

ABDOMINAL FITNESS MACHINE

ITEM: 96137



OWNER'S MANUAL AND SAFETY INSTRUCTIONS

SAVE THIS MANUAL: KEEP THIS MANUAL FOR SAFETY WARNINGS, PRECAUTIONS, ASSEMBLY, OPERATING, INSPECTION, MAINTENANCE AND CLEANING PROCEDURES. WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL NEAR THE ASSEMBLY DIAGRAM (OR MONTH AND YEAR OF PURCHASE IF PRODUCT HAS NO NUMBER).

FOR QUESTIONS PLEASE CALL OUR CUSTOMER SUPPORT: (909) 628 0880 MON-FRI 9AM TO 3PM PST



GENERAL SAFETY WARNINGS

The warnings, precautions, and instructions discussed in this instruction manual cannot cover all possible conditions and situations that may occur. It must be understood by the operator that common sense and caution are factors which cannot be built into this product, but must be supplied by the operator. Read carefully and understand all instructions before operating. Failure to follow the safety rules and other basic safety precautions may result in serious personal injury.

- Assemble the machine exactly as the description given in this manual.
- Check all screws, nuts and other connections before using the machine for the first time to ensure user safety.
- Set up and operate the machine on a dry, level surface. **DO NOT** allow water or moisture to get on this machine.
- Place a rubber mat under the machine and keep the area free of debris and dirt.
- Before beginning training, make sure there is at least 7 feet away from other objects.
- **DO NOT** use abrasive cleaners to clean the machine. Use a damp wash cloth and if necessary, dish washing liquid.
- Consult a doctor before using this machine. This machine is **NOT** suitable for therapeutic purposes and is designed for home use only.
- Prior to working out, be sure to check the machine for any loose or worn parts and fix or replace them prior to using the machine.
- This machine is design for single rider use **ONLY**. Never allow more than one person at a time to operate this machine.
- Children and handicap persons should only use the machine in the presence of an adult who can give assistance if needed.
- The power of this machine increases when you increase the speed of the machine. Be mindful of this fact when operating this machine.
- The maximum weight capacity for this machine is 220lbs. Please **DO NOT** exceed this weight limit.



SAVE THESE WARNINGS

PRODUCT INFORMATION

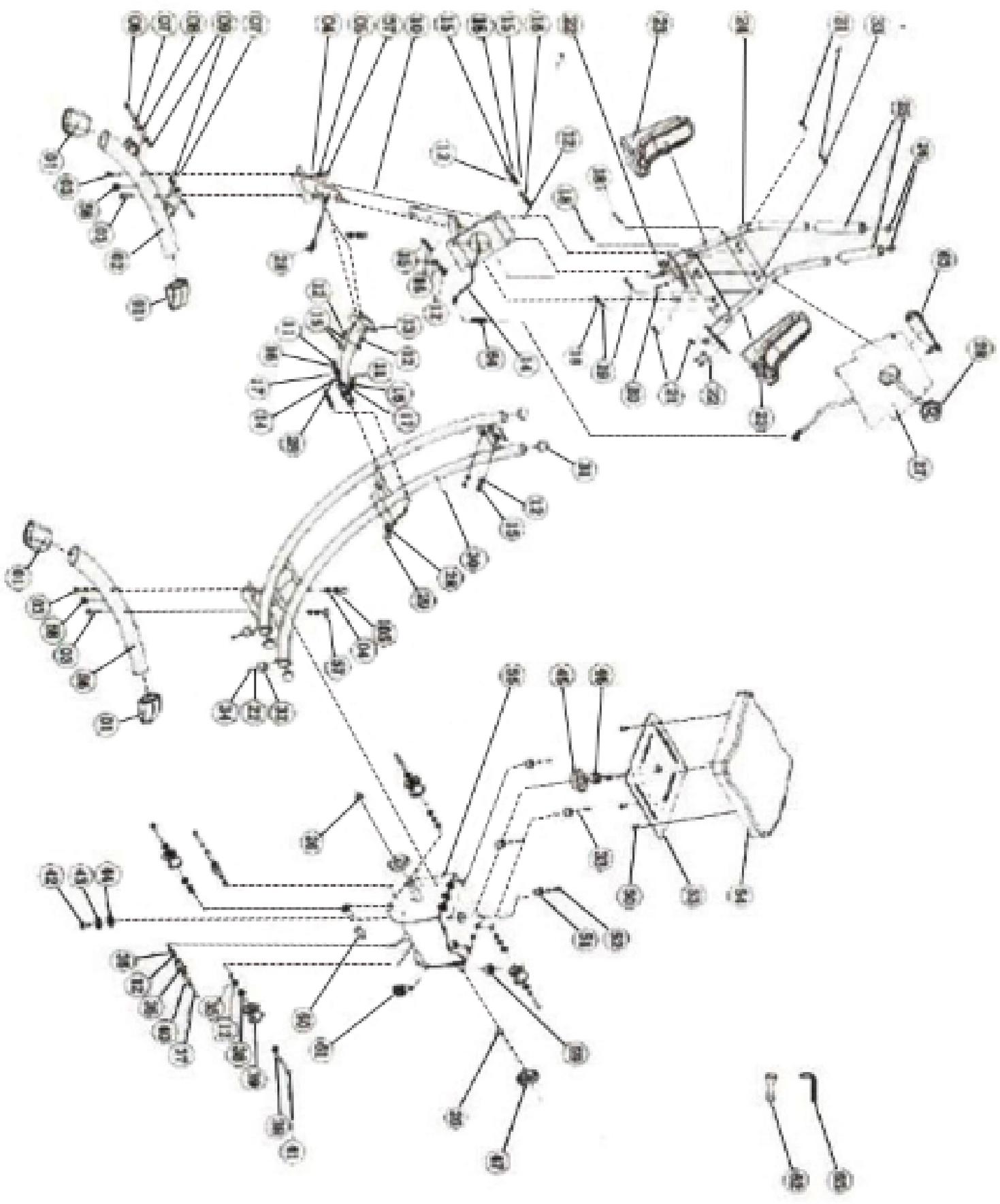
ROLLER COASTER ABDOMINAL MACHINE



XtremepowerUS present a new roller crunch coaster fitness machine provides new workout solution for strengthening your midsection of your body. It designs bottom up workout function that is opposite from other abs crunch machine. In this way, it also works shoulders, back, arms and legs. It integrates contoured padded cushion for supporting arms and legs during workout. This machine can be used as a part of complete fitness routine or as an abdominal trainer.

- Design to target your upper abs, lower abs and side obliques
- Help to increase cardio, strengthen core, lose weight, tighten & tone and more
- Simple to use at home, office and more places
- All steel construction for high durability
- Assembly required
- Weight plate capacity: 30 lbs
- Product dimension: 49 inch(L) x 18 inch(W) x 51 inch(H)
- Product Weight: 51 Lbs

PARTS DIAGRAM



PARTS LIST

#	Description	Qty	#	Description	Qty
1	Foot grip match	4	33	Φ10 Flat washer	8
2	Front leg	1	34	M5*10 Phillips Screwdriver	2
3	M10*45 screw	4	35	M8 nut	6
4	R71 Arc washer	4	36	Spacing wheel	2
5	M10 nut	4	37	M8*65 Hex Screw	2
6	M6*50 Flanged-hex screw	2	38	Bearing	8
7	Φ 13 Flat washer	4	39	Roller Wheel	4
8	Front leg wheel	2	40	Spacing Wheel Bushing	2
9	M6 nut	2	41	M8*75 Hex Screw	4
10	Front support post	1	42	M10*25 Hex Screw	1
11	M8*20 Hex screw	2	43	Φ 10 Spring Washer	1
12	Φ 16 Flat washer	14	44	Lifted Washer	1
13	Front support brace	1	45	Nylon Bushing	1
14	Wire clip	2	46	Φ38 Nylon sleeve	2
15	M8*20 Hex screw	8	47	Weight post collar	2
16	Φ8 Spring washer	6	50	M8*15 Hex screw	4
17	R12.5 Φ 16 Arc washer	2	51	Seat Swivel bushings	4
18	M6*40 Hex screw	4	52	M5*20 Phillips screw	4
19	R12.7 Φ 16 Arc washer	4	53	Seat Plate	1
20	M6*15 screw	4	54	Seat cushion	1
21	ST4.8*15 Self drilling phillips screw	4	55	U-shape seat carriage	1
22	Φ 18 Flat washer	6	56	Rear leg	1
23	Arm cushion	2	57	M10 nut	4
24	Handlebar frame	1	58	Leg support pad	2
25	Handlebar grip	2	59	Muffler	1
26	Circular piston match	6	60	Seat Swivel bushings	2
27	Arm plate	1	61	Seat adjustment knob	1
28	Counter sensor, magnet, Φ76 wire	1 set	62	Tool	1
29	M3*6 Phillips screw	2	63	Front logo plate	1
30	Ab exerciser track	1	64	Wire protection cover	2
31	Ball piston match	4	65	Tool	1
32	Bumper	2			

ASSEMBLY

The machine has been thoroughly inspected and partly assembled before shipment. Please take the time to finish assembly by following the steps below.

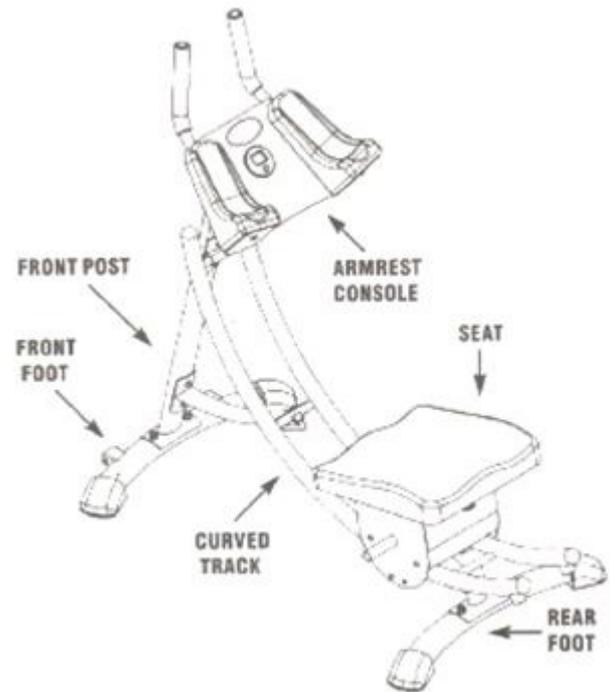
Step 1: Attach the rear foot

Step 2: Attach the front foot

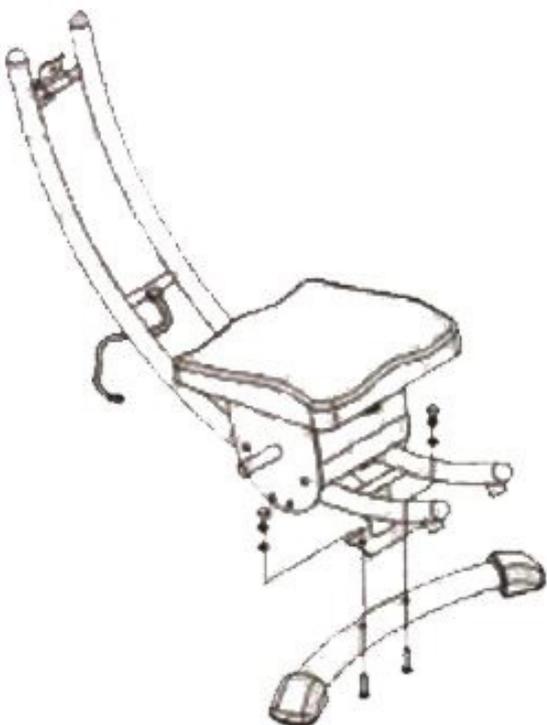
Step 3: Attach the front post

Step 4: Attach the armrest console

Step 5: Connect the wires

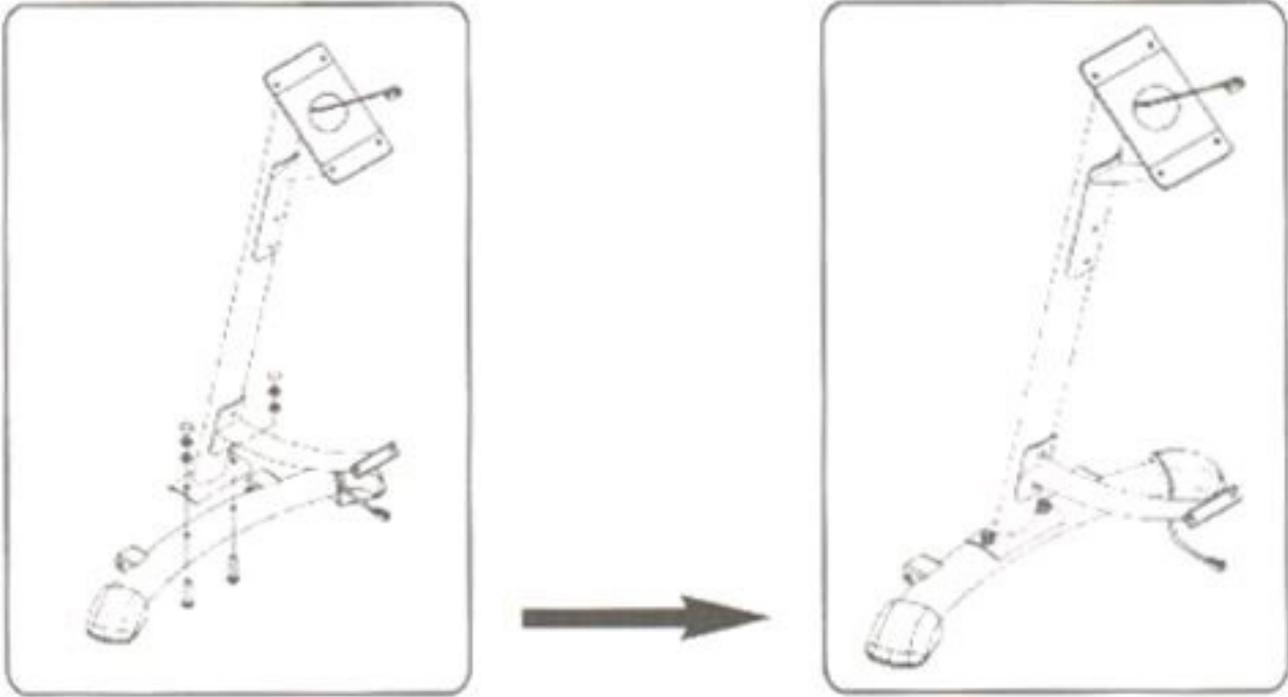


Step 1: Attach the rear foot to the rear of the curved track. Remove the 2 bolts which have been pre-attached to the rear foot, then re-attach the bolts to connect the foot to the track. Finger tighten the bolts only. DO NOT tighten the bolts with a tool until the unit is fully assembled.

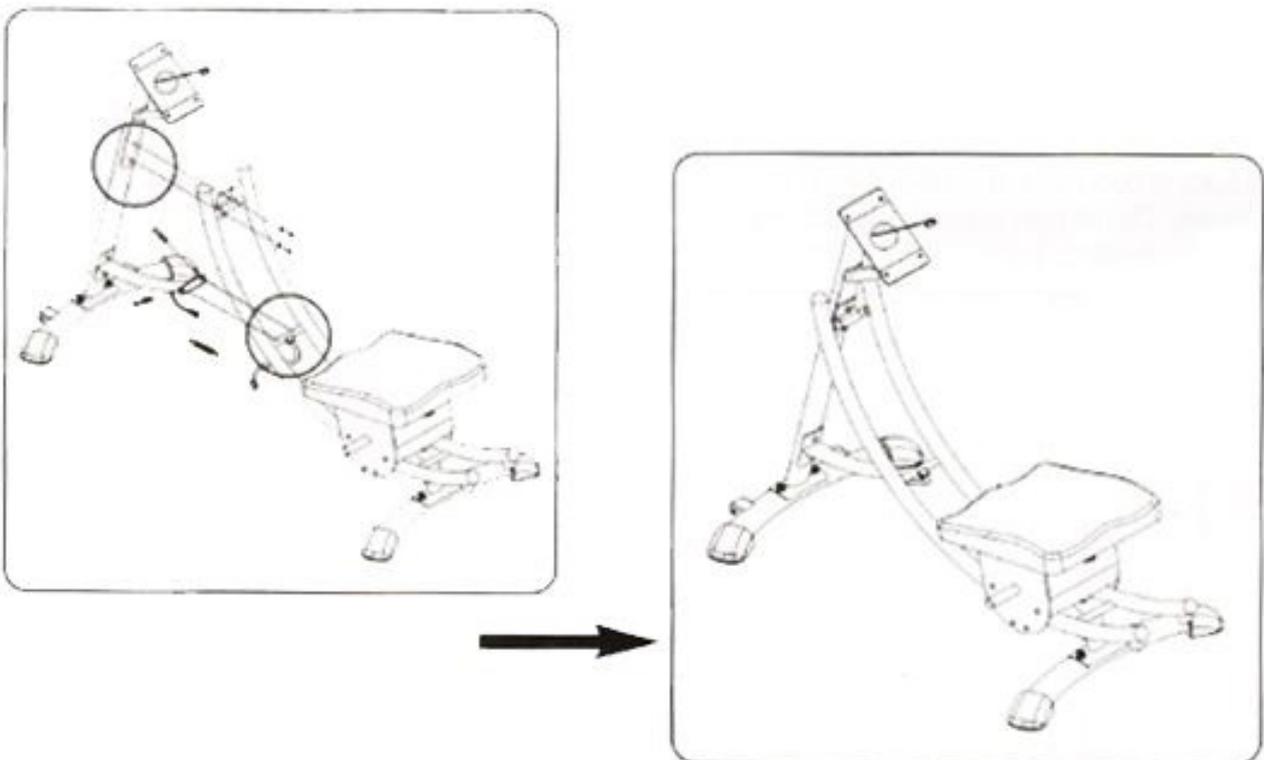


ASSEMBLY

Step 2: Attach the front foot (with wheels) to the front post using the 2 pre-attached bolts. Finger tighten only.

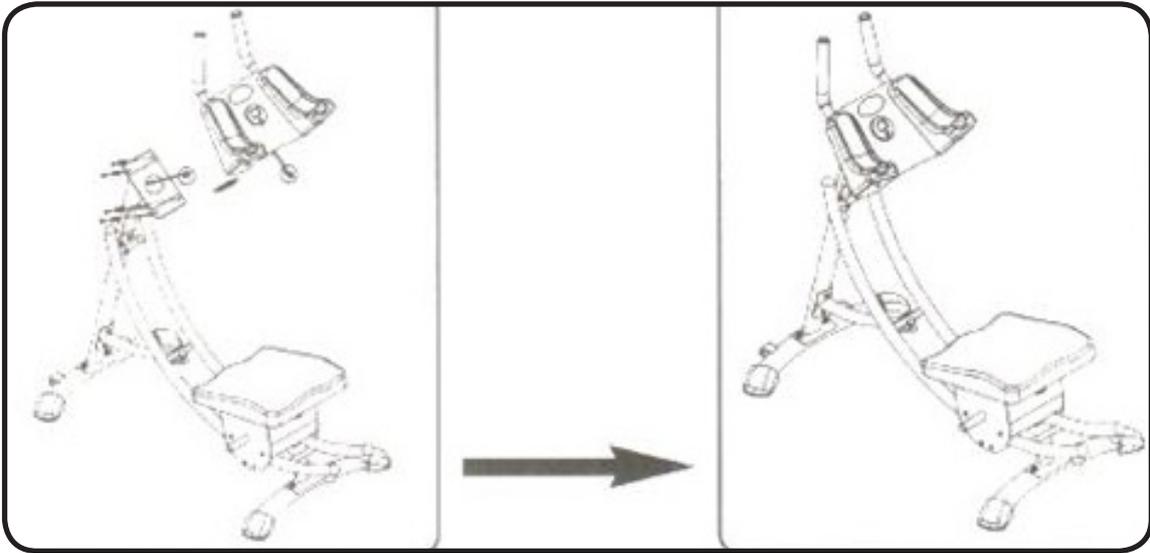


Step 3: Attach the front post to the curved track. The front post is attached to the track in two locations as shown using the 2 pre-attached Allen head screws for each location. Finger tighten only.



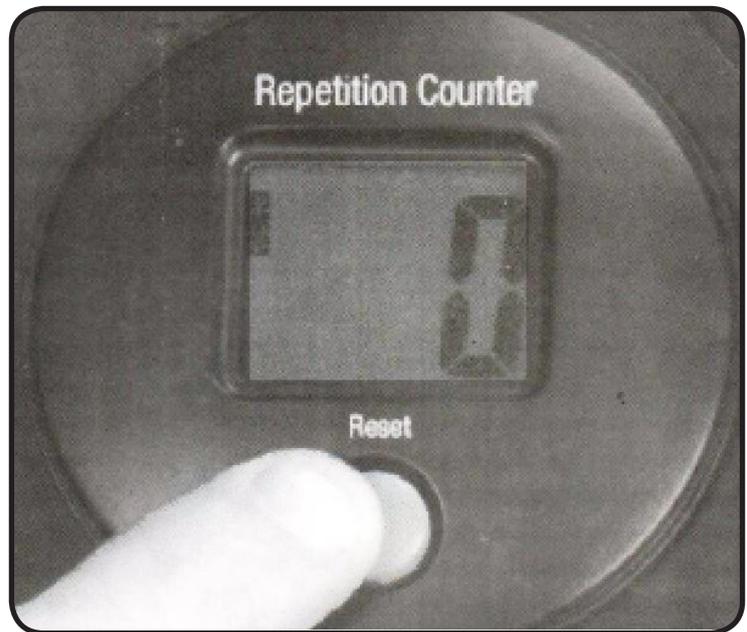
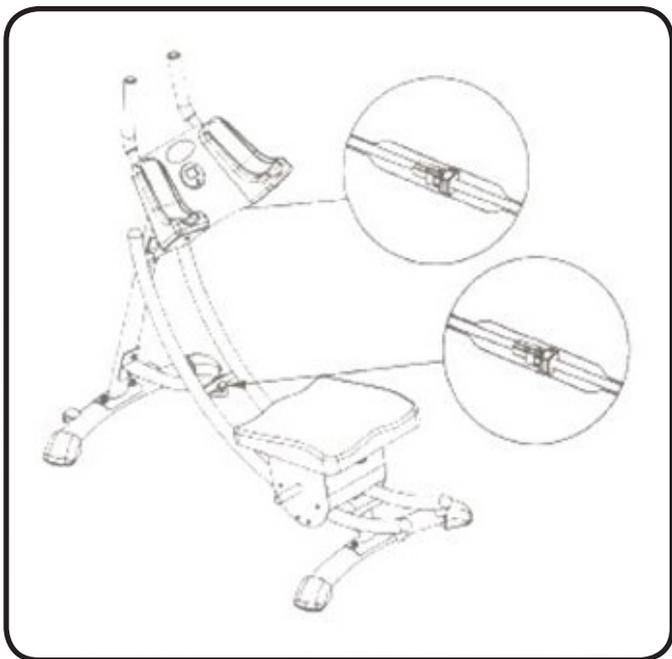
ASSEMBLY

Step 4: Attach the armrest console to the top of the front post using the 4 pre-attached Allen head screws. Tighten all bolts and screws using the tools provided. Cover the bolts with black plastic caps provided.



Step 5: Connect the counter wires in 2 locations as shown. Install the wire protection covers to cover the wire connections.

METER: The digital repetition counter helps to keep your workout on track. The digital display requires one AAA battery (included). Press the MODE key to start the count function. To reset the counter, press and hold the button for 3 seconds.



ASSEMBLY

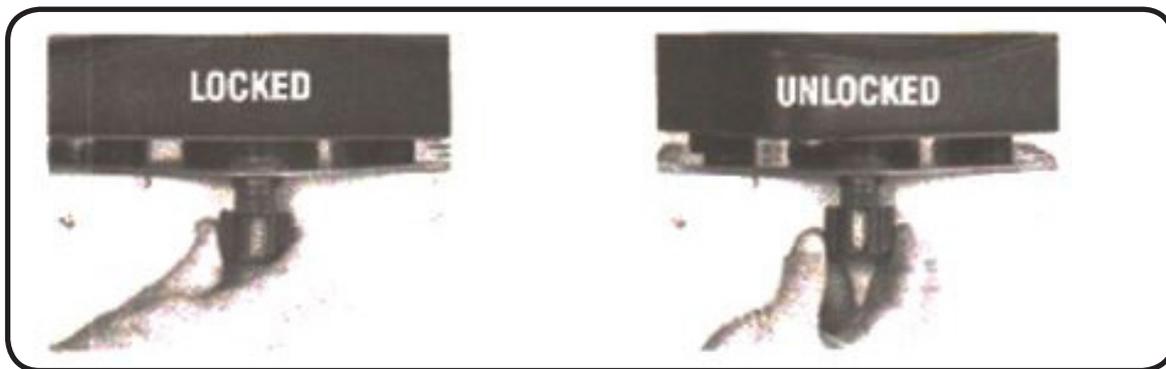
ADJUSTING THE SEAT

The seat on this machine can be adjusted to target different areas of your abdominal muscles. The seat adjusting pin is located at the seat below the cushion.

There are 4 seat settings: Front, left, right and free-style motion.

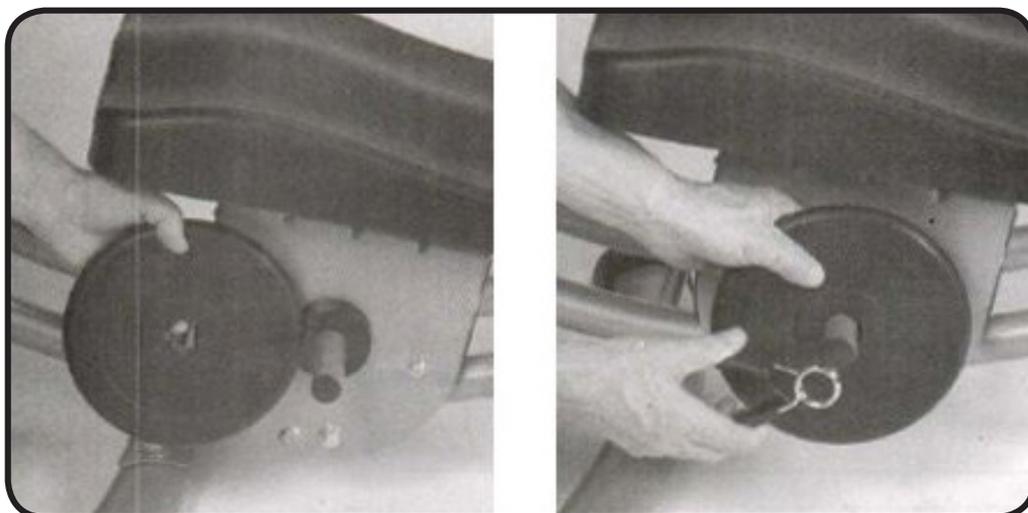
To lock the seat into the front, right and left settings, pull down the pin and move the seat to the desired setting (front, right or left). Release the pin and adjust the seat until the pin “pops” into the hole underneath the seat at the desired setting. Make sure the pin is in the locked position and the seat is secure before you use the ab machine.

To adjust the seat for freestyle motion, pull down the pin and twist the pin to the “unlocked” setting. Rotate the seat by hand to ensure that it is moving freely.



CAUTION: Use caution when getting on and off the machine when the seat is in the “unlocked”, free-style position.

CAUTION: DO NOT add more than 20lbs of weight in total to the posts (4 plates of 5lbs each) before adding any weight, ensure that you are able to perform the exercise with proper form without any additional weights.



DISCLAIMER

PLEASE READ THE FOLLOWING CAREFULLY

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Record Product's Serial Number Here: _____

Note: If product has no serial number, record month and year of purchase instead.

Note: Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.

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Before returning to a retailer, our exceptional customer service is available to help.

Call Us: 909.628.0880

Hours of Operation: 9 to 4pm PST, Monday - Friday

Email: customer@xtremepowerusa.com

PRODUCT MADE IN CHINA