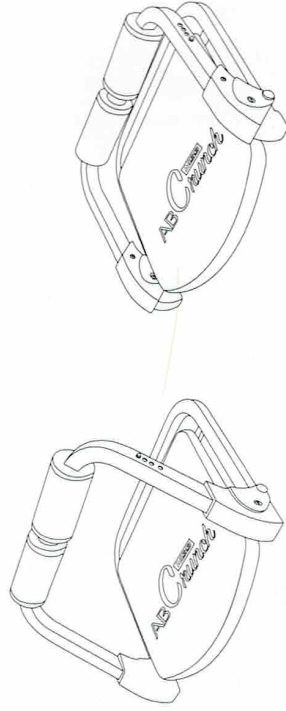


MAINTENANCE & CARE

Please do regular inspections to avoid any screws or bolts loosen before use. Always make sure screws and bolts are properly locked stop immediately when parts are loosen.

Clean your "AB CRUNCH" using a soft cloth with mild soap and warm water. be sure to remove all residue and water before use.

Keep the "AB CRUNCH" out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures.



SPECIFICATIONS

Dimension	550x460x330mm
Net Weight	4.8KGS
Maximum Weight	100KGS
Origin	China

MRB
MAKE BODY BUILDER

AB CRUNCH

BEST FIT FOR EXERCISE



MAXIMUM AB WORKOUT IN 8 MINUTES

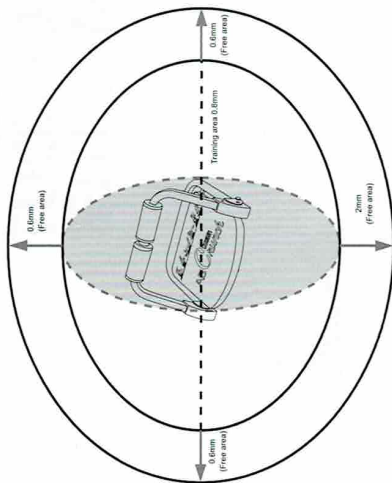
AB CRUNCH is scientifically designed to get you the slim, sexy waistline and rock hard abs you've always wanted in just 8 minutes a day! It combines 7 great exercise machines plus cardio all in one. AB Crunch guarantees that you will see results in just weeks!





WARNING

1. Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 65 or have pre-existing health problems. We assume no responsibility for personal injury or property damages sustained by or through the use of this product.
2. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter all-around free space.



3. It is important to keep children, pets, furniture and other objects away from this equipment during its use.
4. Check your equipment before each use to ensure that all parts are assembled, and all nuts, bolts, knobs, pins are tighten and in proper place.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. Do not allow children to play on or around it.
6. Always warm up and stretch before each training session. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heartbeat, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Do not place your hands or fingers underneath the unit while it is being used. Keep hands away from moving parts.
8. Be sure to keep longer hair tied up to avoid getting caught on equipment.
9. Always wear proper workout clothing and shoes when using your Twist & Shape. Do not wear loose clothing. Do not wear shoes with leather sole or high heels.
10. Workout within your recommended exercise level, do not work to exhaustion. If you feel any pain or experience abnormality, stop your workout immediately. Consult your physician immediately.
11. This equipment is designed and intended for indoor home and consumer use only, not for commercial use.



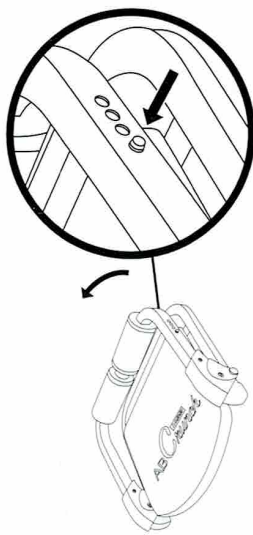
Keep fingers and body parts clear and away from all shear and pinch points. Injury may occur if fingers become entangled in moving parts.

BEFORE USING

It is important to follow with the step-by-step instructions for proper usage.

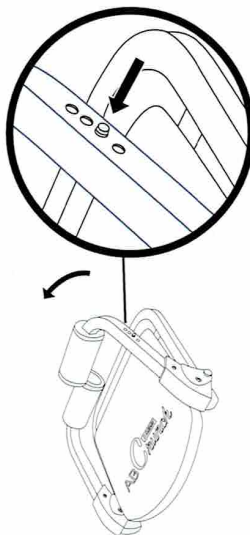
STEP 1

Press the pop-ups and lift up the crank to its 2nd hole.



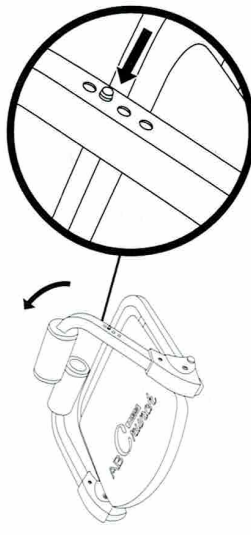
STEP 2

Press the pop-ups and lift up the crank to its 3rd hole.



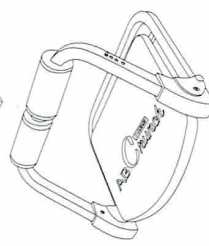
STEP 3

Press the pop-ups and lift up the crank to its 4th hole.



STEP 4

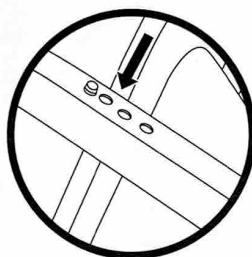
Repeat the same procedures on the other side.



Now the assembly is completed and ready to use. Let's enjoy the easy and fun exercise!

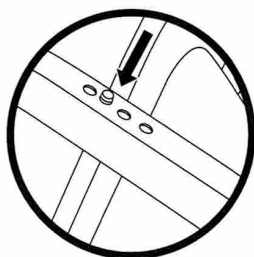
HOW TO STORAGE

3-LEVEL ANGLE ADJUSTMENTS



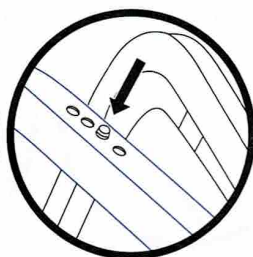
STEP 1

Press the pop-ups and lift up the crank to its 3rd hole.



STEP 2

Press the pop-ups and lift up the crank to its 2nd hole.

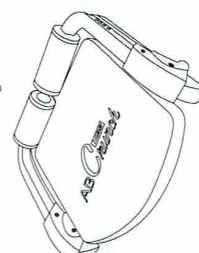


STEP 3

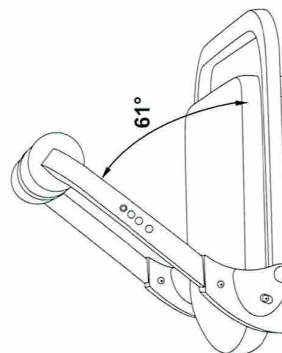
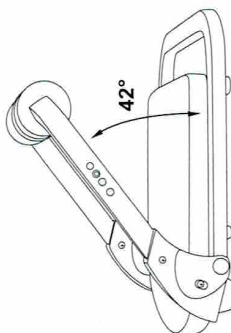
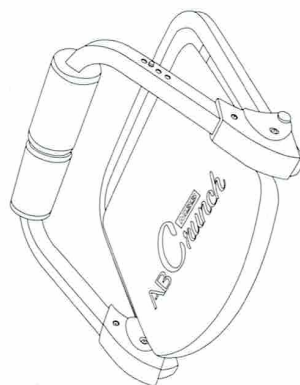
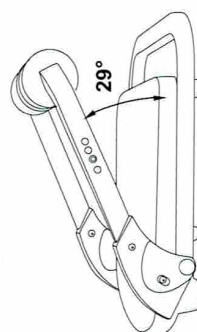
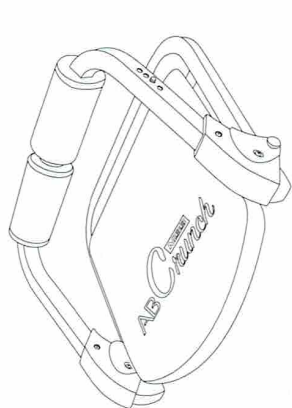
Press the pop-ups and lift up the crank to its 1st hole.

STEP 4

Repeat the same procedures on the other side.



Now the machine is folded up, you can maintain and store the machine in proper area.



EXERCISE GUIDELINES

Fundamental Exercise



AB Tuck



Bridge



Cycling



Leg Raise with
Core Twist



Pectoral
Extension



Push-up



Scissor Kick



Sit-up



Triceps
Extension

Band Exercise



Front Squat



Biceps Curl



Lunges



Lateral Raise



Band on Door

Combine Exercise



Lateral Raise



Arm Curls



Lower Chest
Fly



Pull Lift



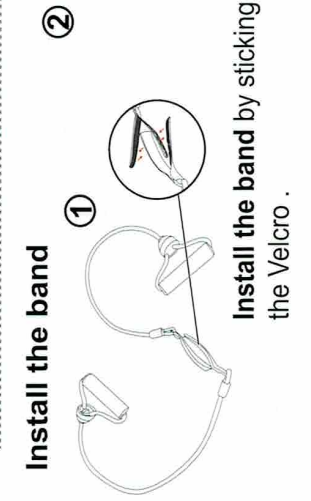
Reverse
Boating



Shoulder Press



Triceps
Extension



Install the band

Install the band by sticking the Velcro .