

SIZE:142x210mm

KC 43724857 11in 1Core Multi Workout Machine

SAFETY WARNING

FORBIDDEN

NO FLUSH

NO DISMANTLING

NOTE

OLD OR INFIRM

PREGNANT

WARNING: This product should not be used by Pregnant women, elderly or frail individuals, or anyone with a pre-existing heart condition. It is recommended to consult your doctor before use if you are physically or psychologically unfit for exercise.

WARNING: Children under 14 are forbidden to use this device. Minors are not allowed to use alone to avoid any possible injuries.

WARNING: No Falling. Don't place the device on where may cause the falling. The impact may result in damage, breakage and defunctionalization of the device.

WARNING: IMPACT & YANK IS FORBIDDEN. Other usage beyond specified is forbidden.

WARNING: NO Flush, especially NO corrosive-fluid-washing. Washing with corrosive fluid may cause discoloring, corrosion and defunctionalization.

WARNING: Dismantling is forbidden. Please assemble the device following this guide to avoid any problem. Dismantling may cause defunctionalization of the device.

NOTE: Make sure to keep the device in a cool place and keep away from long time sun-exposure.

NOTE: Keep neat and dry with soft cloth and water or neutral detergent after use.

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Parts

1# . Monitor Shell 1PC
2# . Monitor 1PC
3# . Front Bracket 1PC
4# . Rear Bracket 1PC
5# . Foam Rollers 6PCS
6# . Screw 2PCS
7# . Screwdriver 1PC
8# . Rotary Knob 1PC

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Assembling

1 Install the foam rollers on the crossbar of the front bracket 3# as shown in the figure.

2 Fix the rear bracket 4# by screwing the rotary knob 8# in.

3 As shown in the figure, assemble the front bracket 3# and rear bracket 4# together.

4 Insert one AAA battery into the monitor 2#.(The product does not include a battery)

5 Thread the connecting cable through the monitor shell 1#, then install the monitor 2# into the monitor shell 1#.

1X AAA
REQUIRES 1 X 1.5V AAA BATTERY (NOT INCLUDED).

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6 Connect the wire from monitor 2# and wire from front bracket 3# together well by the connector.

7 As shown in the figure, install the monitor 2# on the rear bracket 4#.

8 Use screwdriver 7# to tighten the screws 6# on bothsides of the monitor shell 1#.

9 Adjust the height
Press the double-spring buttons, move the inserted feet to adjust the height,until the incline angle is suitable for your exercise.

Tips: There are 5 levels of height adjustable. Different heights means different resistance to user.

CAUTION: STABILITY MAY VARY DEPENDING ON HEIGHT AND DIFFERENT EXERCISES. ALWAYS PLACE THE PRODUCT ON A FLAT SURFACE AND ADJUST TO A SECURE, STABLE HEIGHT BEFORE BEGINNING EXERCISE.

Replace the battery:
First, disconnect the connecting cable (refer to Step 6), then remove the monitor (refer to Step 5), and finally replace the battery (refer to Step 4).

Note:
Following the reverse order from Step 9 to Step 1, you can disassemble the product and pack it into the outer box for storage.

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Monitor Usage

FEATURES

5 DISPLAY ITEMS

REPS/MIN

The estimated speed of exercising.

SCAN

Display vary from TIME, CALORIES, to REPS/MIN automatically in sequence

CALORIES

Appr.7 reps 1 calorie burned.

TIME

Exercising time.

COUNT

The accumulative exercising reps. 1 rep is counted when an input is detected from the speed sensor.

Function of key <MODE>

Press the key to select or shift display data in following sequence:
TIME - CALORIES - REPS/MIN - SCAN

HOW TO USE

Auto Sleep Mode & Activation:

The monitor will go into sleep mode when speed sensor has no signal input or the key had not been pressed for appr.4 mins, and turn to activation when the key is pressed or the speed sensor detects the input of exercising.

Display selection:

COUNT is displayed all the time. Press the key to select or shift the item to display: TIME - CALORIES - REPS/MIN - SCAN.

Reset:

The display of all values can be reset by either pressing the key for 3 seconds or changing the battery.

SPECIFICATIONS:

The Max Value of each display:

COUNT: 0-9999, TIME: 0:00-99:59, CALORIES: 0.00-9999, REPS/MIN: 0-9999

NOTE: The design of package is for reference only, and should be subjected to real product, counting tolerance will be unavoidable. Displaying data is not entirely accurate and is for reference only.

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11 Multifunctional Exercise Guidline

Seated Sliding Crunch

Slide AB Crunch

Slide Chin Up

Sit-ups

Push-ups

Oblique Crunch

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11 Multifunctional Exercise Guidline

Single-leg AB Crunch

Leg Crunch

Leg Raise

Fade-away Leg Raise

Prone AB Crunch

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MORE TIPS FOR USAGE

SAFETY WARNING

- Always read the instruction manual before using the device.
- Regularly inspect the device for damage and wear (such as, pulleys, connection points, etc.) to maintain its safety rating. Replace faulty components immediately and stop using until repaired.
- Always place the device on a flat surface.
- For indoor use only.
- A clearance of 0.6 meters around the device is necessary as the free training area.
- If you have any questions about your physical condition or suffer from an ailment, always consult your doctor before using the device.
- If you suffer from asthma or any other respiratory ailment, consult your doctor before using the device.
- Avoid excessive training that may lead to health injuries
- Do not allow children to play on or around the device.
- Do not use the device if you are pregnant.
- Do not drink alcoholic beverages when using the device.
- Drink water and/or an isotonic beverage after use.
- As with any physical exercise machine, consult your doctor before you start using.
- Keep fingers clear of moving parts. Use only under competent supervision.

This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device. The maximum weight for using the device is 100 Kg.

WARRANTY

This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.

DISPOSAL OF MATERIALS

A symbol of a crossed-out wheeled bin means you should find out about and follow local regulations about disposing of this kind of product. Do not dispose of this product as you would other household waste. Dispose of this device in accordance with the corresponding local regulations. Electrical and electronic devices contain hazardous substances that can have harmful effects on the environment and/or human health and should be recycled properly.

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