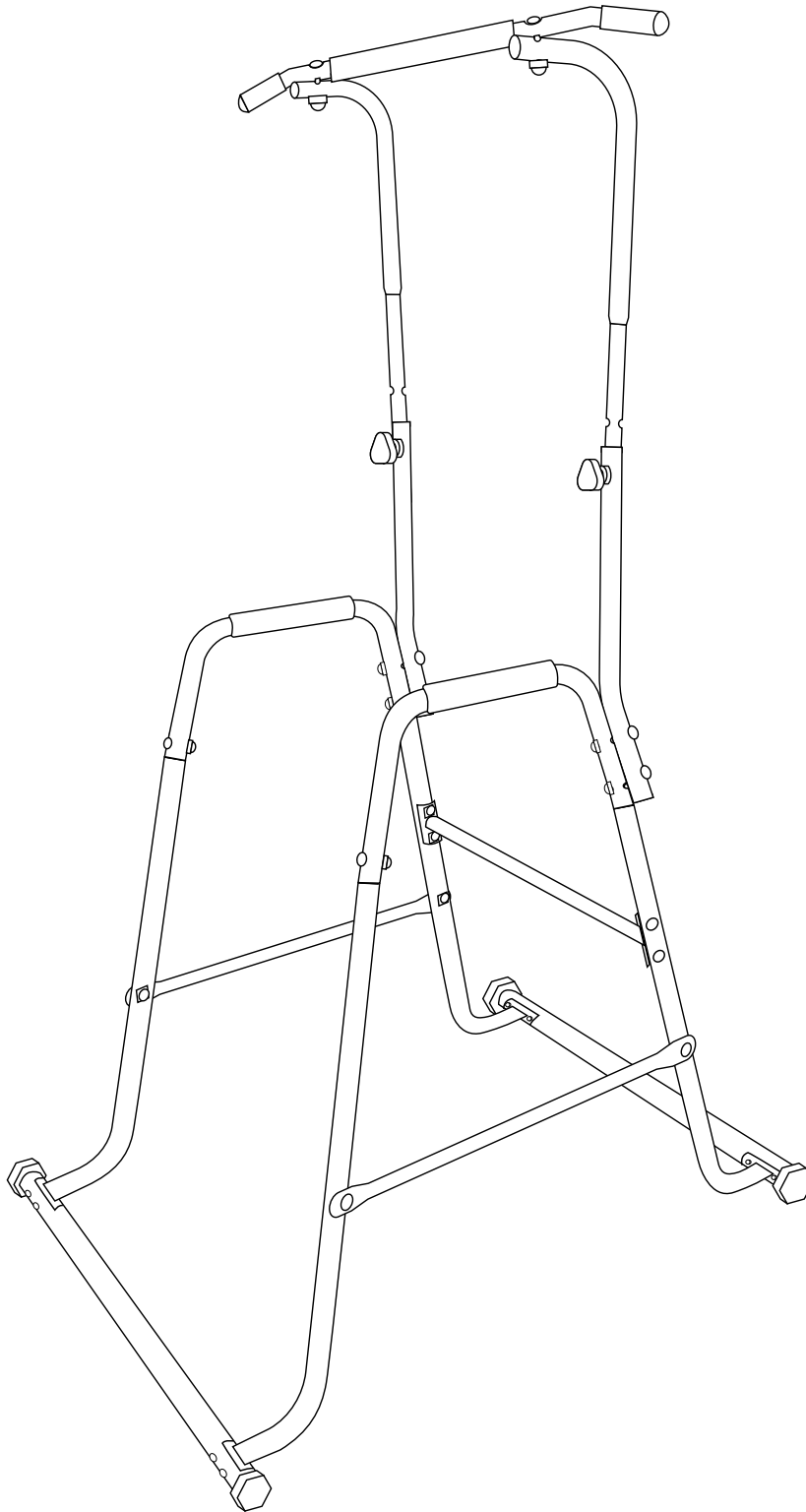


Core Strength Station

Keycode: 43476251



WARNING!

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT. FAILURE OR INCORRECT OR EXCESSIVE TRAINING MAY CAUSE INJURIES.

Safety Information

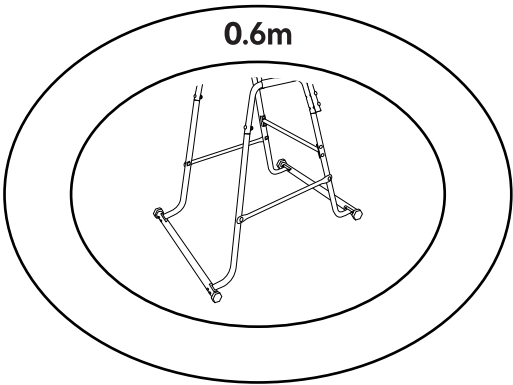
Please read this manual carefully before using and make sure that you read the information supplied before commencing any exercise with this equipment.

1. Please consult a doctor before commencing any exercise with this equipment and if you develop any uncommon symptoms during use you should seek further medical advice.
2. The equipment must be placed on a hard, flat surface, cover the floor with carpet to prevent damage to the ground.
3. Periodically checking all the parts for signs of wear or damage. If you find defective parts, stop use immediately, make sure all problems are solved prior to continuing to use.
4. While using, please wear suitable clothes and closed toe shoes for training to avoid anything getting caught in the equipment.
5. Check all parts first before doing exercises. Tighten all the bolts and nuts on a regular basis and never operate the equipment if it is not functioning properly.
6. You can mount and dismount on the equipment safely from the step by holding onto the handle of the parallel bars.
7. Keep children away from the equipment unless they are supervised by an adult.
8. Create a realistic training plan before use, and use this product according to the instructions of use in this instruction manual.
9. Product is in compliance with EN 20957-1 CLASS HC. Suitable for domestic home use only.

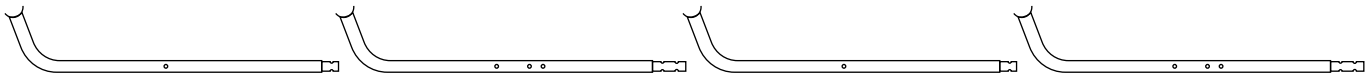
WARNING! please keep a safety distance of 0.6m around the training area during exercise.

Technical Paramenters

Overall size	121x94x219cm
Maximum user weight	100kg
Product total surface	1.12m ²
Product total weight	13.5kg



Parts List

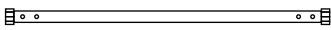


A1. Support Tube
x 1pc

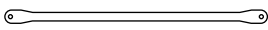
A2. Support Tube
x 1pc

A3. Support Tube
x 1pc

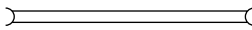
A4. Support Tube
x 1pc



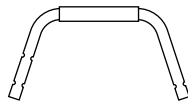
B. Base Tube
x 2pcs



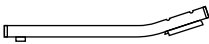
C1. Connection Tube
x 2pcs



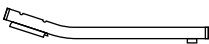
C2. Connection Tube
x 1pc



D. Armrest Tube
x 2pcs



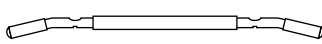
E1. Lower Tube
x 1pc



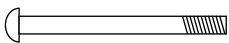
E2. Lower Tube
x 1pc



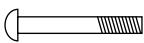
F. Upper Tube
x 2pcs



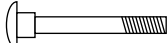
G. Hand Up Bar
x 1pc



H. Bolt-1
x 4pcs



I. Bolt-2
x 18pcs



K. Bolt-3
x 2pcs



L. Small Nut
x 22pcs



M1. Small Plastic Cap
x 22pcs



M2. Large Plastic Cap
x 2pcs



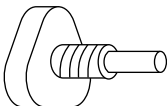
N1. Small Washer
x 28pcs



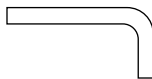
N2. Large Washer
x 2pcs



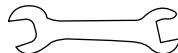
O. Large Nut
x 2pcs



P. Adjustable Knob W/Bolt
x 2pcs



Q. Hex Key
x 1pc



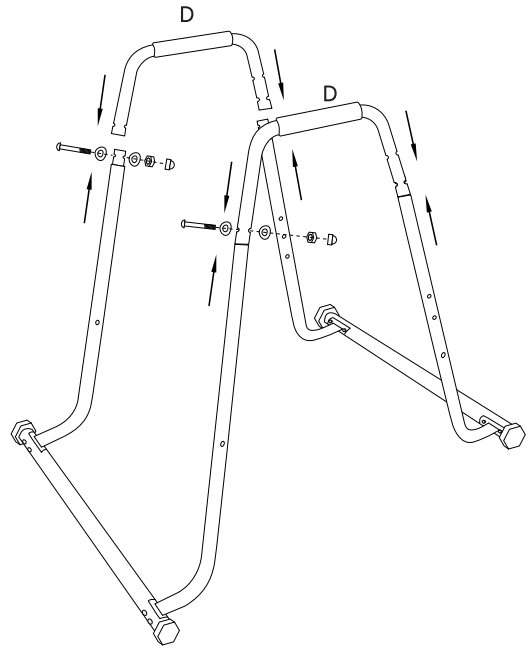
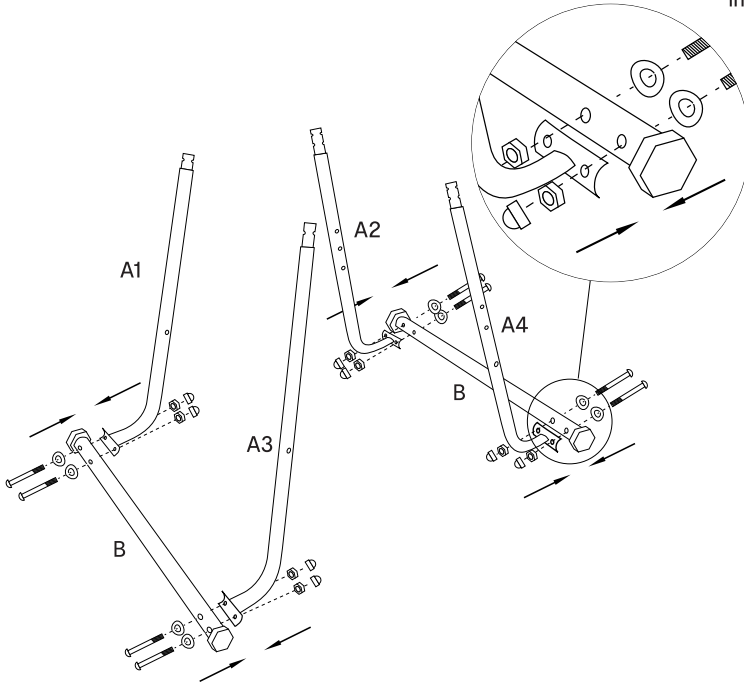
R. Wrench
x 1pc

Assembly Instruction

Note: To assemble easily and successfully, please keep the bolts 70% of tightness while installing the parts, then fasten all the bolts and nuts fully by hex key(Part Q) and wrench(Part R) after fully assembled.

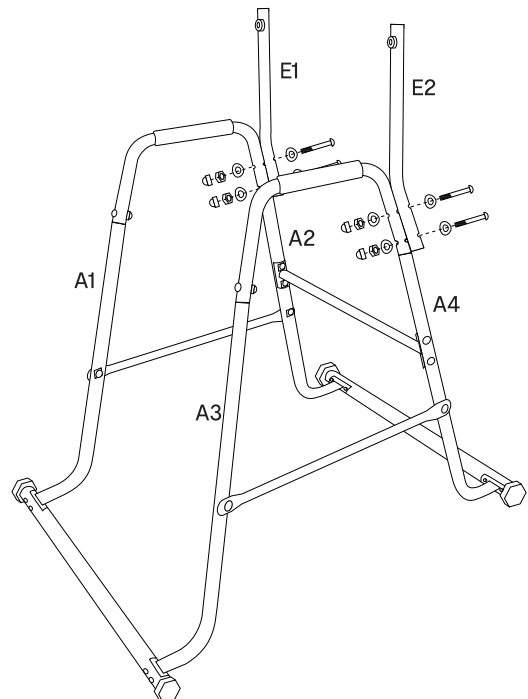
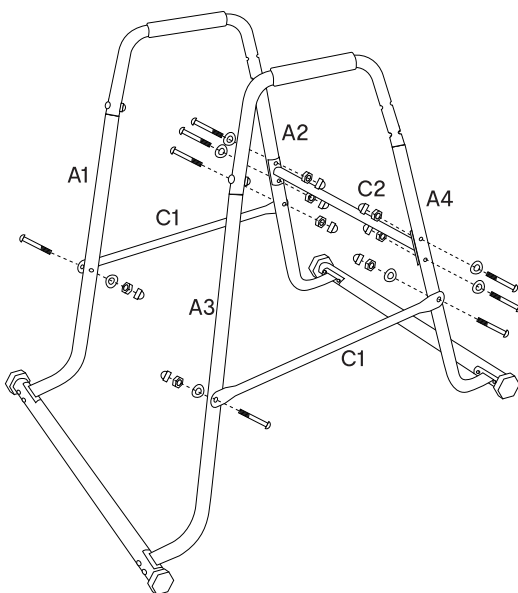
Step 1: Connect the base tube (Part B) and the support tube (Part A1, A3) together, and then connect the base tube (Part B) and the support tube (Part A2, A4) together. Secure them with bolts, washers, nuts and plastic caps(Part I, N1, L & M1). Ensure the direction is correct, please refer to below image.

Step 2: Insert the armrest tube (Part D) and the support tube (Part A1, A2) together, and then insert the armrest tube (Part D) and the support tube (Part A3, A4) together. Secure them with bolts, washers, nuts and plastic caps(Part I, N1, L & M1)-only for the single hole side. Ensure the direction is correct, please refer to below image.

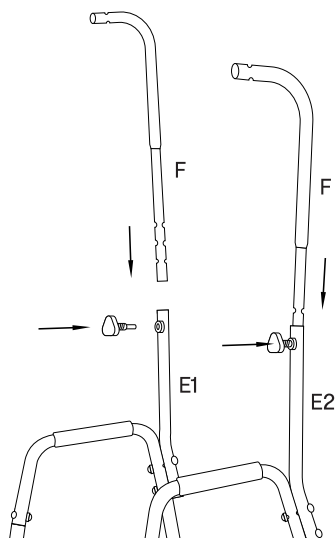


Step 3: Connect the connection tube (Part C1) and the support tube (Part A1, A2) together; connect the connection tube (Part C2) and the support tube (Part A2, A4) together; connect the connection tube (Part C1) and the support tube (Part A3, A4) together. Secure them with bolts, washers, nuts and plastic caps(Part I, N1, L & M1). Ensure the direction is correct, please refer to below image.

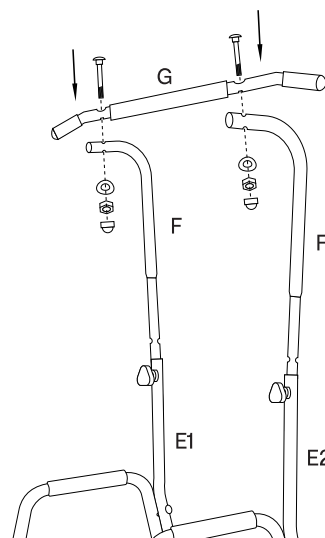
Step 4: Connect the lower tube (Part E1) and the support tube (Part A2) together, and then connect the lower tube (Part E2) and the support tube (Part A4) together. Secure them with bolts, washers, nuts and plastic caps(Part H, N1, L & M1)-only for the double hole side. Ensure the direction is correct, please refer to below image.



Step 5: Insert the upper tube (Part F) and the lower tube (Part E1) together, and then insert the upper tube (Part F) and the lower tube (Part E2) together. Secure them with adjustable knobs (Part P) - two sides shall be on the same height - total 3 adjustable height. Ensure the direction is correct, please refer to below image.

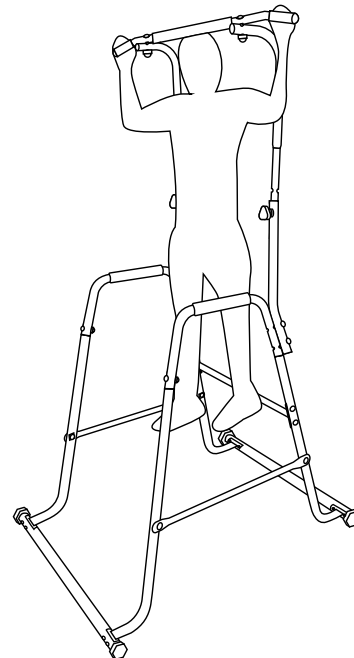
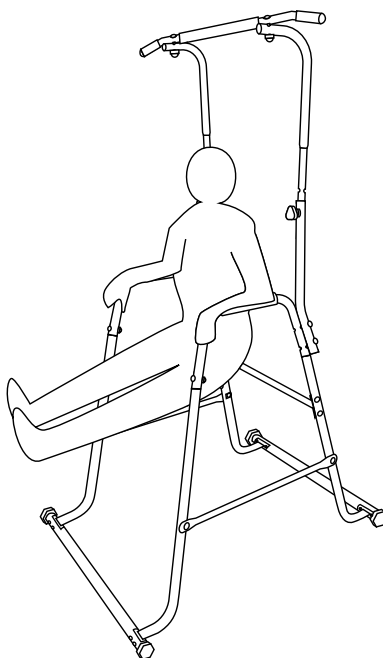
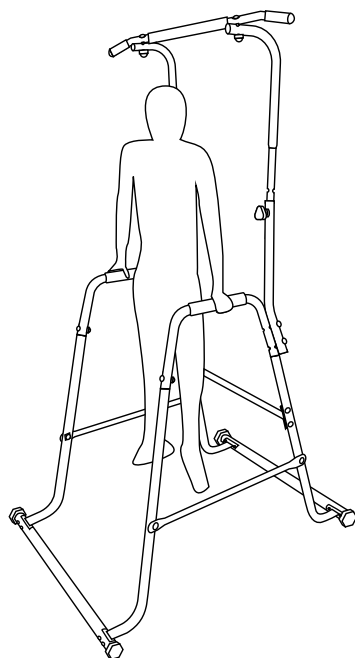


Step 6: Connect the two upper tubes (Part F) and the hang up bar (Part G) together. Secure them with bolts, washers, nuts and plastic caps (Part K, N2, O & M2). Ensure the direction is correct, please refer to below image.



Exercise Instructions

A successful exercise program consists of a warm-up, aerobic exercise and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workout to four or five times per week. Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and heart rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce muscle soreness. Please reference below images to do exercise according to your request.



Care & Maintenance Instructions

1. Proper use of the equipment can increase its service life.
2. Screws will get loose after exercise, so please check and tighten the screws properly every week so as to avoid any possible damage to the equipment or personal injury.
3. Special pay attention to the armrest foam which is the most susceptible to wear and tear.
4. Wipe clean with damp cloth. Do not use abrasive cleaning materials or solvents.
5. Keep this equipment safely away from children when not in use.
6. Always store the equipment on a flat surface and in a dry and well ventilated area.