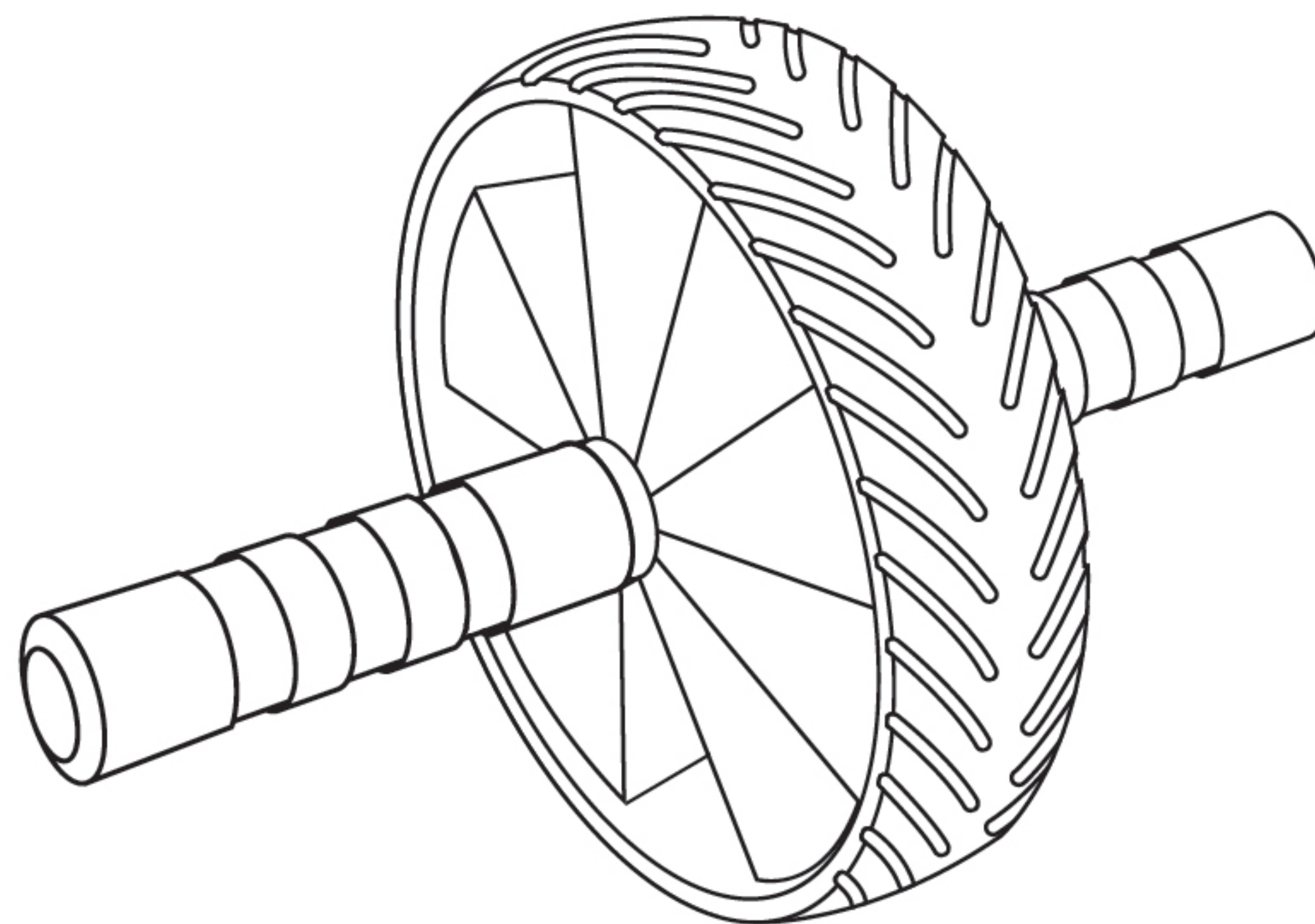


3DActive AB ROLLER



USER GUIDE

THANK YOU FOR CHOOSING THE 3DACTIVE AB ROLLER

This guide is available for download at: www.3dactive.com/guides

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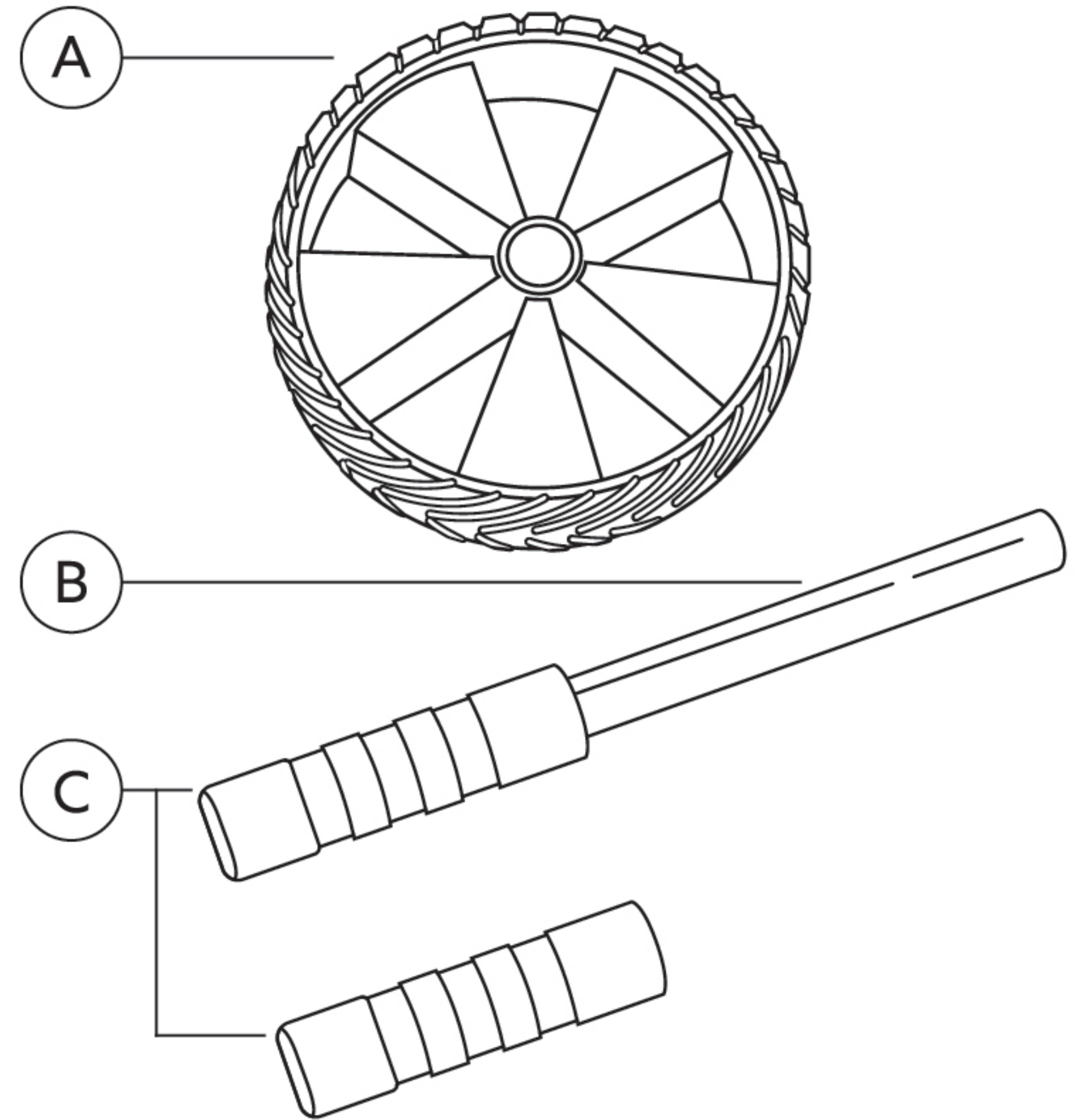
SAFETY WARNING

The exercises described in this guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

- Before every use check for any damage on the ab roller and do not use if damaged.
- Always perform a general warm-up activity before using an ab roller.
- Avoid straining or holding your breath during the exercises.
- Perform each exercise in a slow and controlled manner.

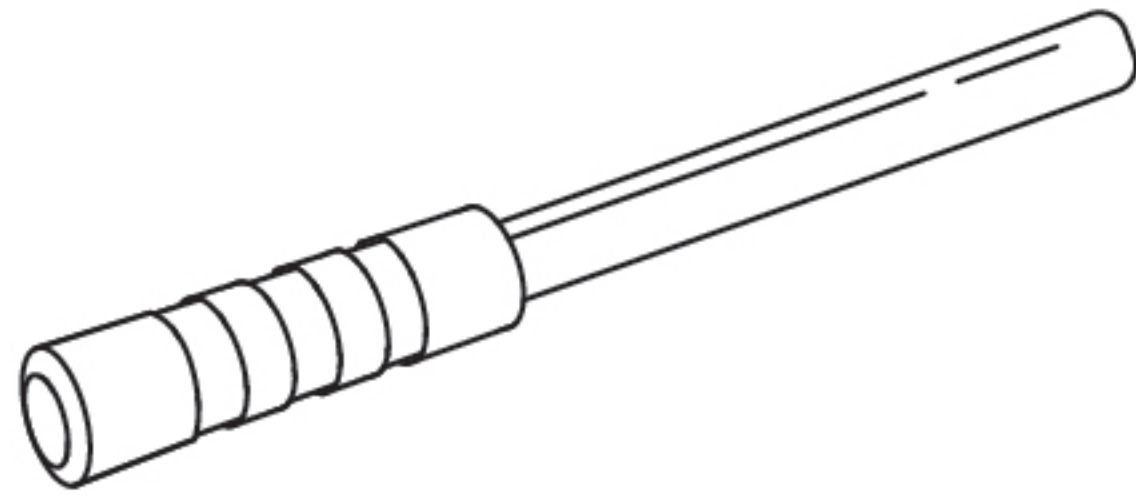
AB ROLLER PARTS

- A** Wheel
- B** Metal Axle
- C** 2 x Foam Handles, 1 x already installed



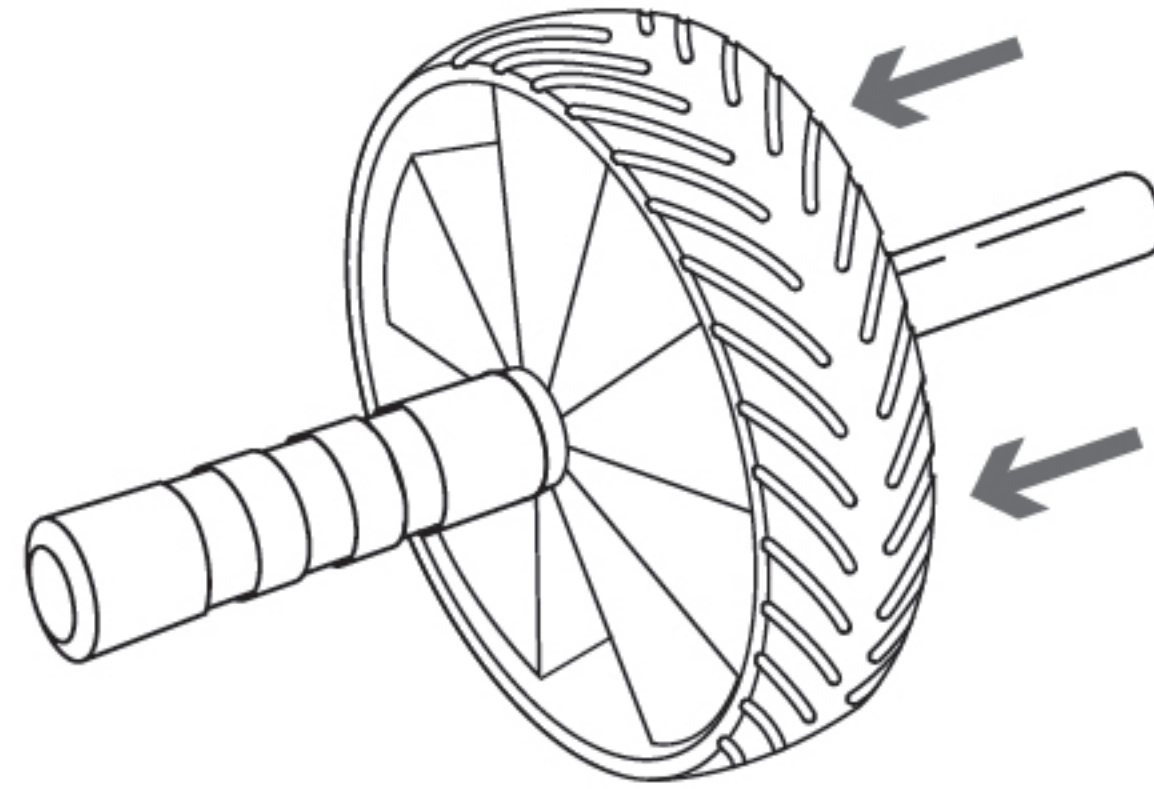
HOW TO ASSEMBLE YOUR 3DACTIVE AB ROLLER

1



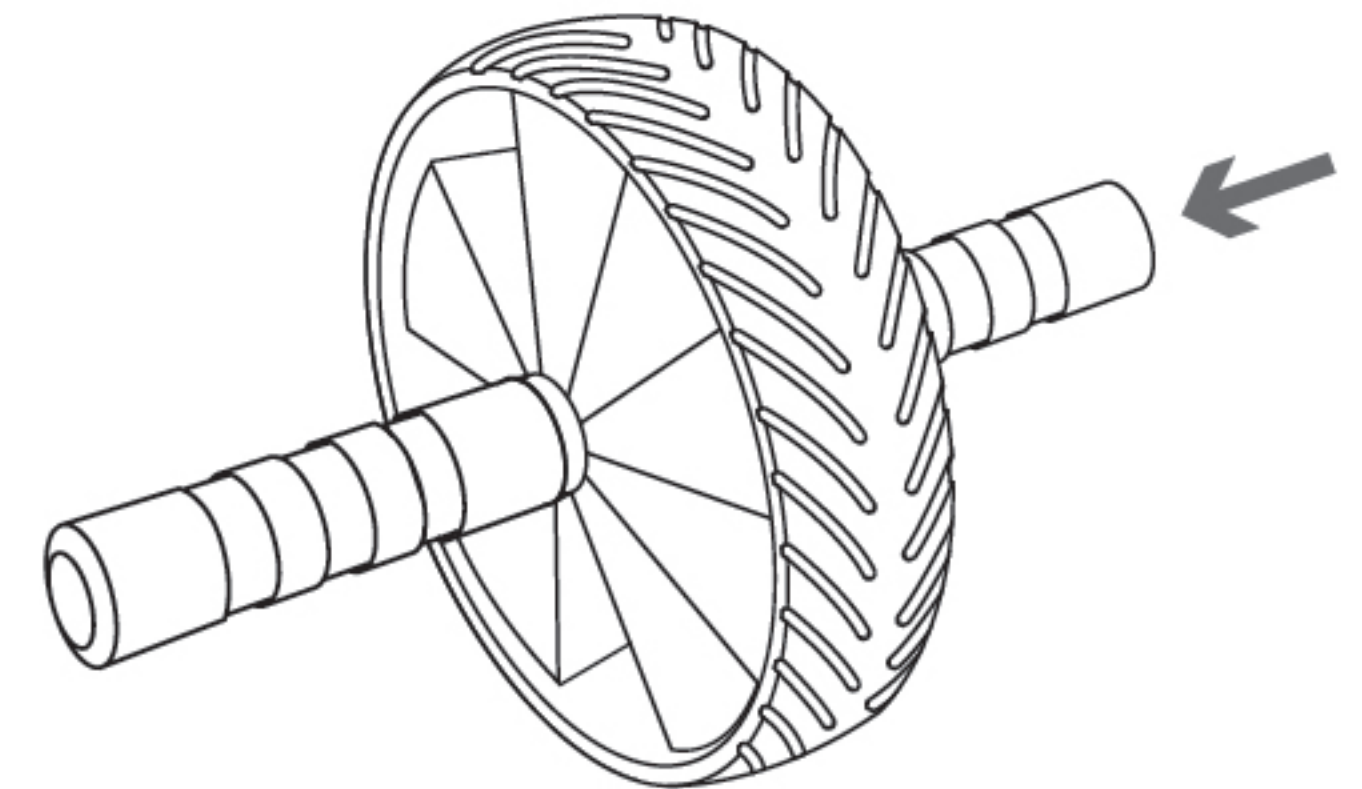
Metal axle with 1 x foam handle.

2



Slide the wheel onto the metal axle.

3



Slide the other foam handle onto the metal axle.

ASSEMBLY TIPS

- To help with assembly, place the metal axle vertically on the floor and push down on one of the foam handles.
- If needed, use a few drops of lubricant on the axle to help slide the foam handle on.
- The foam handles should be fitted closely to the wheel.

CARE INSTRUCTIONS

- Ab Roller supports up to 330lbs/150kg body weight.
- Wipe clean with a wet cloth.

NEED HELP?

HELP | QUESTIONS | WARRANTY

We stand by our product with excellent support.



SUPPORT CENTER

www.3dactive.com/support



EMAIL US

support@3dactive.com



CALL US

US +1 (855) 789 9777 - Mon-Fri 9am-5pm (Pacific Time)

UK +44 808 178 4009 - Mon-Fri 4pm-12am (GMT)

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