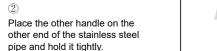
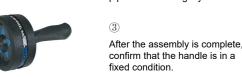
# **Assembly Method**

## 1. Ab Roller Wheel



Place the handle on one end of the stainless steel pipe and pass the other end of the stainless steel pipe through the center





2. Push-up Stands



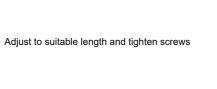
Let the boss of the stand correspond to the recess of the base and insert the stand into

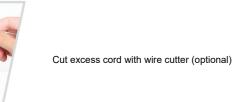
## 3. How to adjust the jump rope











Screw back and get the caps

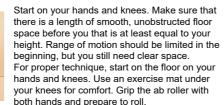


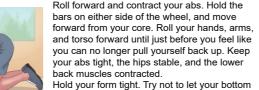
Adjust the position of concrete rope protector to the middle of the jump rop



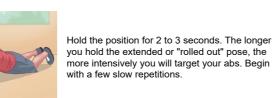
## 1.Performing an Ab Roll

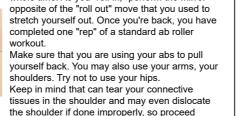
How to Use an AB Roller





sag toward the ground. Do not let your back arch. Keep your head down, facing forward





Return to the starting position. After a few

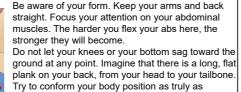
roller back toward your knees. Slowly pull

seconds, use your core muscles to roll the ab

vourself back, keeping the same careful pace the

whole time. As you "roll in." perform the mirror

build up gradually.



gradually and with caution. If you experience any

shoulder pain, reduce your range of motion and

possible to this imaginary level.

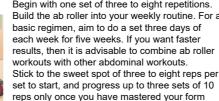
Roll slowly. Unfold and contract your body gradually and carefully as you move through the exercise. Keep your arms even and straight so that the wheel doesn't spin out of control. Try to maintain the same slow, measured speed throughout the entirety of each rep. You'll get a better workout if you take it

position yourself three feet away from a wall. Then, perform the ab roll as normal until your ab roller makes contact with the wall. This is your "touch point" - your signal that you have gone enough on this rep. Roll back up to your hands and knees for the next rep It is especially important to roll slowly if you're going to be rolling toward a wall. Use this as a

focusing point, to be more aware of the cadence

Try rolling into a wall. This technique may help

and built strength.

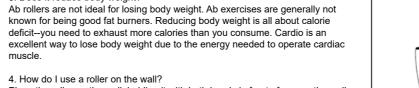


Hold for longer for a more challenging workou The standard rep calls for you to hold the

fully-extended "rolled-out" pose for 2-3 secon before you roll back to your starting position Experiment with holding the pose for longer almost like the plank pose. Do not overextend failure point while extended could cause you to tear muscles and tendons, and may lead to permanent injury

# 1. Is it better to workout my abs before or after eating?

- Sizing Recommendation: Beginner to Intermediate (0-50 Double Unders) Height nmonly, it is suggested to exhale when you are working hard and inhale durin



. How do I use a roller on the wall?

3. Does it reduce body weight?

It is better to workout your abs before eating.

inhale as you come down to the ground

?. When do I inhale and exhale while using an ab roller?

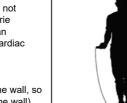
Place the roller on the wall, holding it with both hands in front of you on the wall, so you are on your hands and knees (as in a kneeling push-up position on the wall Slowly roll the ab roller straight forward, stretching your body into a straight

- 5. Should I keep my feet on the floor or off the floor?
- Keep your feet on the floor when you are just starting out doing the exercises. Y can keep your feet off the floor when you have strong core coordination.
- 6. Will it help me lose belly fat?

Yes, but the results will be faster if you're careful about your diet. Meal planning would be the best way to do this. Use a macro calculator to put in your body numbers and your end goal and it will tell you how much fat/protein/carbohydra

## How to Size Your Rope 1. Choose a length that correlates to your height.

- 2. Adjust your positioning to fit that rope allowing adequate spacing overhead and
- your rest. For instance, while doing sit-ups, exhale when you are coming up and Example: 6-foot height plus 3 feet = 9 foot rope length



Elblows in-Hands in.

choose a length you

Athlete Height Cable Length 100-150cm

Elbows in-Hands out.

Elbows out-Hands out.

add a few inches to our

sizing chart or choose

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180-185cm 185-191cm 191-196cm

Cable Length

125-130cm

130-135cm

135-140cm

140-145cm

145-150cm

150-155cm

155-160cm

160-165cm

170-175cm

175-180cm

196-201cm

201-206cm

3'7"-3'9"

Athlete Height

4'5"-4'7"

4'9"-4'11"

4'11"-5'1"

5'11-6'1"

6'1-6'3"

6'3-6'5"