

# AB Crunch Training Aid

Key Code: 43176410

## Hardware list



Bolt (A x 6pcs)



Bend washer (B x 10pcs)



Spring washer (C x 4pcs)



Nut (D x 4pcs)



Spanner (E x 1pc)

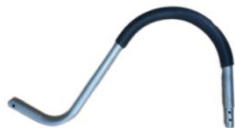


Wrench (F x 1pc)

## Part list



Fabric (G x 1pc)



Bend pipe (H x 2pcs)



Bottom bend pipe (I x 1pc)



Top pipe (J x 1pc)

## Assembly Instructions

Step 1. Insert the 2pcs bend pipes (H) into the bottom bend pipe (I), then secure them with hardware bolt (A), nut (D) and washer (B & C). Fig 1.

Step 2. Put the top pipe (J) into the hole of fabric (G). Fig 2.

Step 3. Feed through the bend pipe into the fabric, then secure them with bolt (A) and washer (B). Fig 3.



Fig 1



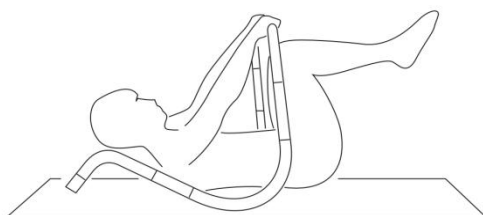
Fig 2



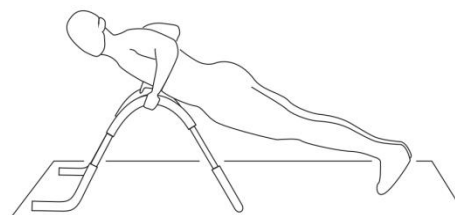
Fig 3

## Use Instructions

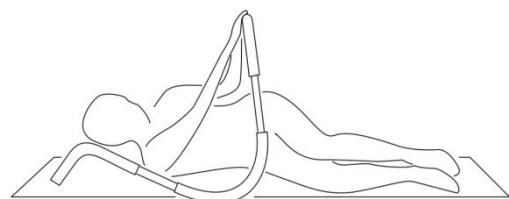
Please refer to below images to do exercise according to your request.



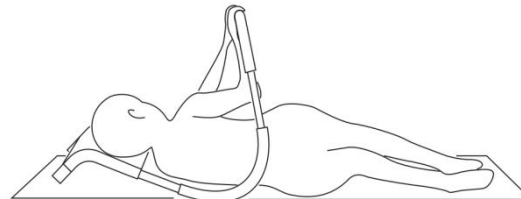
Sit-up



Push-up



Lie on right side



Lie on left side

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