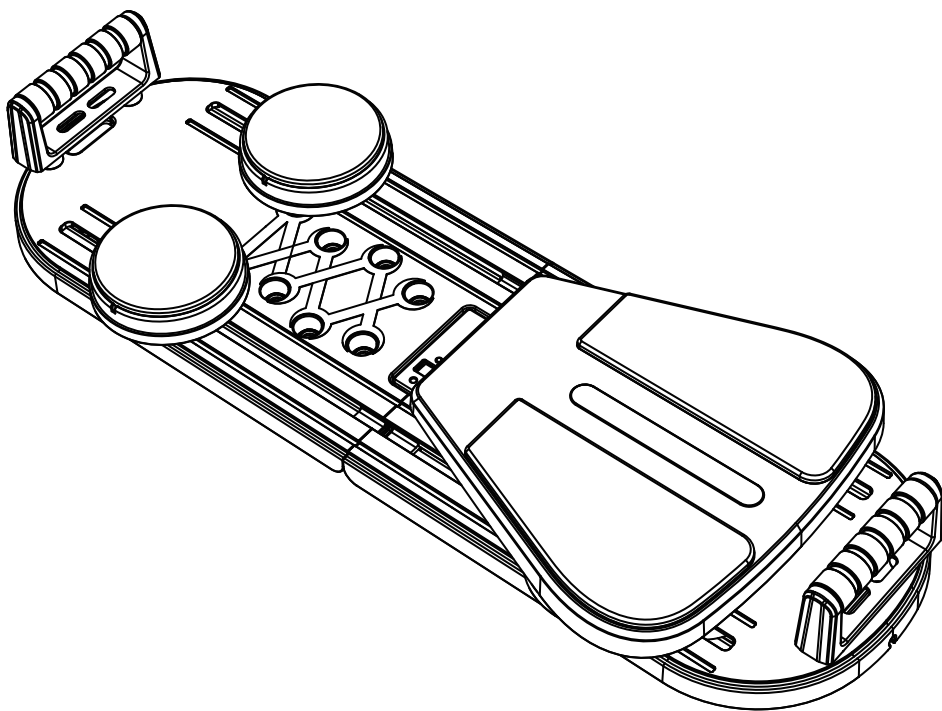


TINEF MULTIFUNCTIONAL 6 in 1 PILATES BOARD

INSTRUCTIONS



Warning:
Keep out of reach of children.



Warning:
Read the manual carefully and retain it for future reference.

Safety Instructions

To ensure a safe and effective workout, please follow these guidelines before using your Pilates Board:

Consult a doctor or trainer

- If you have any pre-existing medical conditions, consult your doctor or fitness professional before use.
- Improper use may lead to muscle strain or injury.

Inspect before each use

- Check the board for any damage, cracks, or missing parts before training.
- Do not use if any defects are found.

Stop if you feel unwell

- Immediately stop exercising if you experience chest tightness, dizziness, nausea, irregular heartbeat, or shortness of breath. Seek medical help if needed.

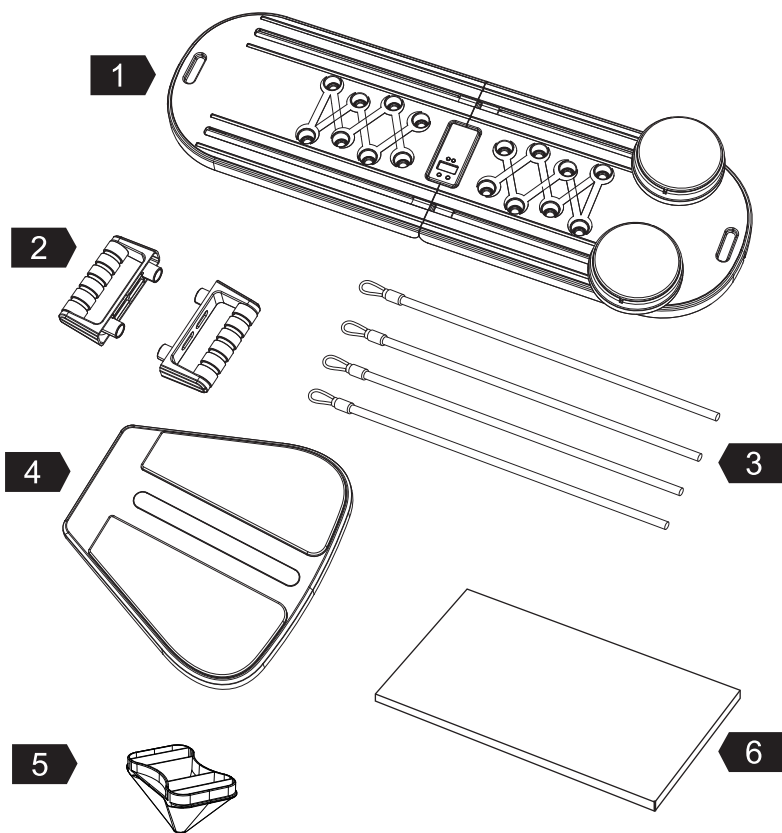
Regular maintenance

- Please regularly check the various parts of the equipment, especially the digital display part and the battery for normal operation, and contact professionals for maintenance if necessary.

Keep a safe distance

- When you use the fitness board, please keep at least 1 meter away from children, pets, furniture, etc. to avoid unnecessary direct collisions.

Product Introduction



① Multifunctional fitness board

② Multi-combination handle

③ Thick elastic rope

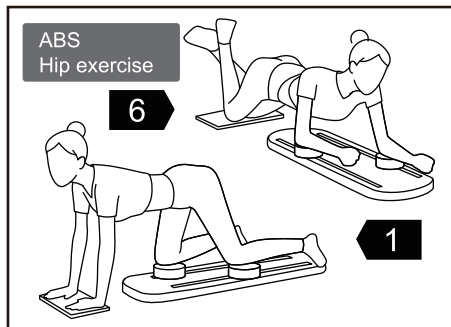
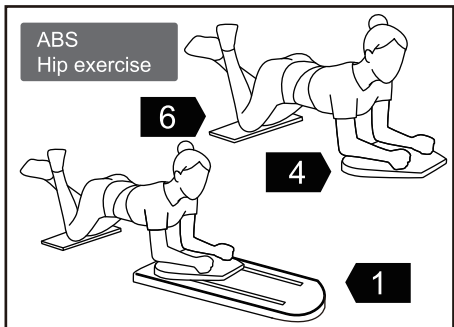
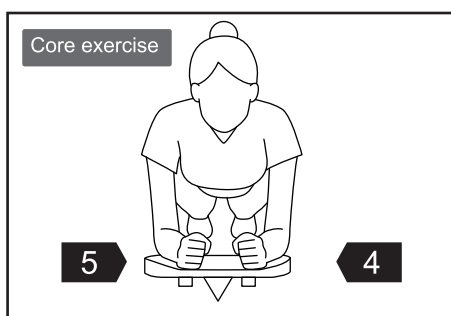
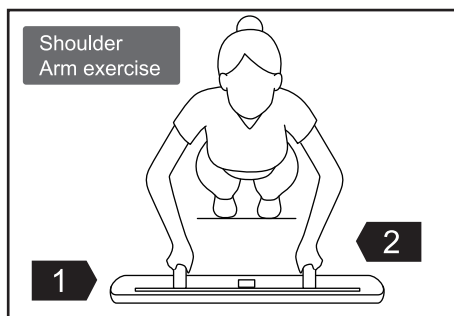
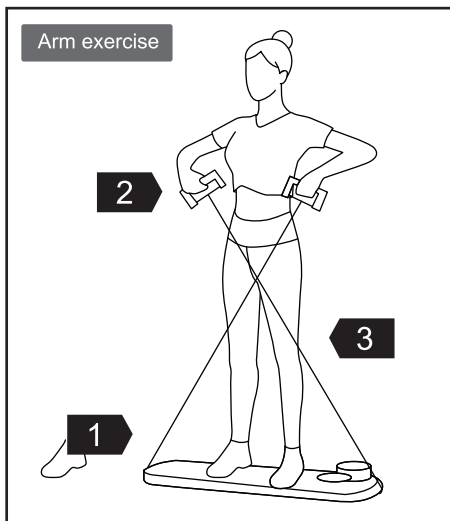
④ Abdominal board

⑤ Dynamic plank

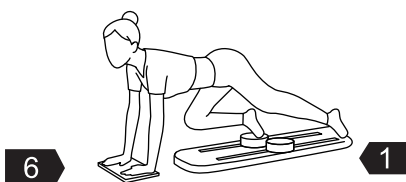
⑥ Knee pads

Training Methods

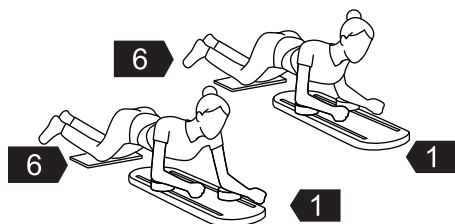
Multi-module combination supports various training postures, efficient training and meets sports needs.



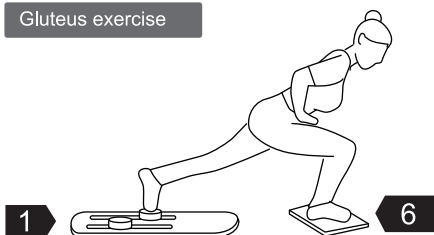
Wasi & ABS exercise



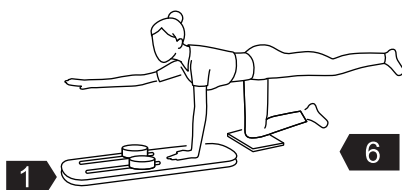
Core exercise



Gluteus exercise



Balance Stretch exercise



After-sales service

Warranty Terms:

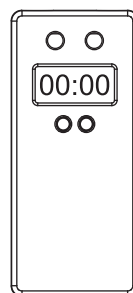
1. If the product fails within 7 days of sale, and the product and packaging are clean, scratch-free, and not damaged by human factors, the product can be replaced with a product of the same model.
2. The product is guaranteed for at least one year from the date of sale, with lifelong maintenance, and accessories are not covered by the warranty.
3. The warranty service is only valid under normal use.
4. All damage caused by misuse damage, self-disassembly, unsealing, improper use and other surface damage are not covered by the warranty.
5. The damage of the cotton handle and the paint on the steel pipe after one week of use is not a quality problem and is not covered by the warranty.

Product Specification

Product Name	6 in 1 Pilates board
Product Material	PP
Grip Material	NBR
Product Weight	8.81LB
Product size	14 x 5.9 x 21.06 in

How to use timers

- Short press the left button to turn on the device.
- Long press the left button to switch modes:
Count Dumn/Free count/Time down.
- Short press the right button to reset the value.
- Short press the left button to adjust the value.
- Long press the right button to turn off the device.



Notes: This counter requires 2 AAA batteries, which are not included in the package. Please prepare yourself.

For any issues or product malfunctions?
Contact us and we will help!

✉ [**TINEF-Service@outlook.com**](mailto:TINEF-Service@outlook.com)

