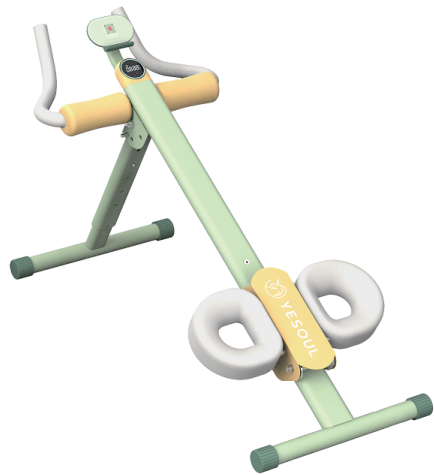




WT50

Before using this product
Please read the instruction
manual carefully and keep it safe



YESOUL Smart Abdominal
Training Machine

Product description manual

Product model:WT50

Product specification

Product name	YESOUL Smart Abdominal Training Machine
Product number	YS-NWT50
Product model	WT50
Net weight	8kg
Gross weight	10kg
Rated max loaded	100kg
Maximum development size	L1120*W440*H715mm
Folding size	L1190*W440*H160mm
Battery capacity	450 mA
Product grade	H
Charging voltage/ current	5VDC/1A
Executive standard	GB17498.1-2008

Use crowd description

1. The maximum load capacity of this product is 100 kg.
2. Before starting the training program, please consult a doctor to determine whether your current physical condition is suitable for this exercise training. Especially people after the age of 40, or people who have never done relevant sports training, or people with certain diseases, must first consult a professional doctor for advice and guidance before using it to ensure your health.
3. It is not recommended to use the abdominal crunching machine for exercise training during pregnancy, or within three months after delivery, or for people recovering after surgery.

Please keep this manual in a safe place so that others or those who use the abdominal training machine for exercise training for the first time can read it.

Important safety instructions

⚠ Please read carefully, improper use may result in personal injury or death!

1. In order for you to use the YESOUL smart abdominal training machine for fitness exercises more effectively, it is recommended to read the manual carefully before using it. Proper installation, maintenance and use of this product can make sports training safer and more effective.
2. Before use, please check the device first. If you find that the device is damaged or the parts are incomplete, do not use it, and contact the after-sales customer service in time for consultation. Failure to follow this warning may result in bodily injury.
3. When using the abdominal training machine to slide up and down to do crunches, be careful not to pinch your hands. Please make sure that there are no children or fixed objects around to prevent injury.
4. When using the crunch machine, please keep the torso, hands, feet and other parts away from the track along the line. When other people are exercising, the torso, hands, feet and other parts may come into contact with the sliding rollers and tracks, which may cause injury, please keep away.
5. When using, please place the abdominal training machine in a flat and wide indoor space. Please ensure that the product placement space is not less than 2320*1640mm for exercise training.
6. This product is not recommended for outdoor use. Do not expose the device to the sun for a long time to avoid aging or damage.
7. When using the abdominal crunching machine to do up and down abdominal crunching exercises, both hands need to hold the handle tightly and cannot operate without the handle to avoid birth danger.
8. When using the crunch training machine, you need to follow the instructions for use. The exercises for other accessories are not included in this manual.
9. Do not disassemble or replace parts arbitrarily, or replace parts of other manufacturers, and use the corresponding accessories provided by the designated manufacturer.
10. This product is for home use, not for commercial use, or provided to hotels or health clubs as commercial facilities.
11. If you feel abdominal pain, accompanied by irregular heartbeat or difficulty breathing, you should stop training if you feel abnormal fatigue, and consult a professional doctor in time.
12. Due to the continuous improvement and upgrading of products, the product you purchased may be different from the illustrations in this manual, please refer to the actual product, and I apologize.

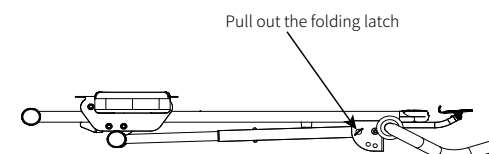
Instructions

STEP 1: Please confirm whether the accessories are complete

Note: YESOUL smart crunch training machine has been inspected and installed before shipment. You just need to follow a few simple steps below to use it.

1. Take out the crunch machine and related accessories from the package and check whether they are in good condition. If possible, please save the packaging materials and remove the accessories before assembling to prevent damage.
2. For your convenience when leaving the factory, we have fully assembled and tested the crunch training machine. Just take out the crunch training machine and cut off or remove the fixed plastic cable ties, so that the kneeling pad can be tested and used in a slidable mode.

STEP 2: Take out the crunch machine and pull out the latch

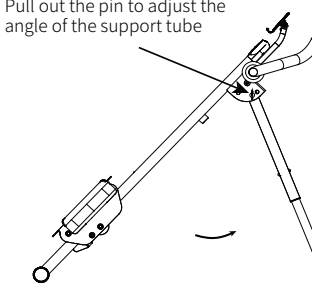


Pull out the folding latch

Instructions

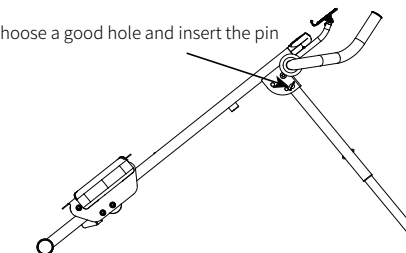
STEP3: The front support is deployed to adjust the angle

Pull out the pin to adjust the angle of the support tube



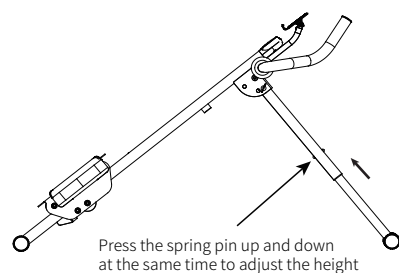
Insert the latch

Choose a good hole and insert the pin



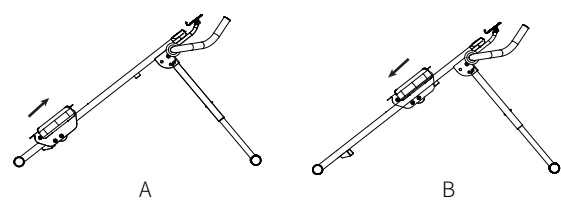
Instructions

STEP 4: Adjust height



Press the spring pin up and down at the same time to adjust the height

STEP 5: Movement mode: A slide up B slide down



A

B

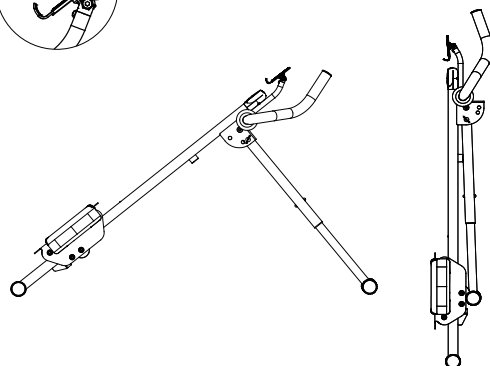
Instructions

STEP 6: Storage and display

First pull out the spherical pin to fold and recover the front support tube, and insert the spherical pin into the folding storage hole. After confirming that it is fixed, it can be placed in a suitable space for storage. Insert the pin into the appropriate hole for next use.



If the screen bracket is loose, please use the hex wrench in the parts bag to tighten it!



Sports usage

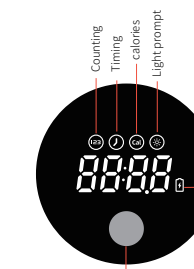
1. Adjust the direction and position of the kneeling pad to ensure that it faces forward when in use, and do not use this product in reverse.
2. Kneel on the D-shaped foam mat, lean forward and lean your forearm and elbow on the yellow armrest pad for support, and hold the gray handle with the palms of both hands.
3. Keep the upper body in a supporting posture, adjust the core of the back to tighten and not collapse the waist (the posture is correct to protect the back) exert force through the abdomen, and at the same time drive the legs to slide forward and upward at a uniform speed. To ensure accurate counting, kneeling pads The sliding distance should pass through the sensor hole in the middle of the slider. You can slide up as much as possible according to your own situation. During exercise, do not lift your upper body to make your knees leave the kneeling pad to avoid danger.
4. After the kneeling mat slides past the sensing hole and reaches the highest point, the abdominal force is adjusted to drive the thighs to slide down and backward at a constant speed. When sliding down, the abdomen and thighs effectively control the force, so that the end of the kneeling mat does not hit the limit below the slider Pads are advisable.
5. Repeat the up and down movement crunch training according to the above tips to help you get a perfect shape.

⚠ safety warning:

When exercising, try to use abdominal strength and leg strength to drive the kneeling mat to slide up or down, especially when sliding down, it is not advisable to suddenly use too much force or lift the knees, so as to avoid the sudden loss of the kneeling mat, driving resistance and sliding distance, and the roller seat colliding with the front and rear Limiting plastic cushions to avoid excessive noise from disturbing your family or neighbors.

Electronic counter

Count table description:



If the power is more than 25%, the battery box and lightning icon will not be displayed. If the battery is less than 25%, the battery icon will flash quickly to indicate charging. If the battery is less than 10%, the icon will flash quickly and then shut down. During charging, the lightning icon will flash slowly to indicate that it is charging. When the battery is fully charged, the battery icon is always on to indicate that the charging is complete. Please unplug the charging cable in time. The battery and lightning icons will not display after the charging cable is pulled out.

touch button
Short press to switch display mode
Press and hold for 3 seconds to switch on and off

Instructions for the operation of the smart counter:

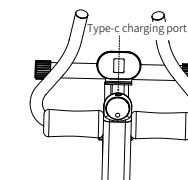
1. Power on: Press and hold for ≥ 3 seconds, or directly slide the kneeling pad to trigger the sensor to start counting;
2. Shutdown: Press and hold ≥ 3 seconds, or if the sensor is not triggered for 5 minutes, the factory will automatically shut down and the light will turn off and enter the shutdown state
3. Pause/resume: 10 seconds without trigger sensing, it will automatically pause and save data, 30 seconds without trigger counting, hold the breath screen, the light ring is always on, and automatically turn on the screen to resume counting when sliding the kneeling mat again, or resume counting by short pressing the button;

Electronic counter

Count table description:

4. Switching modes: the number of crunches/exercise time/calories consumed can be short-pressed to display the corresponding data.
5. Historical data: You can switch to historical data display by double-clicking the button, and each exercise data will be automatically accumulated and counted until it reaches the display upper limit and will be automatically cleared. If you need to manually clear the historical data, you can do it as follows: Press and hold the button for more than 7 seconds, the counting screen goes off, the light ring goes off until the screen displays 0000, which means that the historical data has been manually cleared.
6. Turn on and off the light ring: Press it for 5 seconds after the switch is operated, and the light icon of the electronic watch will be turned off after 1 second to indicate that the light ring function is turned off/on.

Charging instructions:



*Practice the concept of environmental protection, this product does not need an additional charging cable, and both household conventional chargers and charging cables can be used!

Charging Reminder: The electronic watch of this crunch training machine has a built-in lithium battery. When the power is greater than 25%, the battery icon will be hidden. When the power is lower than 25%, the power icon will flash to remind you to charge through Type-c in time. During the charging process, the lightning icon flashes slowly to indicate that it is charging. When the battery is fully charged, the battery and the lightning icon switch to solid light to indicate that the charging is complete. Please unplug the charging cable.

(Warning tips: Do not use the crunch machine for exercise while charging to protect battery life. Please unplug the Type-c power cord before exercising after charging is complete.)

⚠ Tips: For the convenience of moving or storing the abductor, you can follow the above steps.

Fat Burning Lamp Ring

Breathe Fat Burner Lamp Ring

The YESOUL intelligent crunch training machine is specially designed with a fat burning light ring and an intelligent counting meter, so that you can more intuitively understand the current exercise status, assist you to complete the fat burning goal of each training, and help you get a perfect body.



This product is specially designed with 5 colors of breathing fat burning light rings, each color matching represents the current state of exercise:

- 1-30 abdominal crunches are warm-up with gas - the light ring shows green
- 31-60 crunches to activate energy and a light ring showing blue
- 61-100 crunches for a sweaty workout with a light ring showing purple
- 101-150+ abdominal crunches are extremely fast and the light ring shows orange
- 151+ crunches for fat burning and sweating - a light ring shows red

For the first time to use the abdominal crunching machine, you can set corresponding exercise goals according to your own situation, or complete the abdominal crunching training in groups according to the above exercise goals. It is recommended that the interval between each group of training should not exceed 3 minutes, and the rest time should be 2-3 minutes to ensure The body muscles are still activated between each set of rest intervals, which can help to better complete the fat burning effect.

Storage Maintenance and Troubleshooting

Storage and maintenance

Storage: If you do not use the crunch machine temporarily and need to store it for a long time, fold the crunch machine for storage and store it. Keep the surrounding environment dry. You can cover the product with a layer of cloth or the film bag that comes with the box. Make sure that prolonged storage does not allow too much dust or mud to get on the surface of the product.

Maintenance: For daily use, please keep the sliding track clean and remove the dirt on the track. Regularly wipe the sliding track and other parts with a cloth dampened and wrung out with clean water to ensure it is smooth and clean;

Avoid pressing hard on the electronic watch or wiping it with a damp cloth to prevent water from affecting normal use.

Common Troubleshooting

Fault	reason	Approach
shake, loose	The bolt is not locked	Tighten loose parts
Abnormal noise	loose moving parts	Tighten loose parts

Certificate of Conformity
 Production date:
 Inspector:

Origin: Xiamen, Fujian
 Company: Fujian YESOUL Health Technology Co., Ltd.
 Address: RM B616,NO.1 Building, Strait Economic and Trade Plaza,
 Fuzhou Free Trade Zone, Fujian Province (Free Trade Zone)



此页为备注页, 不用印刷
425*240mm
双胶纸70g
双面印刷
1页 20面
彩色印刷