

# Resistance AB Wheel

Key Code: 43237388

## Part List



Resistance belt (A x 1pc)



Connection tube (B x 1pc)



Steel tube (C x 1pc)



Wheel (D x 2pcs)



Handle (E x 2pcs)



Knee board with belt (F x 1pc)

## Assembly Instructions

Step 1. Put the resistance belt (Part A) to its position of connection tube (Part B), and ensure they are connected well. FIG.1

Step 2. Insert steel tube (Part C) into the connection tube. FIG.2

Step 3. Insert the two wheels (Part D) into the steel tube from two sides. FIG.3



FIG.1



FIG.2



FIG.3

Step 4. Insert two handles (Part E) into the steel tube from two sides. FIG.4

Step 5. Insert the belt of knee board (Part F) into the buckle of resistance belt, and ensure they are connected securely. FIG.5

Note: the total length of the belt can be adjusted according to your request.

Please refer to image (FIG.6) to tie the belt on the buckle.

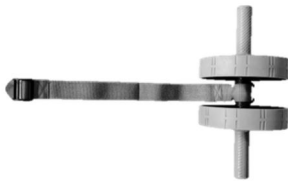


FIG.4

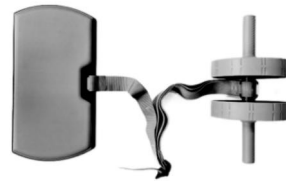


FIG.5



FIG.6

## Use Instructions

This resistance AB wheel is portable and durable. It features a two-wheel design for a bit of extra width which adds stability and better balance. Additionally, the handles have comfortable TPR grips, and the TPR tread prevents the wheels from slipping on the floor, thus boosting performance.

First we start with the kneeling position, both knees on the knee board, holding the handle in your two hands, then inhale bend you back as far as possible, tensing your hips and tightening you chin. Keep your hips (and thighs) perpendicular to the floor. You should never push your hips too high or dip your back too far in this motion.

Gradually lower your body, maintaining strong control until you reach the ground, then we let the body descend in full power control, keeping the pressure and tension on the entire descent to the floor. Don't make the descent surprisingly slow of your workout, you will feel tired prematurely and get injury before you even get to the ground.

It is important to take care that your back dose not sag during exercise. Make sure your back is slightly curved, or at least flat. As you run down, try to let your chest as low as possible. Then inhale to bend your back and return to the original position.

A successful exercise program consists of a warm-up, aerobic exercise and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workout to four or five times per week. Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle.

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