



**HARISON**<sup>®</sup>

CARDIO · STRENGTH · BEAUTY



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# USER GUIDE

Using Manual & Video Guidance

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Customer Service



Using Video

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# USER'S MANUAL

HARISON-411



Size: 27\*20\*25cm

Weight: 2.2kgs

## **Becareful!**

Please read the instructions carefully before  
using the equipment

## Exercise advice and guideline

### 1. Stretch down

The knees are slightly curved, the body slowly bends forward, letting the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times. (figure 1)

### 2. Tendon stretch

Sit on a clean seat cushion, straighten one leg, and put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch your toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times. (figure 2)

### 3. Calf and heel stretch

Hold the wall with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, tilting in the direction of the wall. Keep it for 10~15 seconds, then relax. Repeat 3 times. (figure 3)

### 4. Quadriceps stretch

Grasp the balance with your left hand or the table, then extend your right hand backwards, grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tight. Keep it for 10~15 seconds, then relax. Repeat 3 times. (figure 4)

### 5. Muscle stretching inside the thigh

The soles of the feet are opposite, and the knees sit down on both sides. Grasp your feet and pull them in the direction of your abdomen. Keep it for 10~15 seconds, then relax. Repeat 3 times. (figure 5)



Our products use simple, natural movements and the principles of returning to the original, so that everyone can release their potential. Maintaining a good body requires the right attitude and perseverance. If you start with these goals, everything becomes methodical. The HR-411 automatic rebounding AB wheel is the base of efficient and time-saving exercise.

Regardless of your fitness level, using HARISON products, you will progress at the speed that suits you.

## Exercise advice and guidelines

### Warm up

There is a 5-10 minute warm-up exercise before each operation.

### Breathing

Do not hold your breath during operation. Usually use the nose to inhale during the release. Use your mouth to force the gas out. The breathing and movement should be coordinated. If the breathing is too rapid, stop exercising immediately.

### Frequency

The exercise of the same part of the muscle should have a 48-hour rest, that is, the same part can be trained every other day.

### Load

According to the individual physical state, the weight of the training is determined, and then the practice is carried out according to the principle of progressive load. When the muscles are sore in the initial training, the phenomenon is normal. As long as the exercise is continued, the soreness can be eliminated.

### Relaxation

After each training, do 5 minutes of reduction, especially the stretching and relaxation of the muscles of the feet, so as to avoid long-term coagulation of the muscles and maintain muscle elasticity.

### Diet

In order to protect the digestive system, training can be carried out one hour after a meal. At least half an hour after training, you can eat. Drink less water during exercise, especially not drink plenty of water, so as not to increase the burden on the kidney.

### Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so walk for 5-10 minutes to warm up. Then stop and do the stretching as follows - do 5 times, each step for 10 seconds or more each time; do it again after the training is over.

## Important safety knowledge

### Suitable for home use

Before assembling and using the training equipment, it is very important to read all the contents of the instruction manual carefully. Only the correct installation, maintenance and use of the training equipment can achieve safe and effective training effects. All the user must be familiar with the warnings and precautions of training equipment.

### Warnings

1. Keep your child and pet away from the training equipment. This training equipment is for adults only.
2. Always pay attention to the condition of the body during training, incorrect training methods may damage your health, if you have the following symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, dizziness and nausea Etc.), please stop training immediately, and continue training only after the doctor has checked and confirmed that you are good.
3. Please place the training equipment in a solid, flat place, and put a protective layer on the floor and carpet surface to prevent ground damage, please ensure that the distance between the training equipment and the obstacles is not less than 0.5m.
4. When using the training equipment, please wear training clothes, please avoid wearing large clothes. Large clothes may be caught by the machine, which may hinder the operation and may be trapped on the equipment and cannot be moved.
5. Please ensure that you are following the instruction to use the equipment. When defective parts are found during assembly or if it's noisy during use, stop operation. After solving the problem, you can continue to use it.
6. In the process of lifting or moving the training equipment, pay attention to safety, so as not to hurt your back, to use the correct method of movement, or with the assistance of others.

### Maintenance

1. Only frequent maintenance of vulnerable, vulnerable and rupturable parts, in order to ensure the safe use of the training equipment.
2. Before using the training equipment, please check that if the bolts and nuts are tightly locked. Then you can use it.
3. This product can be cleaned with a damp cloth and a mild non-corrosive detergent. Do not use solvents. Please consult your doctor before exercise, which is especially important for people over the age of 35 and unhealthy. Our company is not responsible for any personal accidental injury due to improper installation or improper use of the device. If you have any questions, please contact our relevant personnel, the company reserves the final interpretation of the product.

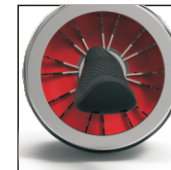
## Installation Notes



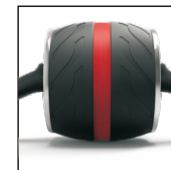
Insert the left handle into the base, matching the "L" handle and the hole with the "Left Handle" label on the base, making sure that the spring pin of the handle is aligned with the hole on the base.



Note that the spring pin is above the handle



Press the spring pin and insert the handle to ensure that the spring lock is locked in the correct position. The spring pin should be ejected through the hole in the base. Repeat this process for the other handle.



Reverse the AB wheel and you are ready for the exercise. It is important that you turn the device only if your hand is properly placed on the left and right handles, otherwise the device will be damaged.

## Maintenance and Storage

The automatic rebound AB wheel has been designed with excellence in mind and requires minimal maintenance.

Maintenance instructions: Remove the handle and wipe it clean with a clean, damp cloth.

Storage: Keep it out of the reach of children.

Developed a creative fitness program that maximizes muscle engagement and biomechanical efficiency.