

10-IN-1 CORE TRAINER INSTRUCTIONS

Keycode: 43473878

To ensure you enjoy the best performance from this core trainer, make sure you read these instructions in full before use and keep it for future reference.

Please exercise inside the training area and keep a safe distance from others.



Safety Advice & Warnings

As with any piece of exercise equipment, you should take sensible precautions before use. Please consult your doctor if you have any concerns about your physical fitness or health. Always choose the workout level which best suits you. Always use common sense, know your limits and train within them.

This is an exercise machine for home use only, complies with EN 957 CLASS C.

- The product is not suitable for children under the age of 14. Keep out of the reach of under aged children.
- For your own safety, check the product before use for any damage or wear. If in any doubt, do not use.
- Incorrect posture can cause injury. To prevent injury, make sure you follow the instructions in this manual carefully.
- Maximum user's body weight: 100 KGS.
- Instructions on maintenance & disposal: Keep the product in a dry and cool place, and keep away from long time sun-exposure, to protect it from discoloring, rusting and deforming. Use wet soft duster, if necessary, use neutral detergent to clean.
- Please read the instructions before using and make sure all the parts are properly and safely installed prior to exercise.

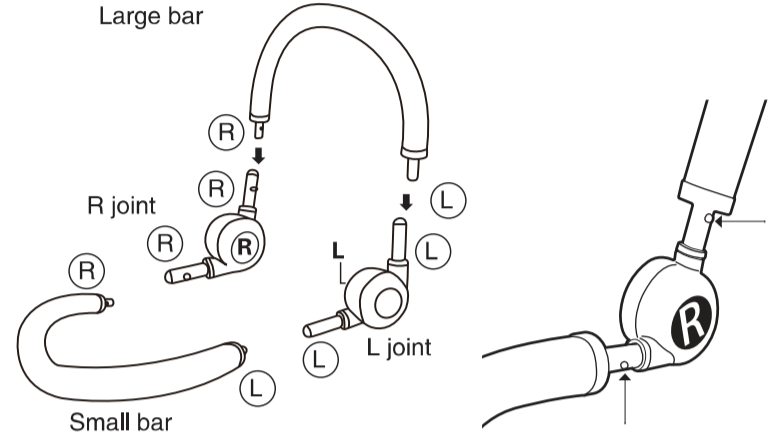
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Recommendations

- Before using the product, perform some warm-up exercises to prepare your body for training.
- If you have long hair, tie it up before you begin exercising.
- For your comfort, we recommend using on an exercise mat when exercising on the floor.
- After using, perform some cool-down exercises to stretch the muscles that you have exercised to avoid possible discomfort later.

Assembly

One set contains 1*large bar with black strap, 1*small bar, 1*R joint, 1*L joint.



Mind the fingers when assemble.

Step 1: Turn the R and L mark of the joints inward.

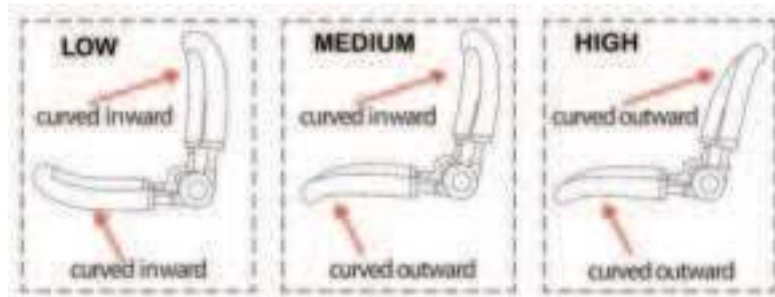
Step 2: Connect the R and L tubes of the bars with the R and L bushing of the joints. Press the buttons of the bushings, and slide into the bars.

Mind the fingers when insert the bushings.

2



It can assemble when change the position of R and L of the bars. Please choose the assembly according to the exercise level. When the position of R and L of the bar changes, the direction of bar's curve will be altered accordingly.



You can assemble the product in three different ways to offer three different levels of resistance.

Low: Use with both bars curved inward.

Medium: Use with the large bar curved inward and the small bar curved outward.

High: Use with both bars curved outward.



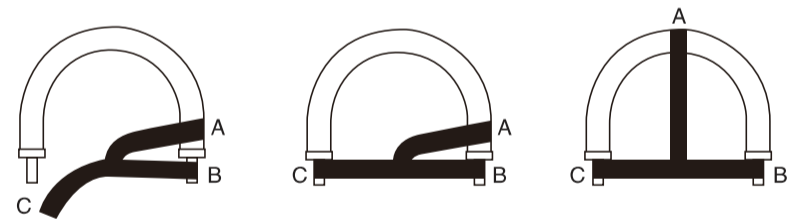
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The fiber strap can provide extra support during certain exercises. Can install it or remove it, depending on personal preference.

The assemble of strap:

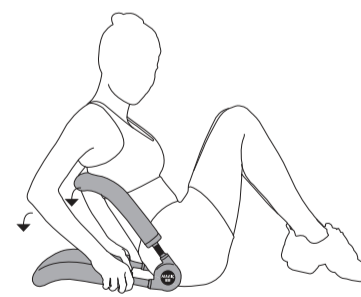
If use the strap, please install it onto the large bar before assemble the whole product.

1. Cross the A and B of strap over one side of the large bar.
2. Cross the C of strap over another side of the large bar.
3. Move the A of strap over the middle of the large bar.



Exercises

1. Sit-ups



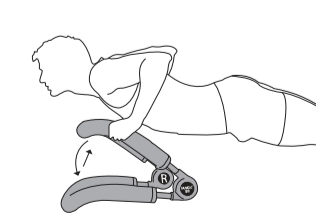
WARNING: DO NOT put your hands too close to the joints in case of hands being pinched by the two bars connected with the joints.

Works your stomach muscles.

- 1: Place the core trainer on the ground with the small bar against the floor.
- 2: Sit and rest your back against the large bar with your bottom and feet flat on the ground and your knees bent.
- 3: Reach back and grip the small bar, just behind the joints.
- 4: To work out: Lean back against product then rise again slowly.

NOTE: For best result use with the strap in place.

2-1. Push-ups



WARNING: The resistance provided by the joints is not strong enough

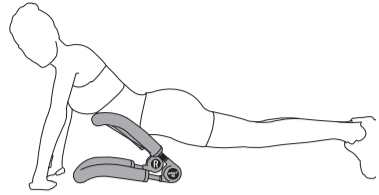
Works your arm, pectoral, shoulder, stomach, waist and back muscles.

- 1: Place core trainer on the floor with the small bar down.
- 2: Prepare to do a push-up. Stand in front of the product with one leg forward and the other backward. Bend your body and hold the large bar with both hands.
- 3: To work out: Step the front leg backward while pushing down the product, keeping your body stretched all through. As soon as the two bars meet, push the large bar instantly to rebound your body to the starting position, with the joint providing strong elasticity.

4

to support your body solely, so always hold your body firmly with both your hands to avoid head or face hitting the ground.

2-2. Press-ups



Works your shoulder, stomach, waist and back muscles.

1: Place the core trainer on the floor with the small bar down.

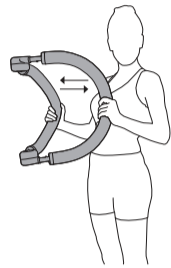
2: Prepare to do a press-up. Position yourself over the product so that the large bar rests against your stomach.

3: To work out: Perform press-ups with the product providing extra resistance.

NOTE: Use with the strap in place.

WARNING: The resistance provided by the joints is not strong enough to support your body solely, so always hold your body firmly with both your hands to avoid head or face hitting the ground.

3. Biceps training



Works your arm, pectoral and shoulder muscles.

1: Hold the core trainer up to your chest, gripping one bar in each hand.

2: To work out: Bring the two bars together and then back again.

4. Oblique crunch



Works your side and stomach muscles.

1: Sit with your legs crossed on the floor.

2: Place the center of the small bar against your right thigh.

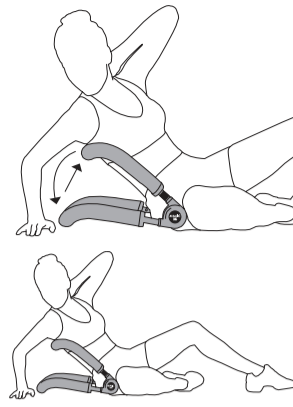
3: Place your right arm over the large bar and grip the small bar with your hand. The large bar should now be positioned under your arm.

4: To work out: Grip the side of the large bar with your left hand and lean right, pushing down against the core trainer, before returning to a seated position. Repeat the steps above for your left side, making sure you do an equal number of reps for each side.

5

NOTE: Use with the strap in place.

5. Side crunch



Works your arm and side muscles

1: Place the core trainer on the floor with the small bar down.

2: Lie on your right side, placing your right arm over the large bar and placing your right hand flat on the floor.

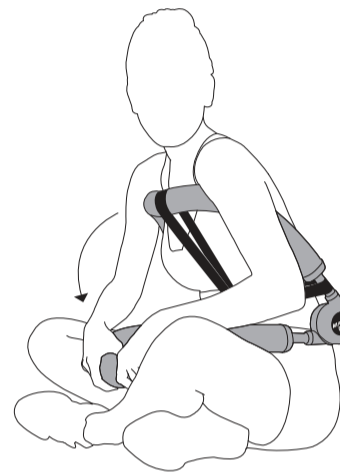
3: Bend your left knee and place your left foot flat on the floor. Lay your right leg on the floor, bending your knee and positioning your right foot under your left knee. Place your other hand on the back of your neck.

4: To work out: Lean down against the large bar while bending your elbow, then return to the starting position.

Repeat the above for your left side, remembering to do the same number of reps for both sides.

NOTE: Use with the strap in place.

6. Stomach crunch



Works your stomach and back muscles.

1: Sit with your legs crossed on the floor.

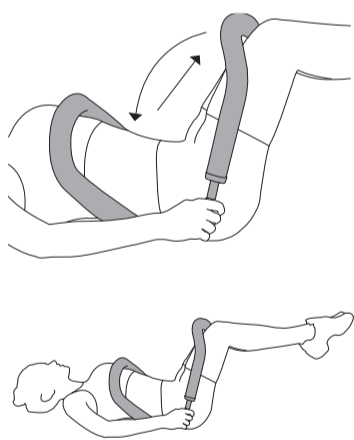
2: Place the core trainer on your lap, with the small bar against your legs and the large bar against your chest.

3: To work out: Grip the arch of the small bar and lean forward, pushing down on the large bar, before returning to a seated position.

NOTE: Use with the strap in place.

6

7. Abdominal crunch



Works your stomach, waist, thigh and bottom muscles.

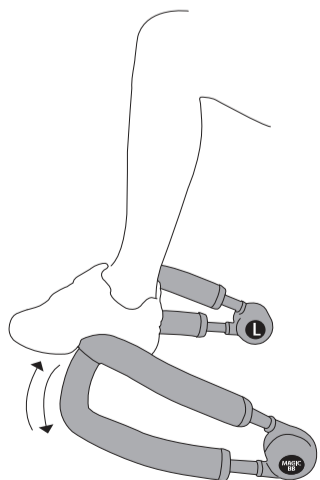
1: Lie on your back with your knees bent and your feet flat on the floor.

2: Place the core trainer on your chest, with the small bar positioned just below your breast.

3: Grip the core trainer just above the joints on the large bar. Raise your leg and position the large bar so that it sits just below your knee caps.

4: To work out: Lift and point your toes towards the ceiling and bring your knees towards your chest, then back again.

8. Leg raises



Works your leg, thigh and bottom muscles.

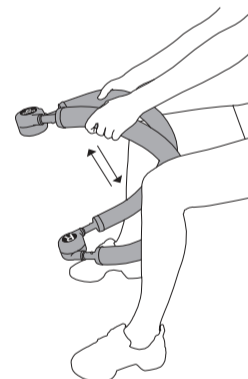
1: Place the core trainer on the floor with the large bar down.

2: Stand on your left leg, placing your right foot on the top of the small bar.

3: To work out: Push your foot down on the bar, pushing it all the way to the floor, then return to your original position. Repeat the same exercise with your left leg, remembering to complete the same number of reps for each leg.

7

9. Thigh training



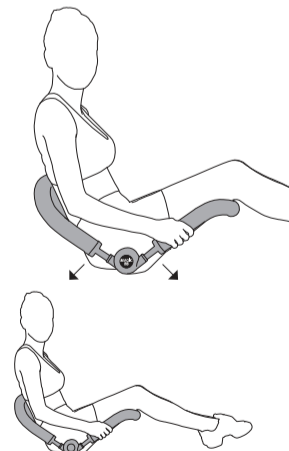
Works your thigh, waist and bottom muscles.

1: Sit on a chair with both your knees apart.

2: Place the core trainer between your knees, with your hands holding both bars just below the top joint.

3: To work out: Bring both your knees together and then return to the original position.

10. Sit-up crunch



Works your stomach, waist and thigh muscles.

1: Place the core trainer on the floor.

2: Sit down inside the core trainer with your back towards the small bar and with your legs placed over the large bar.

3: Position yourself so that your bottom is between the joints, your knees are bent, and your feet are flat on the floor.

4: Position the large bar so that it sits just behind your knees.

5: To work out: Try to lie flat by leaning back against the small bar and raising your feet off the ground, then return to a seated position.

Care and Maintenance

1. Regularly check for damage and wear to maintain the safety level of the equipment.
2. Replace defective components immediately or keep the equipment out of use until repair.
3. Need special attention to components most susceptible to wear.

MADE IN CHINA

CUSTOMER SERVICE

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8