



fitness

User Guide

Ab Trimmer



AFTER SALES SUPPORT

 USA 1 866 498 5269  customerservice@puregbi.com

MODEL: 44462

2
YEAR
WARRANTY

Congratulations!

You have made an excellent choice with the purchase of this quality Crane® product. By doing so you now have the assurance and peace of mind which comes from purchasing a product that has been manufactured to the highest standards of performance and safety, supported by the high quality standards of ALDI.

We want you to be completely satisfied with your purchase so this Crane® product is backed by a limited manufacturer's 2 year warranty and an outstanding after sales service through our dedicated Helpline.

We hope you will enjoy using your purchase for many years to come.

If you require technical support or in the unlikely event that your purchase is faulty please telephone our Helpline for immediate assistance. Faulty product claims made within the 2 year limited warranty period will be repaired or replaced free of charge provided that you have satisfactory proof of purchase (keep your receipt safe!). To ensure warranty coverage, please refer to the last page of your instruction manual, fill out, and return the enclosed warranty card. This does not affect your statutory rights. However, be aware that the warranty will become null and void if the product is found to have been deliberately damaged, misused or disassembled.



General Information and Safety Instructions

Please read these instructions in their entirety before use and retain for future reference. Ensure that this product has been assembled correctly per the instructions in the manual. This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and use of this equipment.

Before starting any exercise program, always consult your physician to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.

If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and contact your doctor and/or obtain medical assistance.

Do not exceed Maximum Weight of 220 LBS (100 KGS).

This unit must be assembled and disassembled by adults only.

This unit is designed only for sit-up exercises. Do not use this product for any other purpose.

Before each use, inspect this unit, and replace any worn, defective or missing parts before using. It is important to check the entire trimmer to ensure the frame and headrest are secure and steady and all parts are in good condition. If any damaged parts are found, secure from use until replacement parts are obtained.

This product is intended for individual use by persons over the age of 13 years.

Do not allow children to use or play with this item. Do not allow children or pets to play nearby this unit when in use. The rocking function can pinch extremities against the floor and cause serious injury.

This Ab Trimmer is only designed for normal residential use. It is NOT intended for commercial applications and/or in public areas such as schools, parks, commercial/communal gyms, etc.

Your Ab Trimmer must be placed at a safe distance from any vertical or horizontal obstructions, such as stairways/stairwells, power cables, shelving, pools, walls, overhead or wall features, windows, furniture, appliances, etc. Keep on a stable, level surface.

It is recommended that the use of an appropriate floor covering such as a rubber fitness mat is used in conjunction with this product to prevent product slippage, discomfort, and/or injury.

Do not store this unit outdoors or where exposed to moisture or extreme temperatures.

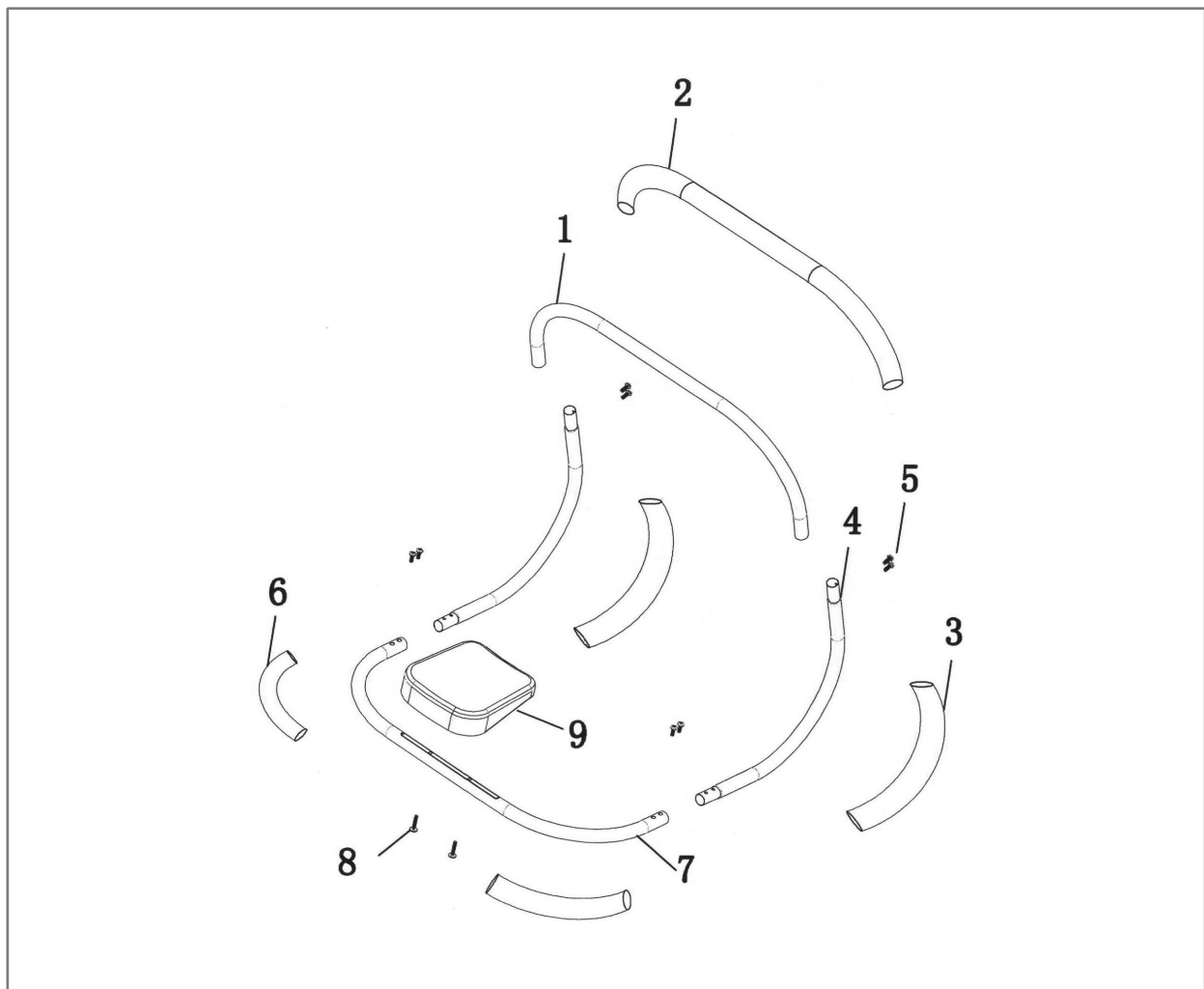
Failure to exercise proper caution may result in serious injury or death, or both.

Always remove any sharp objects (jewelry, belt buckles, etc.) before using this unit. Never use the trimmer while wearing loose fitting clothing or clothing with accessories that may become tangled. These present a strangulation hazard.



Parts List

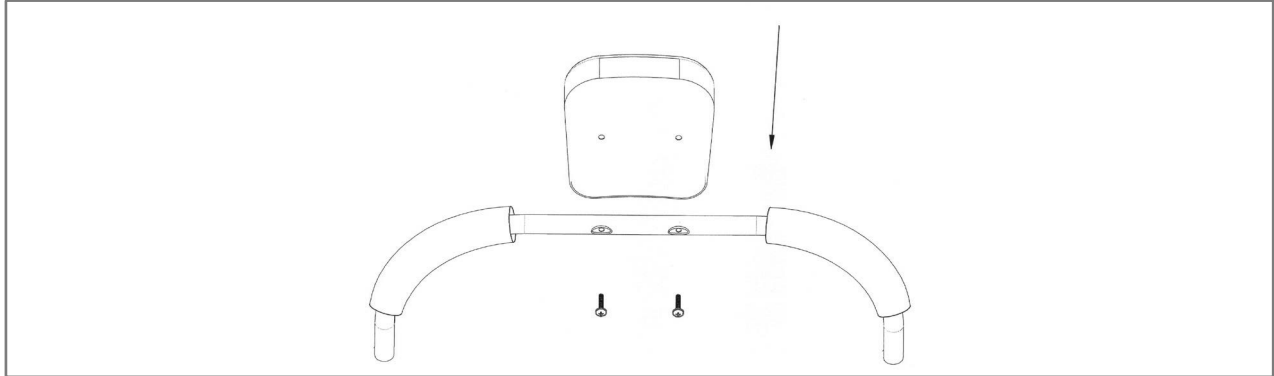
Part #	Description	Quantity
1	Support Tube	1
2	Foam Tube (950mm)	1
3	Foam Tube (420mm)	2
4	Connecting Tube	2
5	Bolt M6*10mm	8
6	Foam Tube (125mm)	1
7	Headrest Support	1
8	Bolt M6*30mm	2
9	Headrest	1



Assembly Instructions

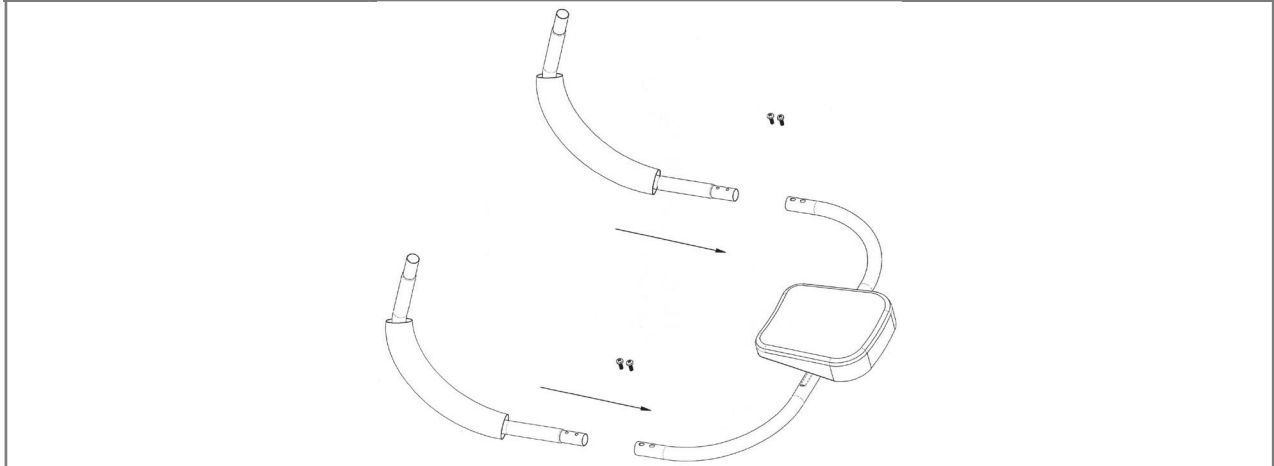
Follow the instructions on this page to assemble your Ab Trimmer. If you have any questions regarding the assembly of your unit, or in the unlikely event you are missing an assembly component, please contact our Customer Service Department using the information at the bottom of this page.

Step 1: Attach Headrest



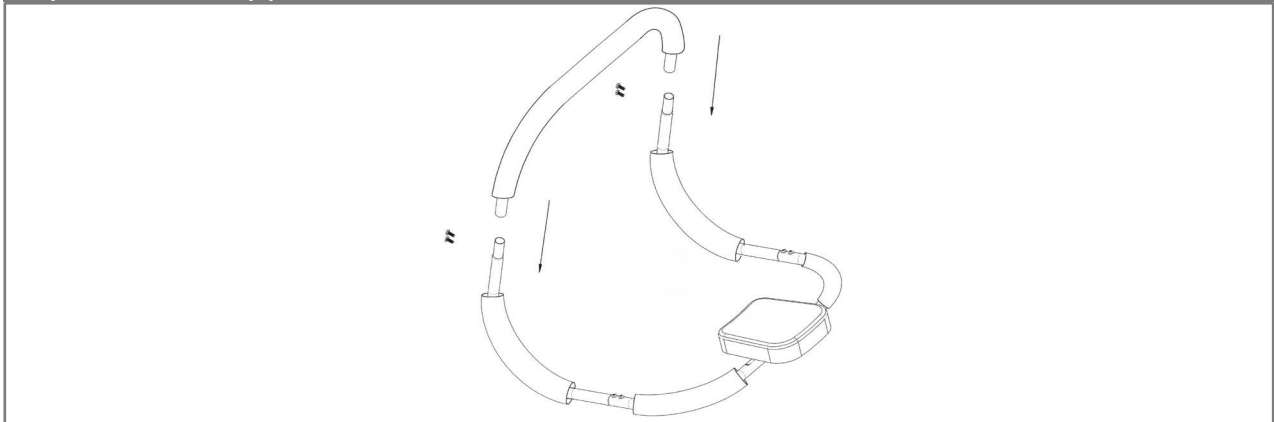
Attach the Headrest (9) to the Headrest Support (7) using 2x M6*30mm Bolts (9).

Step 2: Attach Connecting Tubes



Attach 2x Connecting Tubes (4) to the Headrest Support (7). Secure this assembly with 4x M6*10mm Bolts (5).

Step 3: Attach Support Bar



Attach Foam 950mm (2) to Support Tube (1). Secure the Support Tube using 4x M6*10mm Bolts (5).

Read prior to use of your Ab Trimmer

It is recommended that before beginning any exercise regimen that you consult a physician to determine your current level of fitness and determine the exercise program that is the most appropriate for your particular age and condition.

If you experience any pain of tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and contact your doctor and/or obtain medical assistance.

Make sure the Ab Trimmer is placed on a stable and level surface. It is recommended that an appropriate fitness surface is used in conjunction with your Ab Trimmer, such as a rubber exercise mat.

The area is well lit and there are no obstructions above, beneath, or around the unit.

Indoor use only – position so that there is sufficient overhead height for free movement of this unit. Never position this unit underneath a low shelf or near shelving and furniture.

Caution and care must be taken in unpacking and assembly of this product. The contents are not suitable for children under 3 years. This product contains small parts, which may cause choking.

Safe Use of Your Ab Trimmer

Recommended age for this Trimmer is 13 +.

Maximum weight Limit: 220 LBS (100 KGS).

This Trimmer is designed for one user only. Do not let more than one person use this product at the same time.

Users should not wear clothing, jewelry, or anything that could catch or snag on the product (e.g. loose clothing, cords, shoulder bags).

Users should always keep the head firmly against the Headrest. Lifting with your neck while performing sit-ups can result in injury to the neck and or spine.

Do not allow small children or pets to crawl or play nearby this unit when in use. The rocking function can pinch extremities against the floor and cause serious injury.

Inspect your Trimmer prior to each use. Immediately discontinue use if any breakage to the frame assembly or Headrest are found. Failure to do so may result injury and/or further damage to the product.



Please see below for some common exercises you can perform on your Ab Trimmer:



Standard Sit-up

Perform the exercise as shown above. Keep your feet firmly planted on the floor and your head against the Headrest. With your hands gripping the Support Bar, use your ab muscles to fully raise and lower your body, applying slight pressure from your arms to assist if needed as you raise and lower your torso. Perform 10 reps, rest, and repeat.

Crunch Variation

Similar to the exercise shown above, but raise your knees to your torso first. Keep your hands on the Support Bar and your head against the Headrest. Use your ab muscles to quickly raise your chest so it touches your knees, hold for a second and lower. Only apply pressure from your arms if needed to assist as you raise and lower your torso. Perform 20 reps, rest and repeat.

“My Trimmer is under warranty and I have a claim for a missing/damaged part. How do I proceed?”

Please contact Customer Service (information at the bottom of this page). Be sure you have filled out and returned the warranty card on page 9, or have your proof of purchase before contacting our Customer Service Department. Please refer to the Parts List on page 4 to obtain the correct part number. Please note that the hours of operation for the Customer Service Department is 9am-5pm (EST), Monday through Friday.

“I have a missing/broken component, can I continue using the Trimmer while awaiting my replacement?”

No. Caution should always be used with exercise equipment. Even one missing or damaged part can result in additional damage to the unit and presents a safety hazard. You should secure your Ab Trimmer against further use until authorized replacement parts have been sent to you.

Other Useful Information

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Your Trimmer is designed primarily as an indoor product. While outdoor, fair weather use is acceptable, this Trimmer should never be stored outdoors or exposed to long durations of extreme temperatures or moisture levels.

Please inspect your Ab Trimmer prior to each use. Ensure that the Foam Tubes are completely covering the correct areas, the bolts are securely fastened, the steel tubing is not cracked or damaged, and the Headrest is securely in place. If any of damage is discovered this unit should not be used until the issue(s) have been resolved.

In order to ensure your limited warranty coverage, please fill out and return the warranty card on the following page.



Please fill out the below sheet and return it to the address contained on the warranty card. Returning this card is required to be covered under our Limited Warranty.




Ab Trimmer

Your details:

Name _____

Address _____

 _____ E mail _____

Date of purchase* _____

* We recommend you keep the receipt with this warranty card

Location of purchase _____



Description of malfunction:

Return your completed warranty card to:

Pure Global Brands, Inc.
8040 Belvedere Road
West Palm Beach, FL
33411

customerservice@puregbi.com

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