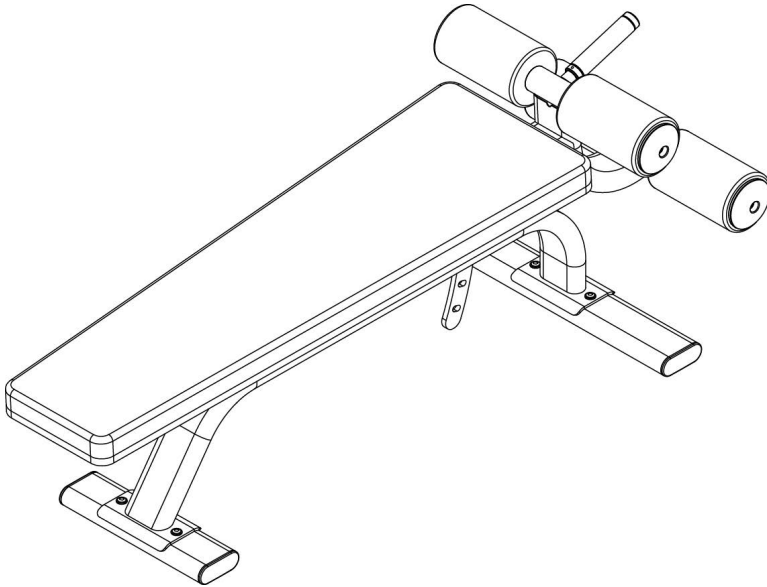


UP104

Operation instruction



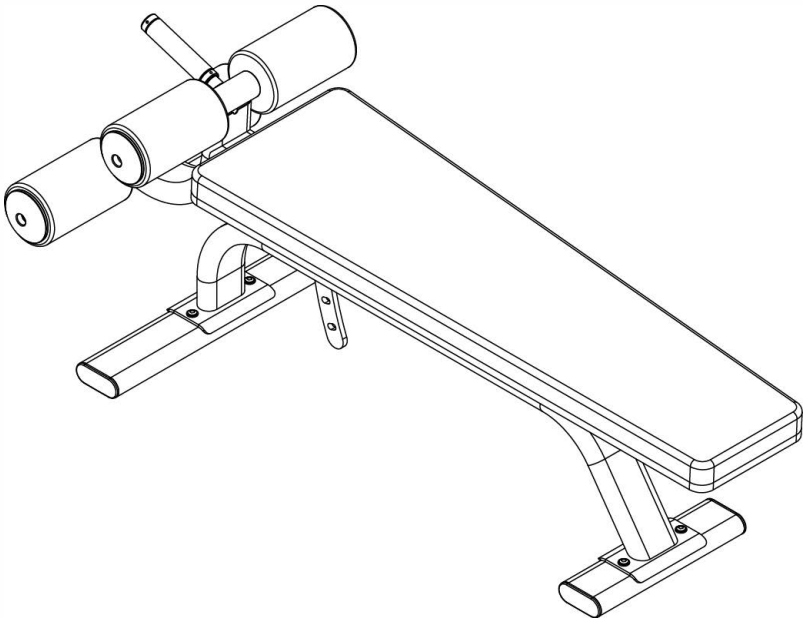
Adjustable abdominal chair

Attention!

Please read the instructions carefully before using this equipment.

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Important safety facts

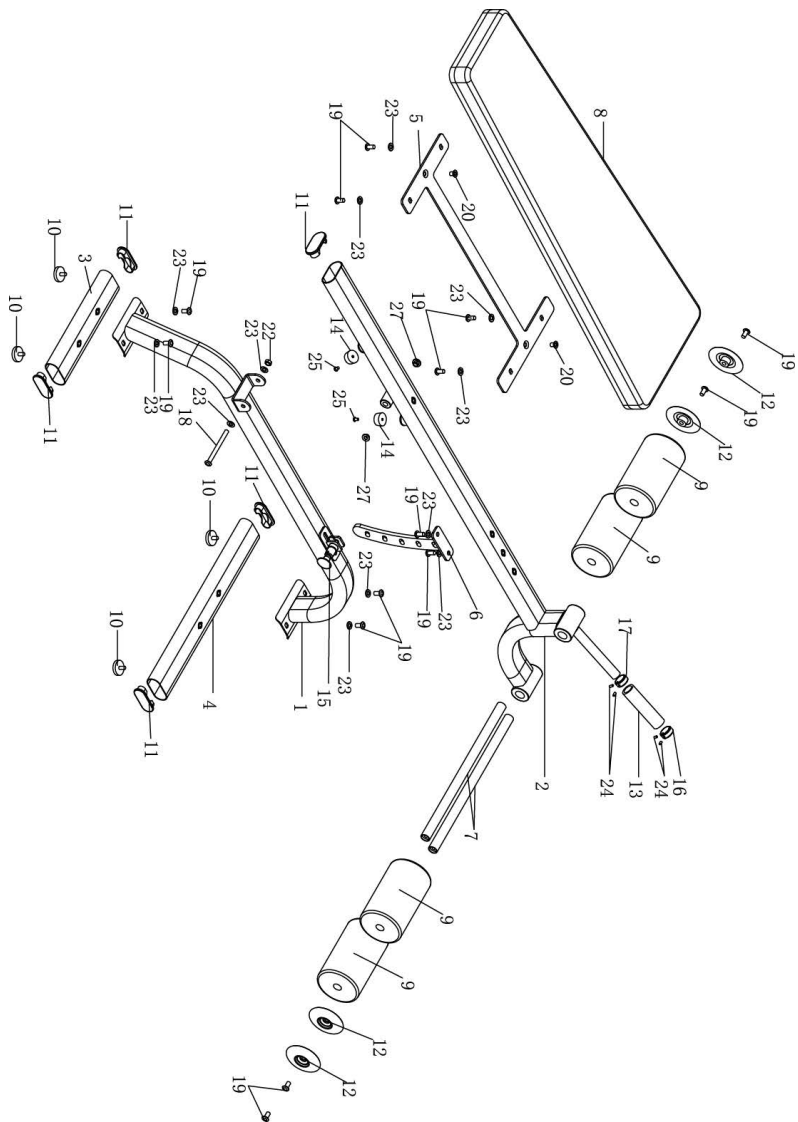
Please keep the instruction manual properly for future reference.

Precautions

Although the safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions that you need to follow during the operation. Please read and use this manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid letting children and pets near the training equipment. Children who are left unattended cannot be left alone in the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment.
3. If the user feels dizzy, nausea, chest tightness or other discomfort, please stop using it immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat plane, and shall not be used near the water source or outdoors.
5. When using, hands should not be close to any transmission parts.
6. When using the training equipment for training, the clothes should be suitable for training, and do not wear loose clothes or other clothes that may get stuck during training. It is suggested to wear sports shoes or health care shoes as much as possible during training.
7. In the process of using the training equipment, the training can only be carried out in the manner described in the operation instruction manual, and it is forbidden to carry out the training in the manner not mentioned in the operation instruction.
8. Do not put any sharp objects around the training equipment.
9. Persons with disabilities are not allowed to use the training equipment without the supervision of sparring staff or nursing staff.
10. Before training, warm up by doing various stretching exercises.
11. If the training equipment has abnormal function, please stop using it.
12. In the process of training, make training records at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum user weight of this product is 150kg.

Exploded view

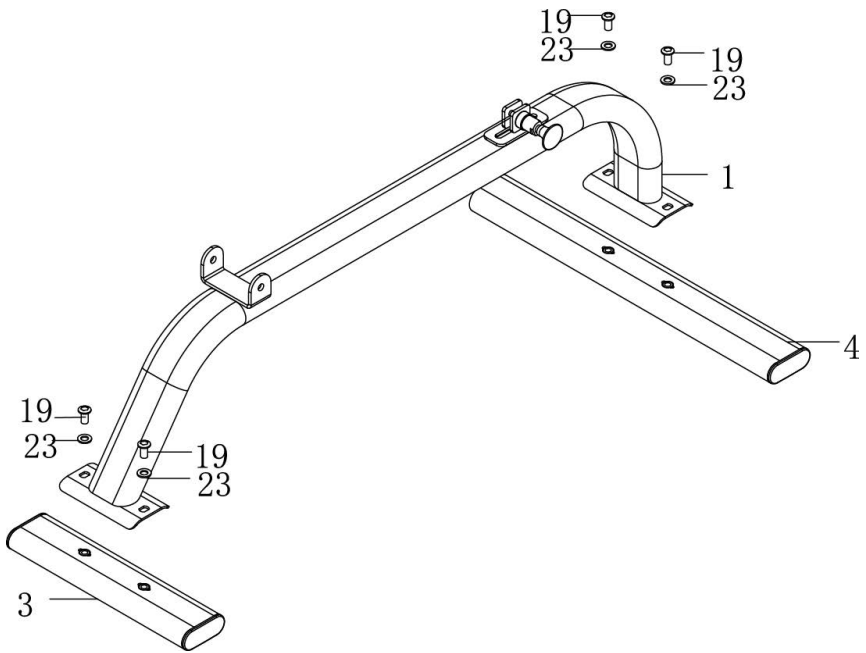


Parts list

Parts list					
Number	Name and specification	Quantity	Number	Name and specification	Quantity
1	Base frame	1			
2	Cushion frame	1			
3	Front leg pipe weldment	1			
4	Rear leg pipe weldment	1			
5	Pad reinforcement plate	1			
6	Adjusting sheet metal weldments	1			
7	Sponge rod tube	2			
8	Cushion	1			
9	Sponge stick	4			
10	Adjust the foot pad	4			
11	40*100*2.0 foot covers	5			
12	∅ 25 round tube end cover	4			
13	Handle grip sleeve	1			
14	Cushion $\phi 32*16(\phi 7)$	2			
15	Pull pin M20*20 (rod $\phi 10*14$)	1			
16	Aluminum plug $\phi 35*\phi 26*24*M5$	1			
17	Aluminum retaining ring $\phi 35*\phi 26*20$	1			
18	M10*115 pan head hexagon bolts	1			
19	M10*20 pan head hexagon bolts	12			
20	M10*20 hexagon socket countersunk head bolt	2			
21	N/A				
22	Locknut	1			
23	∅ 10 gasket	10			
24	M5 set screw	4			
25	Cross recessed pan head screws (M6*20)	2			
26	N/A				
27	Axle sleeve	2			
TOOL					
	Hexagon wrench 6#	1			
	Wrenches 14# and 17#	1			

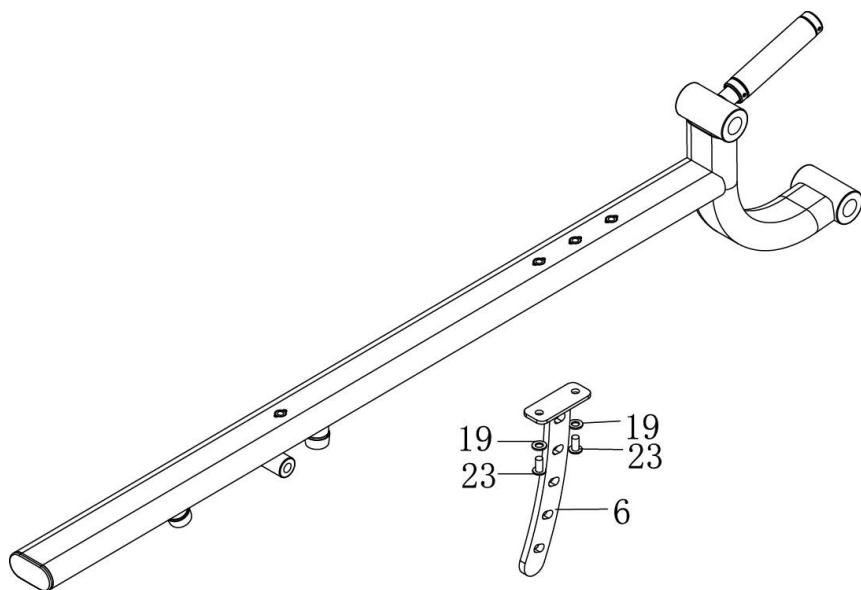
Assembly instruction

STEP 1



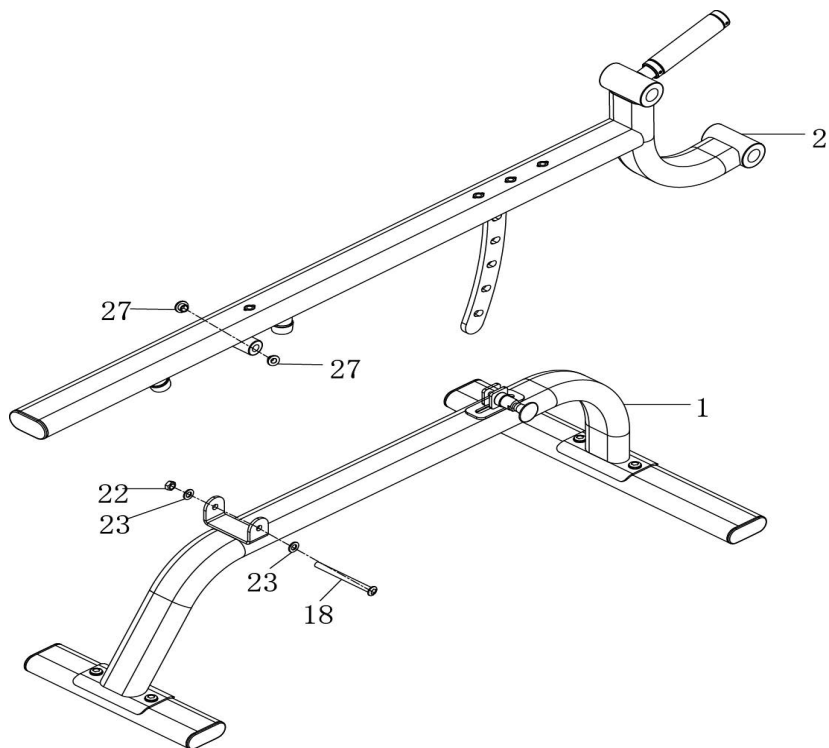
1. Place the base frame (1) and the front foot pipe weldment (3) according to the drawing, align them with their holes, and temporarily lock them with M10*20(19) and ϕ 10 flat gasket (23) without locking them.
2. Place the base frame (1) and the rear leg pipe weldment (4) according to the drawing, align them with their holes, and temporarily lock them with M10*20(19) and ϕ 10 flat gasket (23) without locking them.

STEP2



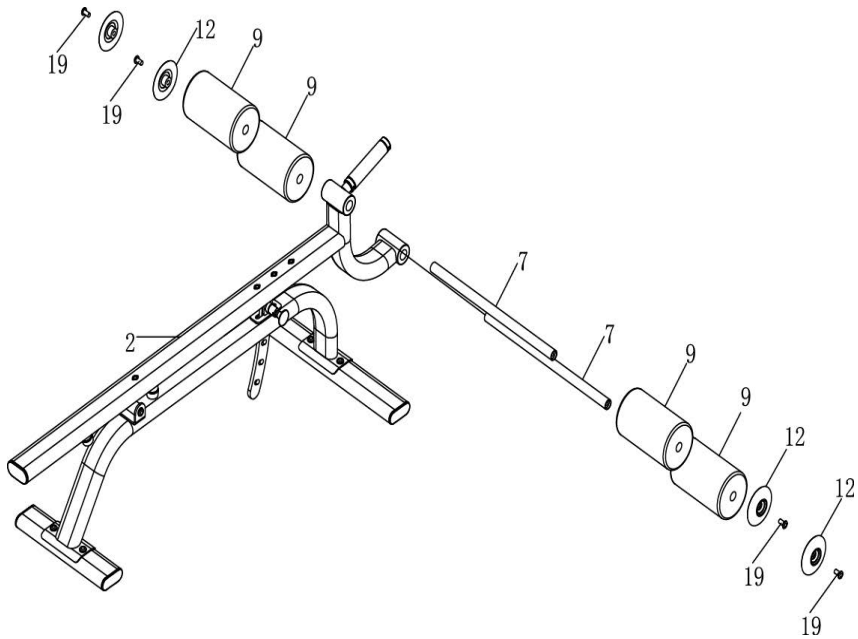
1. Place the adjusting plate (6) and the cushion frame (2) according to the drawing, align with the hole position, and lock it with M10*20(19) and φ 10 flat gasket (23).

STEP 3



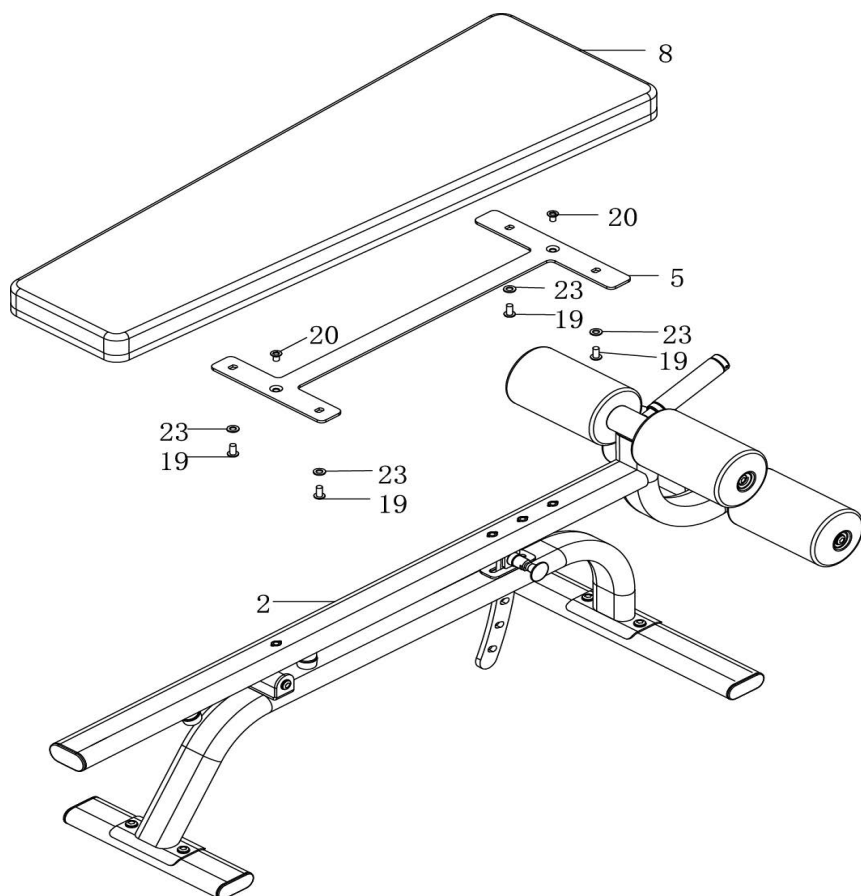
1. Place the base frame (1) and cushion frame (2) according to the drawing, align the holes, and fix them with M10*115 pan head hexagon bolt (18), powder shaft sleeve (27) and ϕ 10 flat gasket (23), without locking them for the time being.

STEP 4



1. Place the sponge rod tube (7) and cushion frame (2) according to the drawing, with the size centered, then put the sponge rod (9) into the sponge rod tube (7), cover it with the $\Phi 25$ round tube end cover (12), and finally use a pan head hex bolt (19).

STEP5



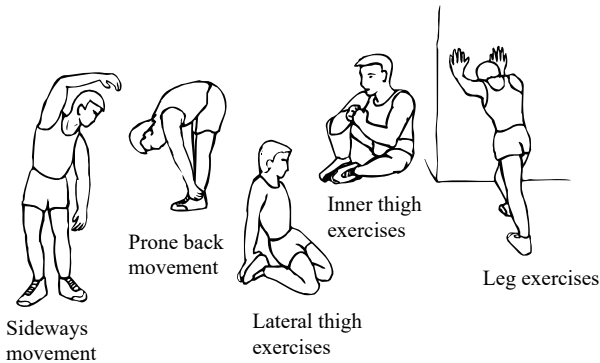
1. Place the cushion reinforcement plate 5 and cushion frame (2) according to the drawing, align the holes, and lock them with countersunk bolts M10*20(20). 2. Place the seat cushion (8) and the plate cushion reinforcing plate (5) according to the drawing, align them with the hole position, and lock them with a flat gasket (23) with a pan head hexagon socket bolt M10*20(19) and a pan head hexagon bolt M10 * 60 (21) ϕ 10.

Training Instruction

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

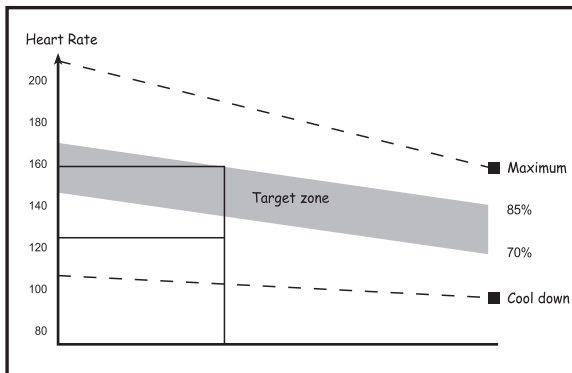
Warm up before training.

The warm-up exercise at this stage can enhance the blood circulation of the trainer's body, make the muscles reach a good training state, and at the same time reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following suggested training methods. Each stretching exercise must be held for about 30 seconds. When doing exercises, you should not do strenuous stretching exercise to avoid muscle damage. Please stop practicing once your muscles are damaged.



Training stage

This stage is a formal training stage. After long-term regular practice, users can improve the flexibility of leg muscles. The key in the training process is to practice at a stable training intensity according to your own training situation. During practice, the user should choose reasonable training intensity and keep the heart rate within the target range listed in the following table.



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery stage after training.

In the recovery stage, users need to repeat the activities in the preparation stage. In this process, the user can appropriately reduce the range and speed of the movement, which lasts about 5 minutes. Exercise adjusts the body heat and relaxes the muscles. It should be noted that you should not do strenuous stretching activities during exercise, so as not to injure muscles.

Under the condition of adapting to training, the user can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, record the average level of weekly practice.



Training record

Use this blank paper to record the results of your training.

