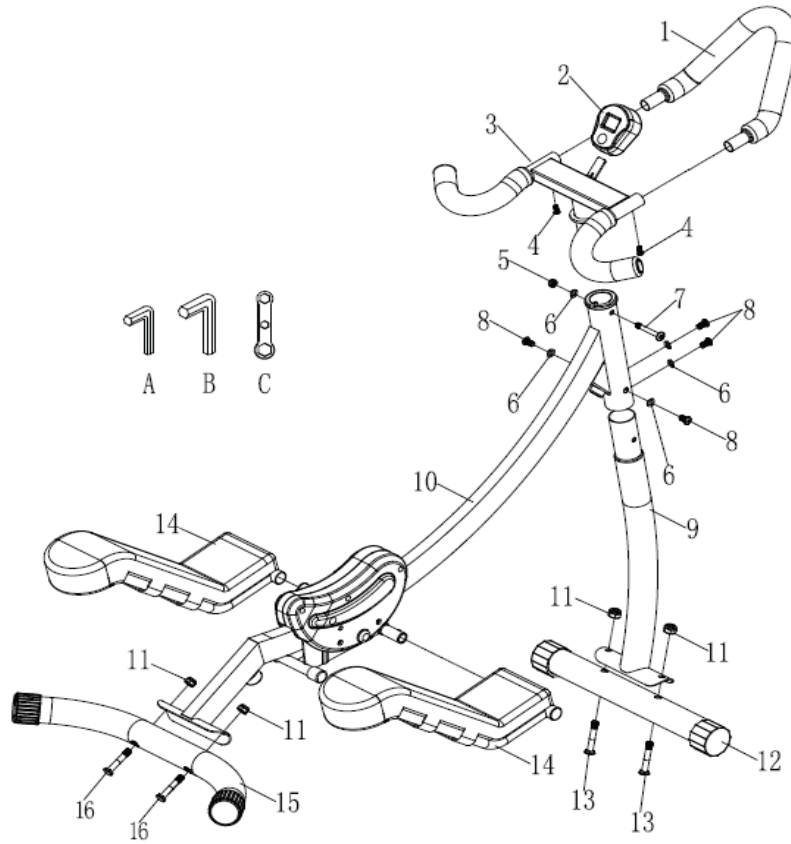
# OUTLINE

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- PART LIST AND EXPLODED ILLUSTRATION
- ASSEMBLY INSTRUCTION
- METER FUNCTION DESCRIPTION
- EXERCISE INSTRUCTION
- WARNING BY USING THIS PRODUCT

# ■ PART LIST AND EXPLODED ILLUSTRATION

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| NO | Parts | Parts NO. | NO | Parts | Parts NO. |   |
|----|-------|-----------|----|-------|-----------|---|
| 1  |       | 1         | 10 |       | 1         |   |
| 2  |       | 1         | 11 |       | 4         |   |
| 3  |       | 1         | 12 |       | 1         |   |
| 4  |       | 2         | 13 |       | M10*64mm  | 2 |
|    |       |           | 16 |       | M10*58mm  | 2 |
| 5  |       | 1         | 14 |       | 2         |   |
| 6  |       | 4         | 15 |       | 1         |   |
| 7  |       | 1         | A  |       | 1         |   |
| 8  |       | 4         | B  |       | 1         |   |
| 9  |       | 1         | C  |       | 1         |   |

# ASSEMBLY INSTRUCTION



Check all the parts listed



Attach the support tube to the front ground tube



Secure the screws with allen wrench



Insert the support tube to the main frame



Insert the bolt to support tube



Secure the screws with the allen key



Attach the back ground tube to main frame



Secure the screws with allen key



Insert the V-shape tube to the handlebar



Secure the screws with allen key



Secure the screws



Connect the Meter wire to the wire in main frame



Affix the Meter to handlebar

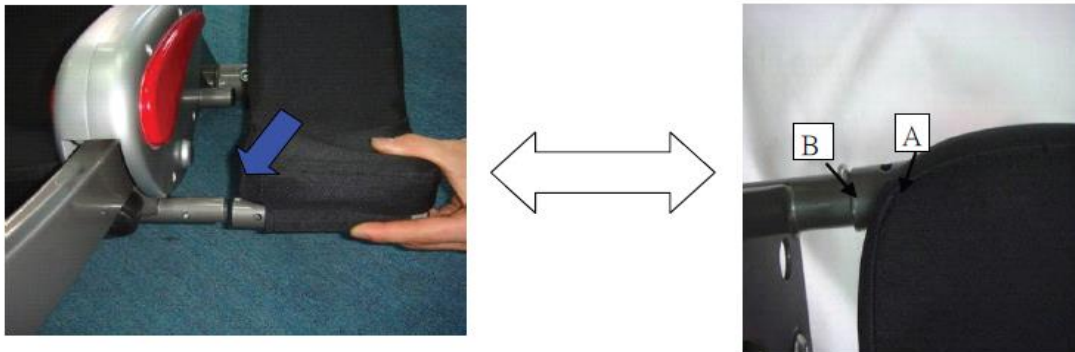


Insert the knee pads



Assembling completed!!

# TAKE NOTE BY ASSEMBLY



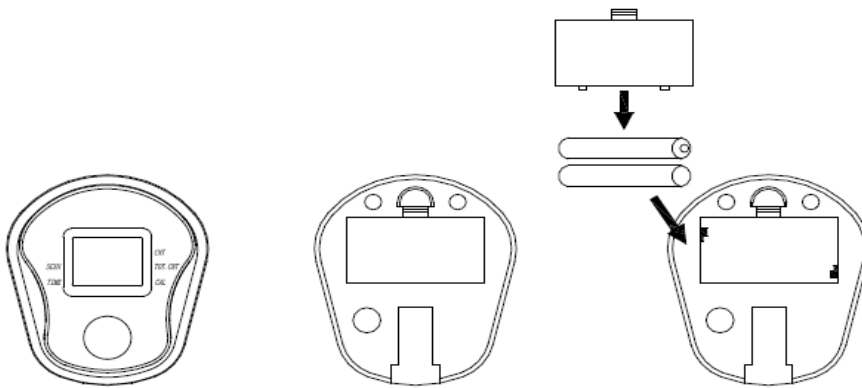
Insert the knee pad into the main frame: B the pinball should be pressed and combine with A



Please adjust the end caps if there is a slight imbalance problem caused by uneven ground.

**FUNCTION**

- SCAN** : Press “mode” key to select “scan” . Then this function will automatically scans through all the functions displayed on the bottom line of the monitor.
- TIME** : Automatically accumulates workout time when starting exercise.
- COUNT** : Automatically accumulates workout counts when starting exercise.
- TOTAL COUNT** : Automatically accumulates different sessions workout counts when starting exercise.
- CALS** : Automatically accumulates calories consumed when Starting exercise.
- Function Button** : To select functions of time, count, total count, calories. Hold the button for 4 seconds to have a total reset.



**NOTE**

1. If there is a possibility to see an improper display on the monitor, please replace the battery to have a good result.
2. Please use 1.5 V battery as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when start to exercise, push button or signal in.
5. All functions will automatically stop calculating when a “stop” sign on the upper left corner of the monitor when there is no signal coming in for a period of 4 seconds. The meter will automatically start calculating with “ stop ” sign off when starting exercise again.
6. The meter will automatically start calculating by simply starting to exercise and will automatically stop calculating when stop exercising for 4 seconds.

## ■ WARNING/EXERCISE INSTRUCTIONS:

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### Consult a physician before using this equipment

1. Do not allow children to use or play on this equipment. Keep children and pets away from this equipment when it is in use.
2. Set up and use this equipment on a solid level surface. Do not use it on loose rugs or uneven surfaces.
3. Consult your personal physician before using this equipment, especially if you are pregnant, or suffering from any illness. Stop and consult your physician, if you feel faint, dizzy, uncomfortable, during the exercise.
4. Before using the machine to exercise, always do stretching exercises to properly warm up.
5. Never operate the machine if the machine is not functioning properly.
6. Ensure that all nuts and bolts are tightened properly before each use.
7. This equipment is designed for consumer use only. Not for commercial or any therapeutic use.
8. The person weighing over 100KG should not use this equipment.
9. Please read and follow all instructions before you start exercising with your equipment.

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### EXERCISE INSTRUCTIONS:

1. Kneel on the bench. Put the hand on the hand bar and grab it.
2. Hand bar can be adjusted 3 positions.
3. Swivel left or right and middle. (Chart 1)
4. Hold the hand and slide the up. (Chart 2)
5. To make a stop for 5 seconds and then slide the lower. (Chart 2)
6. Do not slide fast up and down and it might hurt the muscles and spine.



Chart 1

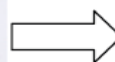


Chart 2

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