

Instructions



1: Full set of AB wheels



2: Expand both rear wheels before moving



3: The rear wheels on both sides can be folded back after the movement, which is easy to carry



4: Removable handle before and after exercise



Note: do a good warm-up exercise before use, ensure that the back is slightly curved or keep straight, ensure the accuracy of the action, avoid injury to your lower back.



Folding Ab wheel Led display Instruction

ON/OFF key	On/Key 1: Short press to switch sport mode when not started. (Countdown = Sports), (Backcount = Training), leisure and rolling will start automatically				
	2: In the start state, short press "ENTER" to enter pause				
	3: Long press to turn it off				
	4: When the timer time or count times are reached, it will end automatically and display the time, times and calories in a cycle. Short press to exit				
	5: Automatic shutdown without any action within 1 minute				
ADD key	1: Short press to increase count or timing when not started				
	2: The default countdown is 30s, each time increased by 30s				
	3: The default number of backward counts is 5, each time increase 5				
	4: Long press to continuously increase count or timing				
DEC key	1: Short press to reduce count or timing when not started				
	2: The default countdown is 30s, each time reduce by 30s				
	3: The default number of backward counts is 5, each count is reduced by 5				
	4: Long press to continuously reduce count or timing				
Project	Min Value	Typical value	Max Value	Unit	Remarks
The static current is not turned on	14	-	15.5	uA	
Storage time	298	-	893	day	300mAh lithium battery
Operating current in working time	9	-	16	mA	
Automatic shutdown	-	1	-	minute	Automatic shutdown without any action
Battery voltage	3	3.7	4.2	V	
Under voltage	3.1	3.2	3.3	v	