



**HARISON**<sup>®</sup>

CARDIO · STRENGTH · BEAUTY



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# USER GUIDE

Using Manual & Video Guidance

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



Customer Service



Using Video

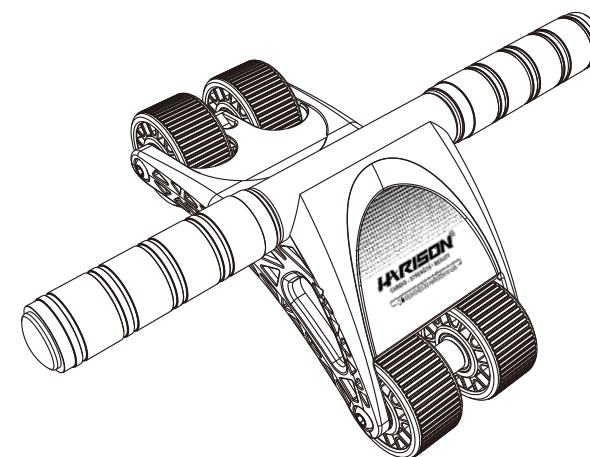
If you need to return the item,  
please contact us for return information and process.

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# USER'S MANUAL

HARISON-416



## **Becareful!**

Please read the instructions carefully before  
using the equipment

## Safety Precautions:

1. This belly wheel is an assembly free product, please read the manual carefully before use. Only when the equipment is properly maintained and used, it is safe and effective. It is responsible for you to present all warnings and precautions to the user.
2. Please do 3-5 minutes' warm-up before using it.
3. Pay attention to the body's signals. Incorrect or excessive exercise will damage your health. If the following symptoms occur, such as pain, chest distress, irregular heartbeat, shortness of breath, dizziness or nausea, please stop exercising immediately. If you have these situations, please consult your doctor before continuing with your exercise program.
4. In order to ensure safety, the low position part of each group of movement should be completed at a slow and controlled speed.

## Attentions:

1. Please place the product on a dry, flat and non-slip ground before exercising.
2. During exercise, please wear sports cloths and shoes. The shoes must be suited for the feet and the soles shall be anti-slip.
3. Children and disabled persons shall use the equipment in the presence of adults or healthy people. Appropriate measures shall be taken to ensure a child is unable to use the product without the supervision of an adult.

## Warnings:

1. Children and disabled persons shall use the equipment in the presence of adults or healthy people. Appropriate measures shall be taken to ensure a child is unable to use the product without the supervision of an adult. Otherwise, the consequences of injury caused by improper operation and other reasons will be yourself responsibility.
2. According to the market's feedback, the manufacturer will optimize and upgrade the product performance in the production process. If the real product is slightly different from the description, please refer to the real product.

## Product structure:



①	Main Frame
②	Steel Pipe
③	Foam Layer
④	Support Bolt
⑤	Bearing
⑥	Roller

## Recommended training methods:

Many training methods, to train different parts, to get more comprehensive fitness



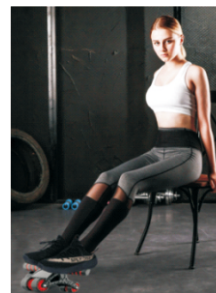
### 1. Push Back

Please sit on the mat with two legs in one, extend your arms back, hold the handle of the healthy abdomen wheel to move back and forth, to extend your arms and abdominal muscles.



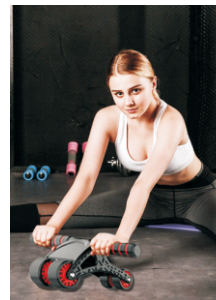
### 2. Push Forward

Please kneeling on the mat with both legs and knees, and holding the handle of the healthy abdomen wheel tightly to push forward. Please repeat the operation of push and return that push forward until the body is level with the ground, then return to the original position.



### 3. Foot Pushing

Please sit on the chair to hold the chair with both hands, to move back and forth on the handle of the abdomen wheel with your feet to achieve the purpose of training leg muscles.



### 4. Yogo Sitting and Pushing

Please sit on the mat with legs opening 100 degrees, leaning forward, to hold the handle of the healthy abdomen wheel and push forward, left and right, back and forth on the ground, mainly pushing forward.

Dear HARISON Vip Customer

Thank you so much for supporting HARIONS FITNESS, Wish you have a beautiful Day!

I believe that you have received the product when you received this letter. I sincerely hope that you can enjoy our products. This is the happiest thing for every harison employee and also the motivation for us to work hard every day!

If you are not satisfied with our product or service (transportation damage, parts missing, installation or any other problems), you can feel free to contact us through the following way, we will give you a satisfactory solution with 12 hours! (I'm sorry for the amazon system hides all information, so we don't know how to contact you, just waiting for you to contact us), Sincerely hope you can give us a chance to improve, HARISON will not let you down!

If you have any good suggestion to our design or product or service, You can also contact us freely , We will improve according your opinion and will send you a new updated version for test after got your confirmation. Can we do it right away? It is our goal to design the best of the best products according to customers' needs and suggestions.

If you wanna active your warranty card, you can contact us below with your order ID, We will have specialist help you with it.

Looking for your earlier letter, Thank you so much!

Best regards  
HARISON team

Active Warranty : [info@harisonfitness.com](mailto:info@harisonfitness.com)  
Complaints service : [Support@harisonfitness.com](mailto:Support@harisonfitness.com)  
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