



HARISON[®]

CARDIO · STRENGTH · BEAUTY



@HARISONFITNESS

info@harisonfitness.com



USER GUIDE

Using Manual & Video Guidance

HARISON[®]

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info@harisonfitness.com

TEL: +1(618)505-4403

Please use phone's camera scans
the QR code for video guidance



Customer Service



Using Video



Installation Video

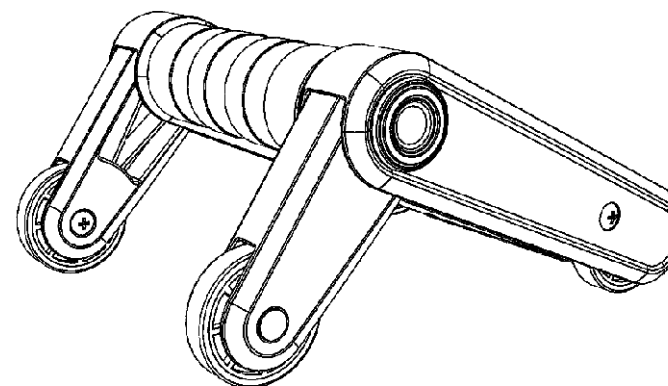
If you need to return the item,
please contact us for return information and process.

info@harisonfitness.com
+1(618)505-4403



USER'S MANUAL

HARISON-415



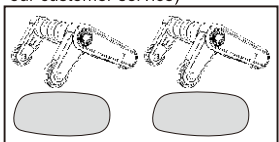
Becareful!

Please read the instructions carefully before
using the equipment

The multifunctional AB wheel is effective in strengthening your whole body. 10 minutes of exercise can burn 400-500 kcal, This product can exercise your buttocks, thighs, waist, arms and calves, which makes 80% of the muscles and joints of the body will participate in sports.

Use Way

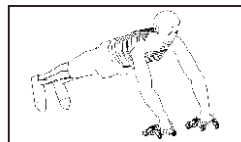
1, Check if the equipment is complete
(If there is any missing, please contact our customer service)



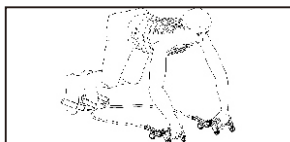
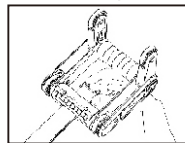
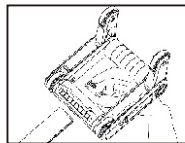
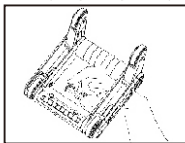
2, Function 1: Pull out the roller of the multifunctional AB wheel, put the pad cushion under the knee. Then you can do roll out exercise.



3, Function 2: Put the short wheel together to do push-ups. (Pay attention to safety when using on slippery floors)



4, Function 3: Remove the black buckle, pass the short sling rope through the hole, use the buckle to fix the sling rope and press it into the shackle, the other end (long sling rope) is fixed on the foot and can be used for strength roll out exercise



Certification

HARISON[®]

Product name: Multifunctional AB Wheel

Inspector: 

Production date: 2023.8.25

Production execution standard: G B 17498-2008

HARISON FITNESS LTD (USA)

E-Mail: info@harisonfitness.com



Warranty Card

Product name : Multifunctional AB Wheel Production Standard: G B 17498-2008

Product number : HARISON-415 Buyer name : _____

Place of origin : China Contact number : _____

Date of purchase : Y M D Address : _____

Warranty : 1 year

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