

Инструкция

Скамья для прессы Life Gear 76200

Полезные ссылки:

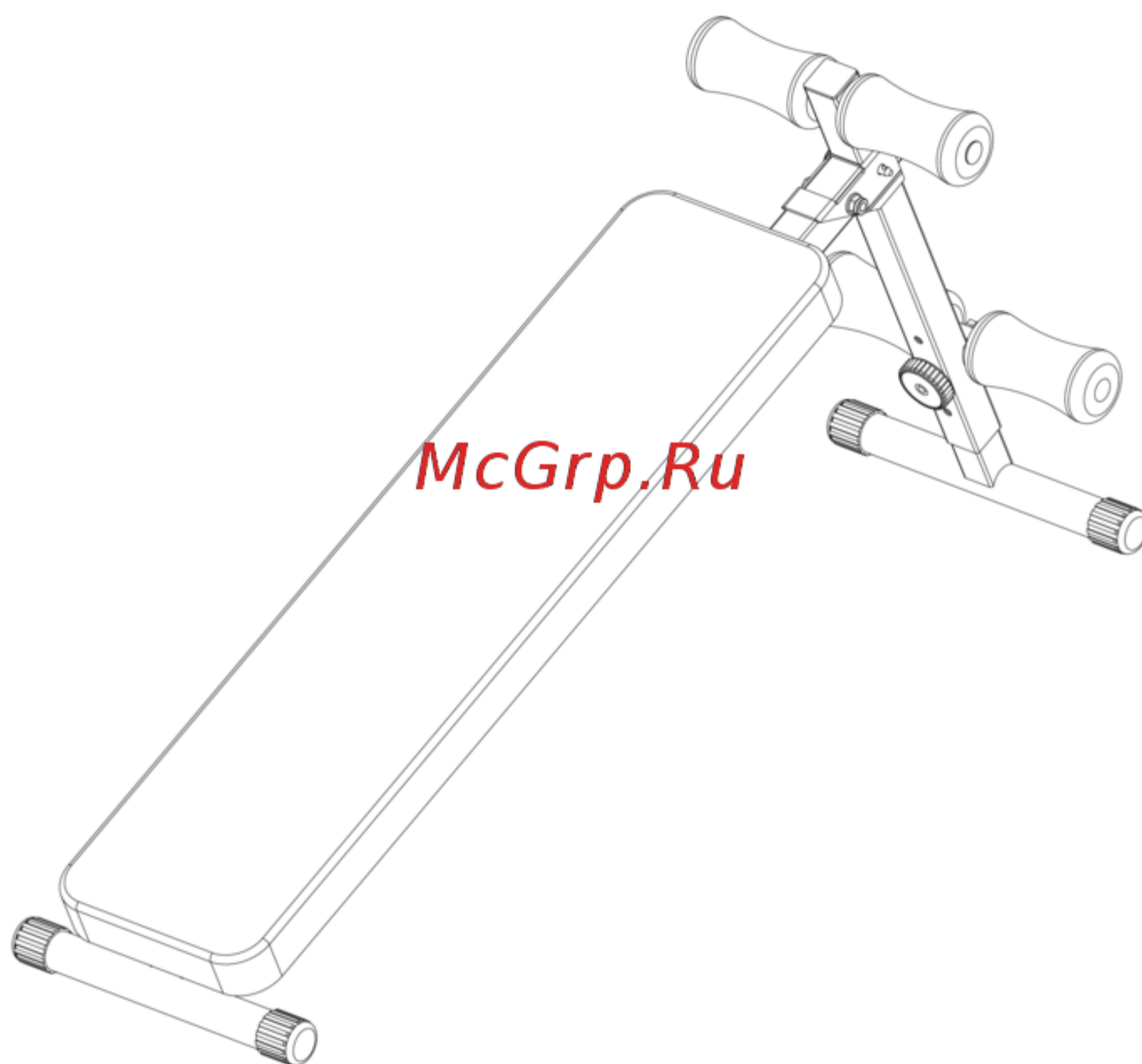
[Скамья для прессы Life Gear 76200 - смотреть на сайте](#)

Ab Board Special

ITEM NO.: 76200

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this slant board. Read all instructions before using this slant board.

1. Read all the instructions in this manual and do warm up exercises before using this slant board.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This slant board should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes when using this slant board. Do not wear clothes that might catch on any part of the slant board.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Close supervision is necessary when this slant board is used by, on, or near children, invalids, or disabled persons.
8. Children should not use the slant board without adult supervision.
9. Do not jump on the slant board.
10. Do not use this slant board outdoors.
11. Inspect and tighten all parts each time before using this slant board.
12. This slant board is for household use only.
13. Only one person should be on slant board while in use.
14. Keep children and pets away from slant board while in use. The minimum free space required for safe operation is not less than two meters.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. Doing all the exercises with a slow and controlled movement.
17. Do not go back more than 90 degrees to the slant board.
18. The maximum weight capacity for this product is 250 lbs/110 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

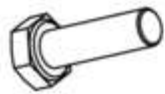
CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rubber Cap Ø38	4	010	Nylon Lock Nut M10	1
002	Main Frame	1	011	Foot Support Frame	1
003	Hex Bolt M6x16	4	012	Knob M8	1
004	Washer Ø6	4	013	Adjustable Foot Frame	1
005	Back Pad	1	014	Pin Ø8x50	1
006	Foam Roller Ø70x140	4	015	Hex Bolt M10x60	1
007	Plastic Cap Ø22	4	016	Washer Ø10	2
008	Square End Cap 38x38	2	017	Leg Hold Down Adjustable Tube	1
009	Foam Roller Tube	1			

HARDWARE PACKING LIST



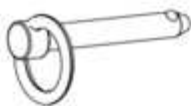
(3) Hex Bolt M6x16
4 PCS



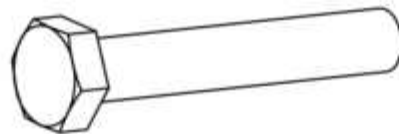
(4) Washer Ø6
4 PCS



(10) Nylon Lock Nut M10
1 PC



(14) Pin Ø8x50
1 PC



(15) Hex Bolt M10x60
1 PC



(16) Washer Ø10
2 PCS

TOOLS

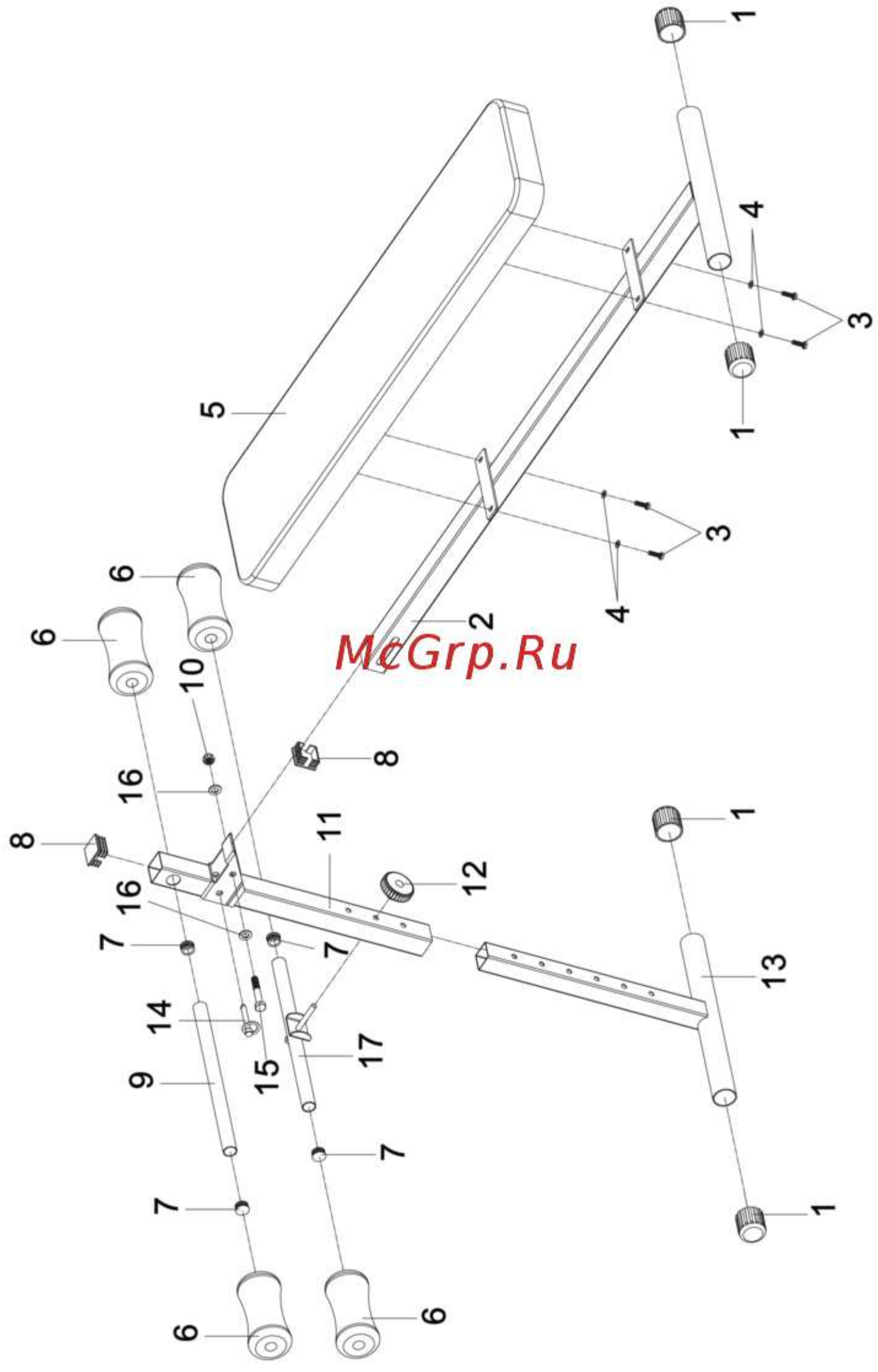


Wrench 14-10
1 PC

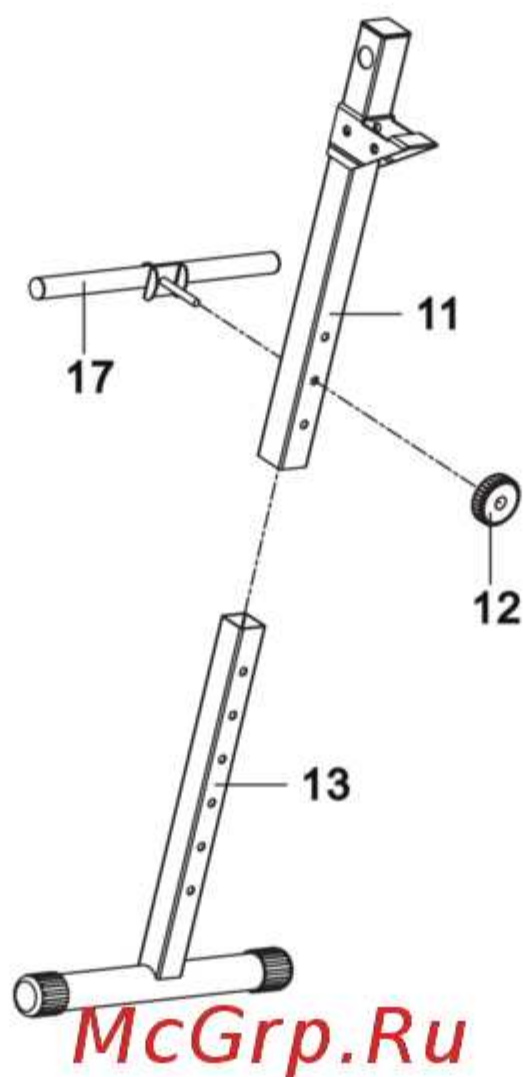


Wrench 14-17
2 PCS

OVERVIEW DRAWING



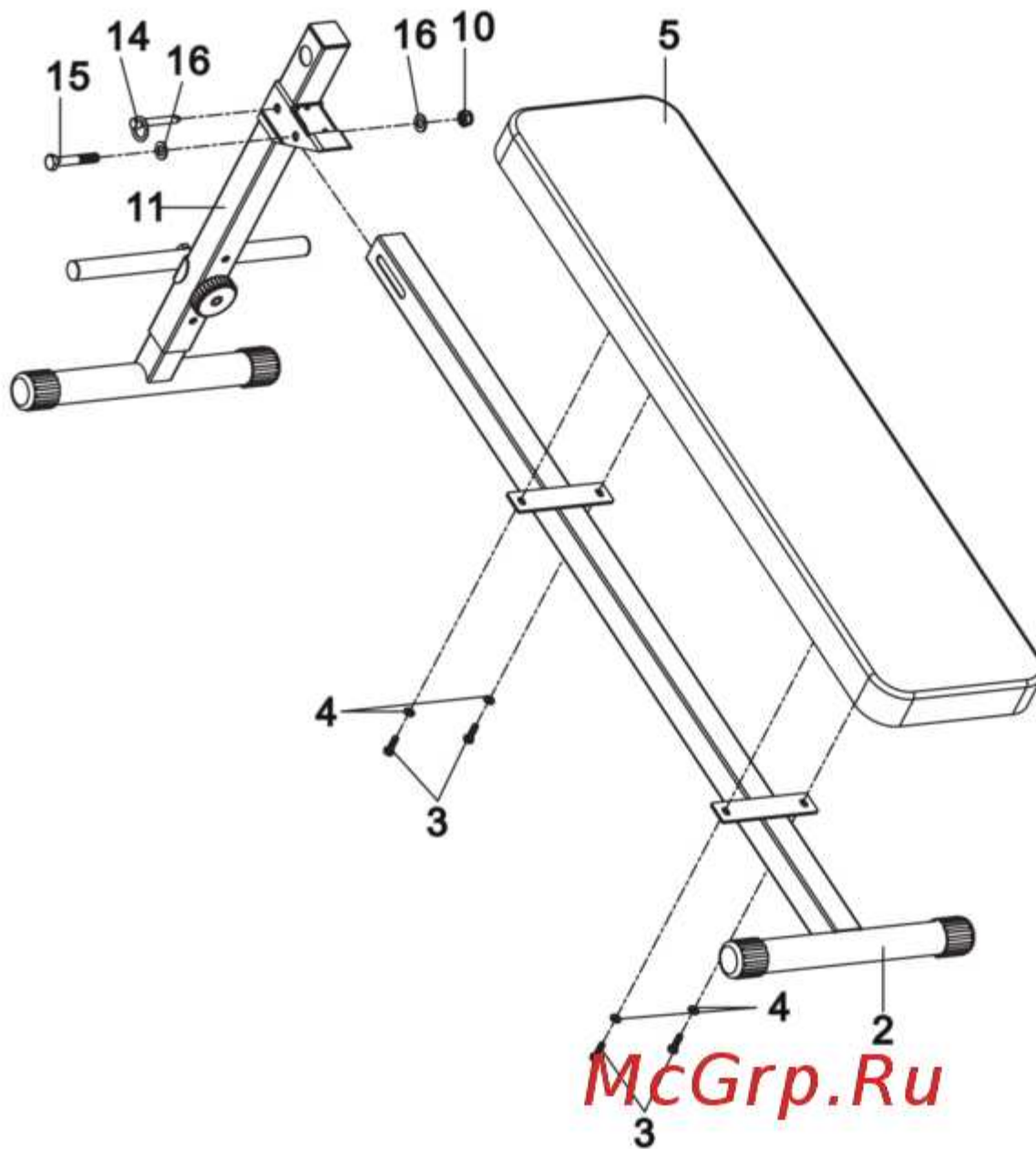
ASSEMBLY INSTRUCTIONS



Step 1

Remove the M8 Knob (12) from the Leg Hold Down Adjustable Tube (17).

Slide the Adjustable Foot Frame (13) into the bottom of the Foot Support Frame (11) and align one of the holes on the Adjustable Foot Frame (13) with one hole on the Foot Support Frame (11). Secure the Adjustable Foot Frame (13) in place using the Leg Hold Down Adjustable Tube (17) and M8 Knob (12).



Tool:



1 Wrench (14-10)



2 Wrenches (14-17)

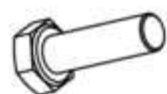
Step 2

Attach the Back Pad (5) onto the Main Frame (2) with four M6x16 Hex Bolts (3) and four Ø6 Washers (4). Tighten bolts with the Wrench provided.

Slide the Main Frame (2) into the Foot Support Frame (11) and align one hole on the Main Frame (2) with one hole on the Foot Support Frame (11). Secure the Main Frame (2) in place using one M10 Nylon Lock Nut (10), one M10x60 Hex Bolt (15), and two Ø10 Washers (16). Tighten bolt and nut with the two Wrenches provided.

Finally, insert the Ø8x50 Pin (14) into the holes on the Foot Support Frame (11) and Main Frame (2) to lock into position.

Hardware:



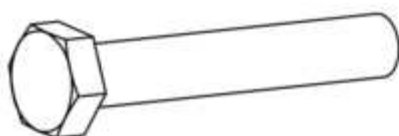
4 Hex Bolts (M6x16)



4 Washers (Ø6)



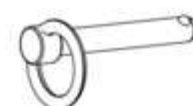
1 Nylon Lock Nut (M10)



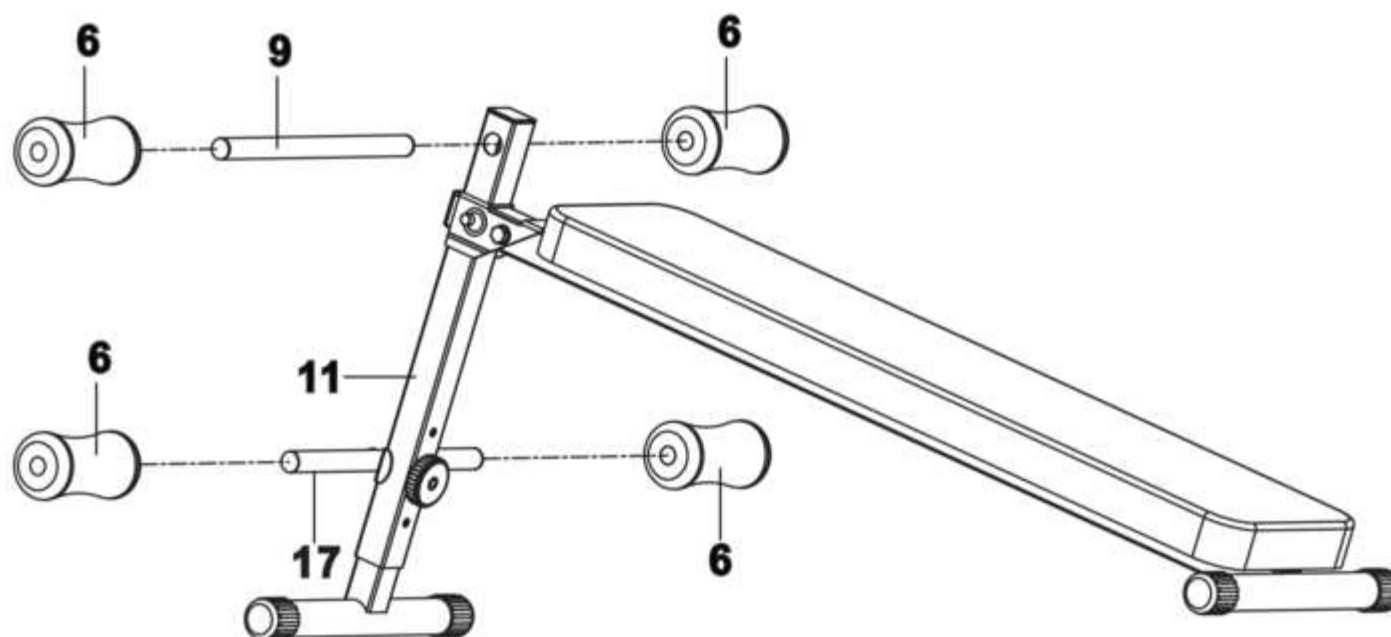
1 Hex Bolt (M10x60)



2 Washers (Ø10)



1 Pin (Ø8x50)



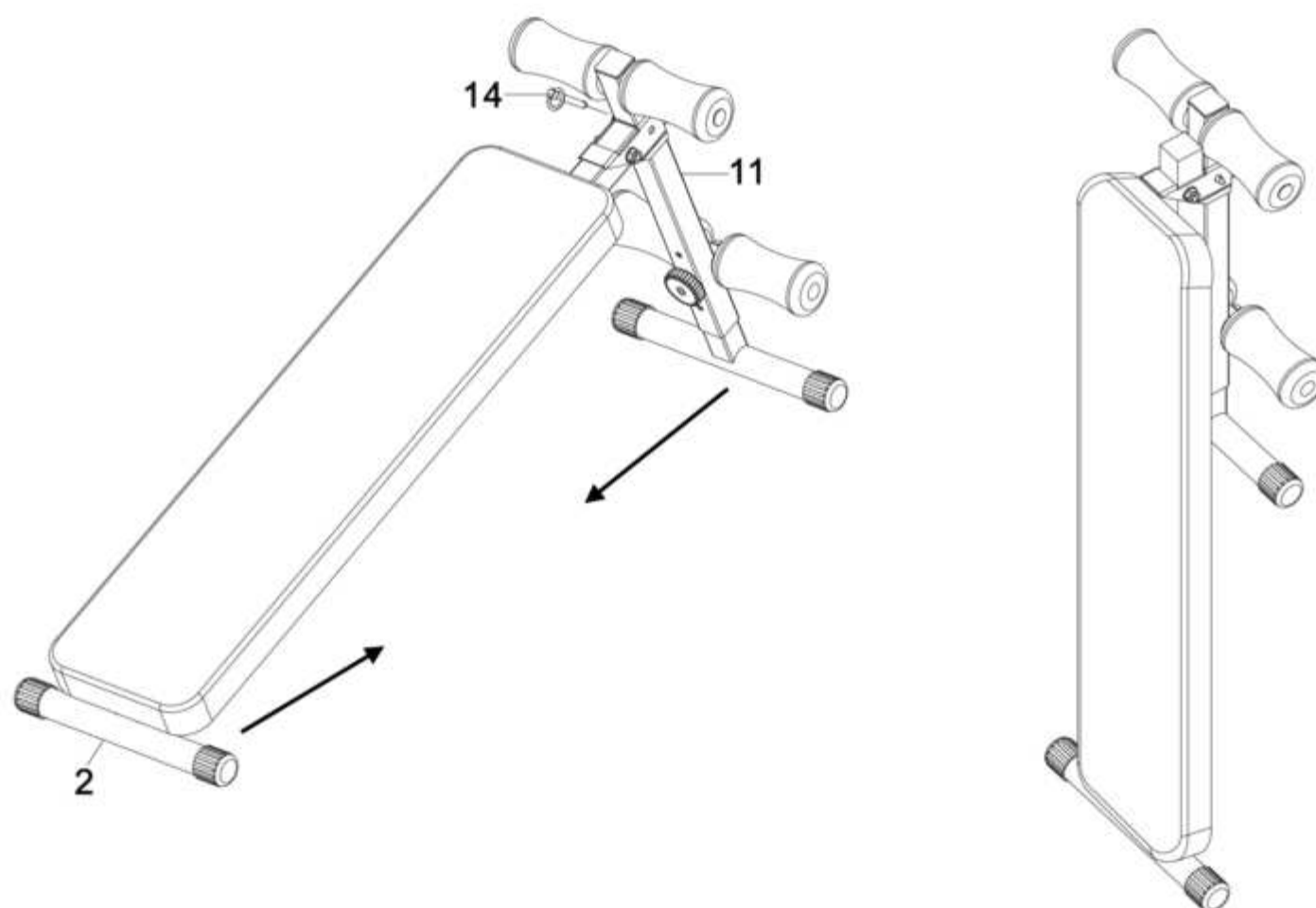
Step 3

Insert the Foam Roller Tube (9) through the hole in the Foot Support Frame (11), leaving room on each side for the Foam Rollers (6). Slide both Foam Rollers (6) onto the Foam Roller Tube (9).

Slide both Foam Rollers (6) onto the Leg Hold Down Adjustable Tube (17).

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STORAGE



Pull out the $\text{Ø}8 \times 50$ Pin (14) from the holes on the Foot Support Frame (11) and Main Frame (2). Then push the Foot Support Frame (11) and Main Frame (2) together until they are completely folded. Finally, insert the $\text{Ø}8 \times 50$ Pin (14) into the holes on the Foot Support Frame (11) to lock into position.

MAINTENANCE

Please wipe your perspiration off the slant board with a clean, dry cloth after each use.

Upholstery can be cleaned with a mild detergent or spray cleaner.

Please inspect all assembly bolts and nuts on the slant board for proper tightness and frame of the slant board for any sign of cracking or permanent bending. If you find this situation, do not use this slant board and contact an Authorized Service Representative immediately.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

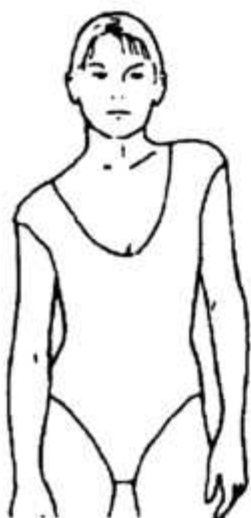
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.





TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

