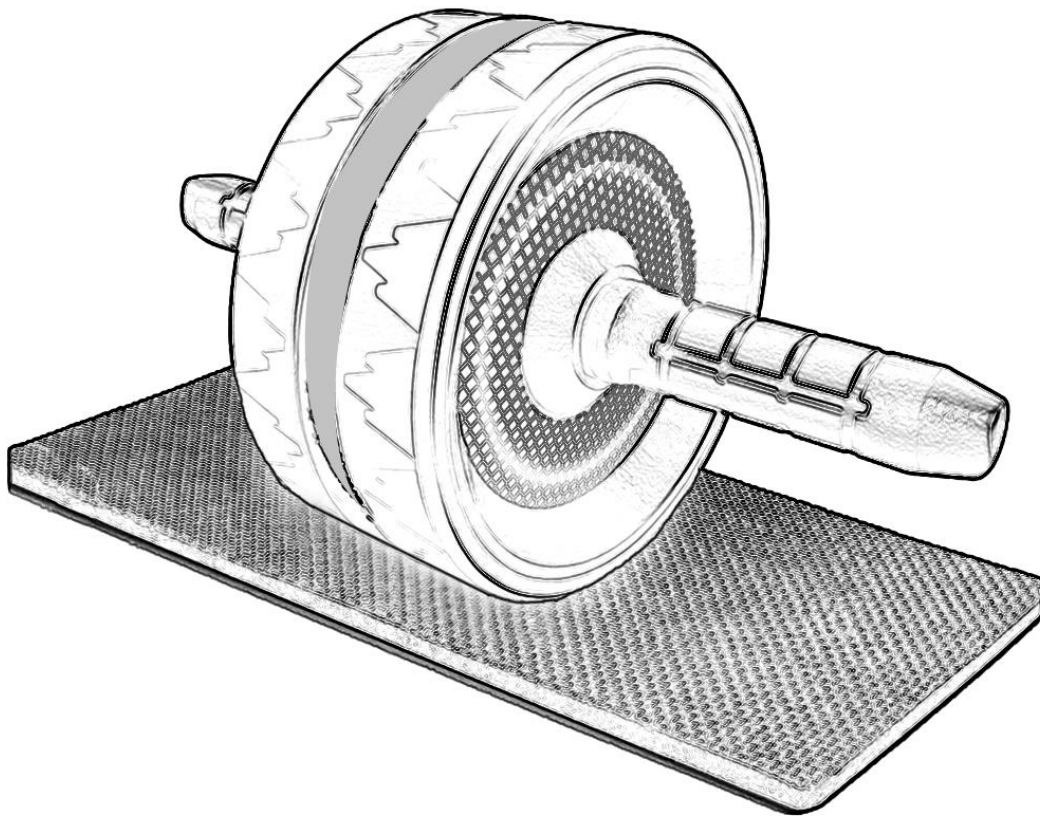


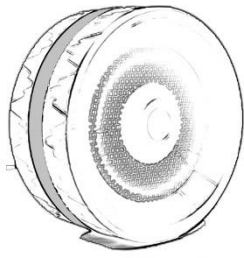
AB ROLLER OWNER'S MANUAL



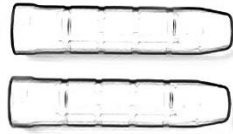
Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

ASSEMBLY INSTRUCTIONS



Roller (x 1)



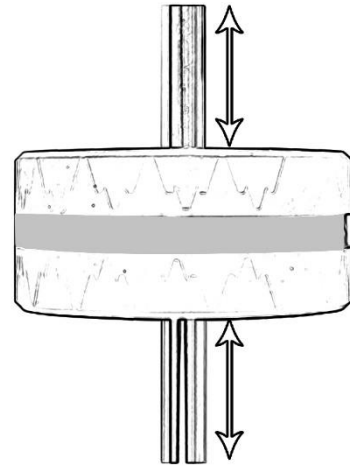
Handles (x 2)



Steel Shaft (x 1)

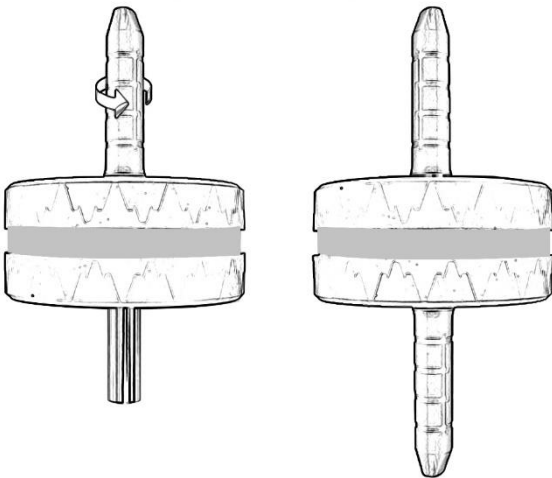


knee pad (x 1)

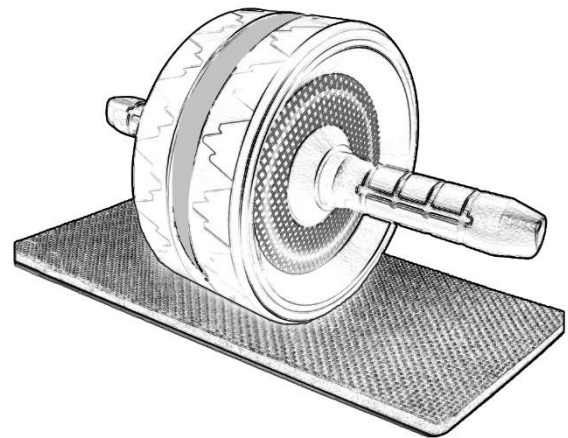


1. Confirm all the accessories before the installation

2. Take the steel shaft and insert it into the wheels as show



3. Slide two handles on the shaft of each side

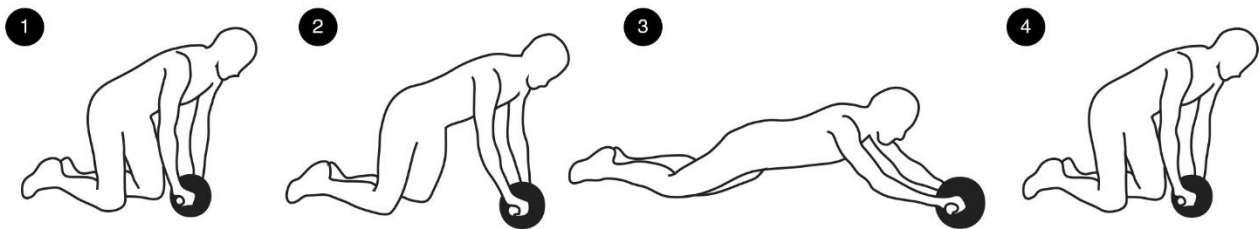


4. Congratulation, wheel roller is complete

EXERCISE INSTRUCTION

Getting Started:

1. Start from a kneeling position to learn the correct technique and to gradually stress your abs, back and arm muscle.
2. Hold the ab wheel with both hands and place it on the floor in front of you so that you are in a kneeling push position, place your toes on the floor and straighten your arms. This is your starting position.
3. Lift ribcage, expand chest, align hips with shoulders and push hips back slightly. The lower back should assume its natural curvature.
4. Using your abs, slowly roll the ab wheel forward in a straight line as you breathe in. Roll out only as far as the lower back can maintain its natural curvature.
5. After a pause at the stretched position, start pulling yourself back to the starting position using your abs and breathe out.



NOTE:

Always warm up, cool down and stretch before and after exercising, this will help prevent straining muscle.

Be cautious and controlled in your motion. If you roll too far or too haphazardly, then you might hurt yourself.

Go slowly and keep your abs tight at all times. Use your core to push you forward and roll you back.

Not advised for people with lower back problems or hernias.

Package Included

- Roller *1
- Handles *2
- Steel Shaft *1
- Knee Pad *1
- User Manual *1

7. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, an email must be sent before contacting us via other means.