

AB GENERATOR

ITEM NO.: 1515

IMPORTANT!

Please read all instructions carefully before using this product. Retain this manual for future reference.

IMPORTANT SAFETY NOTICE

Note the following precautions before assembling or operating the machine.

1. THE MAXIMUM WEIGHT CAPACITY OF THE MACHINE IS 100 KGS. Persons whose body weight exceeds this limit should NOT use this machine.
2. Keep children and pets away from the machine all times. DO NOT leave unattended children in the same room with the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms. STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, level surface. Place mat under the unit to help keep the machine stable and to protect flooring.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. DO NOT place any sharp objects around the machine.
8. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
9. Before exercising, always do stretching first.
10. NEVER operate the machine if it is not functioning properly.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. THANE FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS

ASSEMBLY & USAGE

BEFORE you begin

1. Locate a comfortable work site. Assemble your machine in an open space with adequate ventilation and lighting. Because the machine is portable, to some extent, you need not assemble it exactly where it is to be used. For your convenience, however, you should avoid hauling the machine across excessive distances, through narrow passage ways or over staircases once its assembly is complete.
2. Find your tools. You will need the following tools to assemble the machine.
 - Adjustable wrench
 - Standard screwdriver
3. Review all safety guidelines on page 1 of this manual.

Identify your hardware

4. Organize your bolts and nuts before assembly. Nuts are identified by the diameter of their cavities. For more information, refer to exploded view diagram and parts list of this manual.



#30 Plastic front cover (1pc)



#31 Plastic handle cover (2pcs)



#5 Screw: $\Phi 4 \times 16$ mm (1pc)



#17 Bolt: $\Phi 8 \times 12$ mm (4pcs)



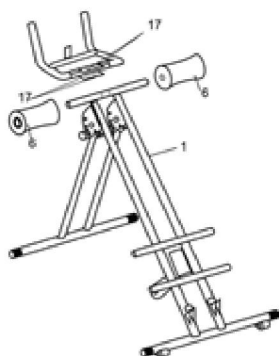
#29 Pin: 1pc

5. Tools required:



Allen key: 1pc

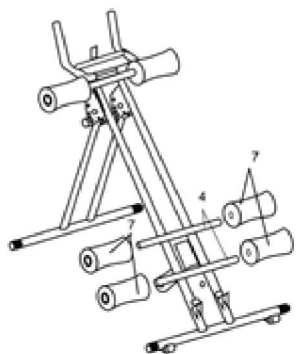
Assembling your machine



Step1: Install the Handlebar.

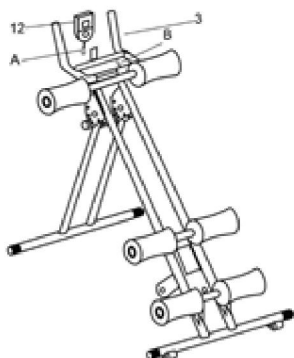
Attach Handlebar (3) onto the Sliding tube frame (1) with Bolts (17) and Arc washers (22).

Attach the foam grips (6) to the cross-bar of Sliding tube frame (1).



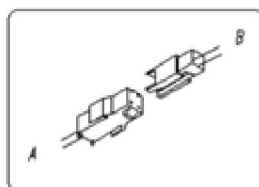
Step2: Attach Foam grips.

Attach the Foam grips (7) onto the Knee frame (4).



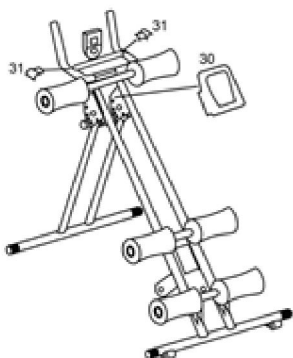
Step3: Attach the Monitor.

Attach the monitor (12) to the Handlebar(3). Then attach the connector A to connector B as shown in the picture.



Step4: Attach the cover

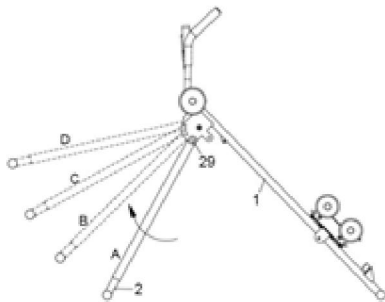
Put the plastic handle cover (31) on the handle bar (3). Put the Plastic front cover (30) and use the screw (5) to lock it tight.



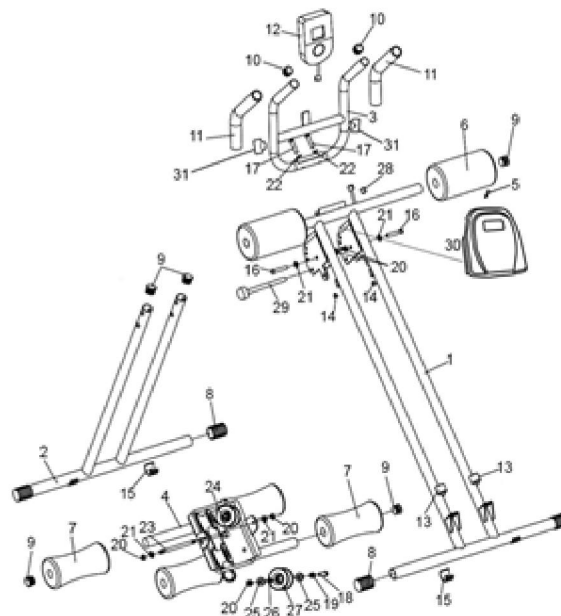
Resistance

Based on the traditional Sun Salutation in the yoga the plank pose has time tested benefits including power, flexibility and balance all working together in perfect harmony. The machine is the only workout that gives you the perfect plank positioning. Use any of the 4 resistance levels. Start from D-EASY if you are a beginner or if you just want to do more reps. Then you can move up to 2 different intermediate level settings (B-HARD, C-MEDIUM). And finally the extreme level lets you get the highest level of resistance on the machine.

Remove the Pin (29) from Sliding tube frame (1). you can choose the levels (A-EXTREME, B-HARD, C-MEDIUM, D-EASY) for exercise as shown below.



EXPLODED DIAGRAM



PART LIST

No.	DESCRIPTION	QTY	REMARKS
1	Sliding tube frame	1	
2	Front post	1	
3	Handlebar	1	
4	Knee frame	1	
5	Screw	1	Φ4x15
6	Foam grip	2	Φ23x80xL160
7	Foam grip	4	Φ23x67xL160
8	End cap	4	
9	End cap	8	
10	End cap	2	
11	Handlebar grip	2	Φ20x30xL205
12	Monitor	1	
13	Cushion	2	
14	Cushion	2	
15	Foot pad	2	
16	Bolt	2	M8xL45
17	Bolt	4	M8xL10
18	Bolt	4	D10x1.5
19	Big spacer	4	Φ12xΦ8.2x9
20	Nylon nut	8	M8
21	Flat washer	8	M8
22	Arc washer	2	M8
23	Axle	1	M8xL180
24	Magnet	1	Φ17x8
25	Bearing	8	608Z
26	Spacer	4	Φ13xΦ8.5x5
27	Roller wheel	4	Φ55x30
28	Stoppie	1	Φ12
29	Pin	1	
30	Plastic front cover	1	
31	Plastic handle cover	2	

MONITOR INSTRUCTION

SPECIFICATIONS

TIME 00:00-99:59 MIN:SEC

COUNT 0-9999 TIMES

CALORIES (CAL) 0-9999 KCAL

STRIDES/MIN (REPS/MIN) 0-9999 TIMES/MIN



KEY FUNCTION:

MODE: This key lets you 10 select and lock on to a particular function you want.

OPERATION PROCEDURES:**1. AUTO ON/OFF**

- The system turns on when any key is pressed or when it receives a signal input from the speed sensor.
- The system turns off automatically when the sensor has no signal input or no key are pressed for 4 or 5 minutes.

2. RESET

The unit can be reset by either changing batteries or pressing the MODE key for 3 or 4 seconds

3. FUNCTIONS**<1> TIME**

- Press the MODE button until the pointer reaches TIME.
- Automatically collects exercise time when start exercising

<2> COUNT

- Displays current counts during the time of your exercise

<3> CALORIES (CAL)

- Press the MODE button until the pointer reaches CALORIE (CAL)
- Automatically collects exercise calories when start exercising.

<4> STRIDES/MIN

- Press the MODE button until the pointer reaches STRIDES/MIN.
- Automatically collects the counts per minute when start exercising

<5> SCAN

- Automatically displays the following functions in the following order:
TIME → CALORIE → STRIDES/MIN.

4. BATTERIES

- If the monitor screen cannot work properly, please replace the battery to have a good results
- This monitor uses 1 battery "AA" or UM-3. You can replace the battery in the same size.