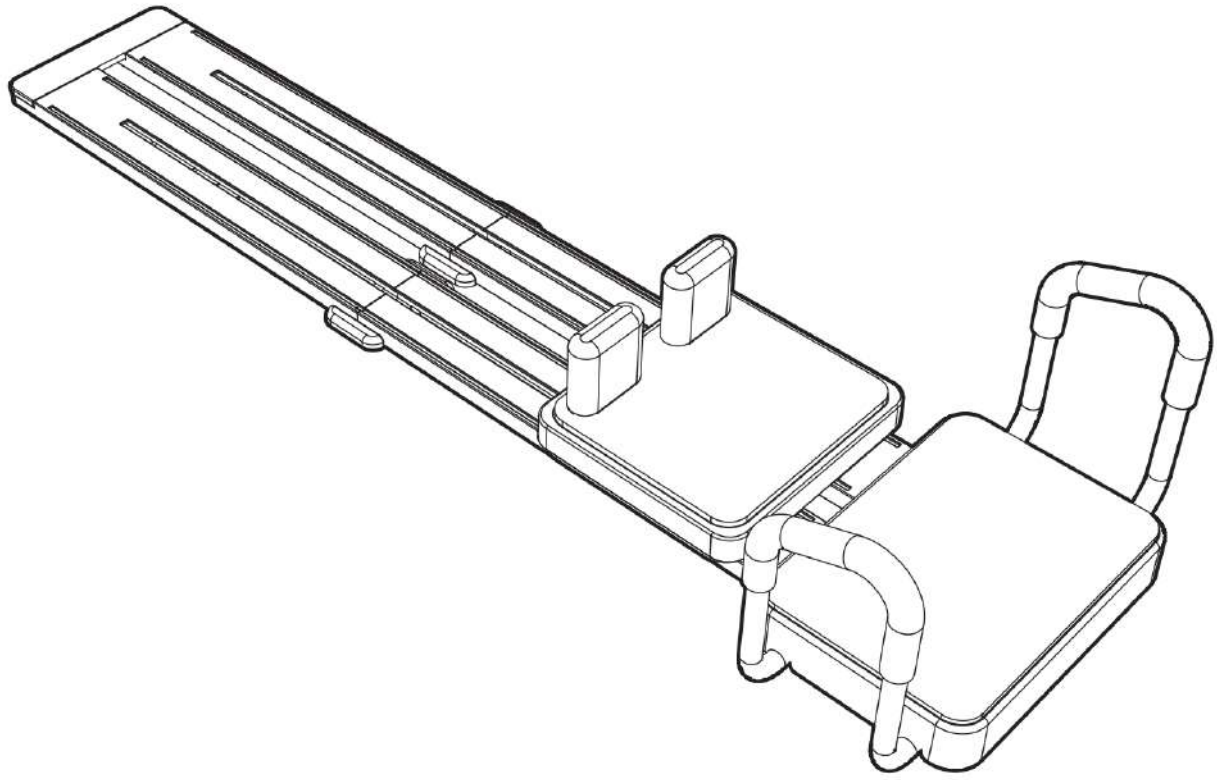
Multi-Functional Fitness Training

FLEXIBLE BODY MACHINE

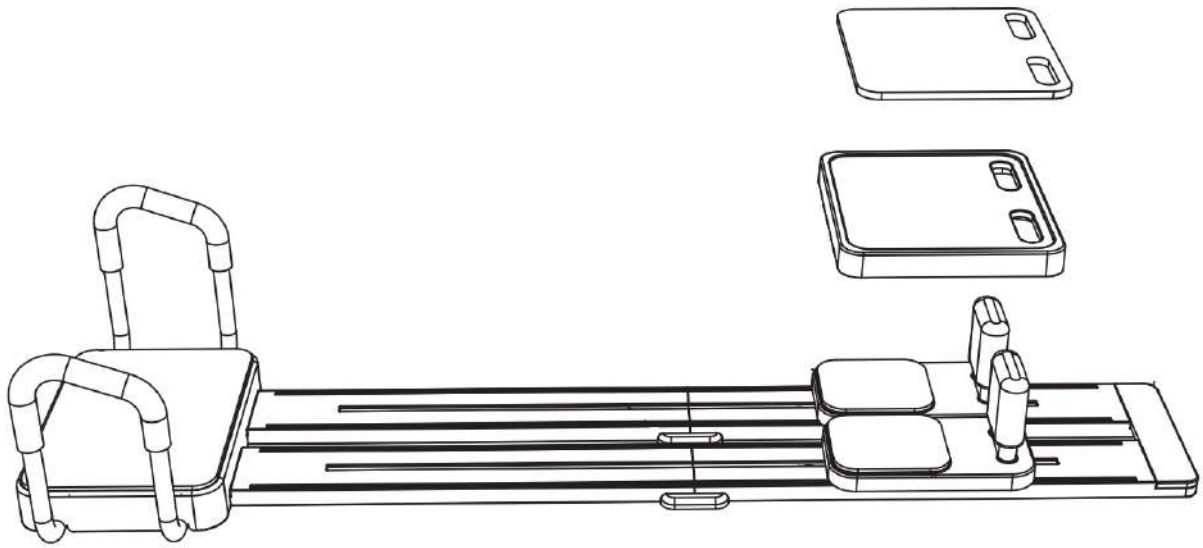
User Manual



Tips:
Keep out of reach of children.

Tips:
Read the manual carefully and keep it for future use.

Product Components



1、Armrests*2

2、Long skateboard*4

3、Short skateboard*2

4、Fixing bracket*8

5、Cushion*2

6、English manual*1

Product Parameters

Product Name	Multifunctional Fitness Machine
Product Material	ABS+PP+Iron+EVA
Product Weight	8kg
Product Size	174*55*35CM

Product Introduction

The multifunctional fitness training soft body machine is a very challenging and effective core training tool, so before using the soft body machine, it is recommended to consult a professional coach to understand your physical condition and the appropriate exercise intensity. In addition, you should also pay attention to gradually increase the difficulty and range of exercise, and don't be too greedy at the beginning, otherwise it may cause injury or poor results. If you can use the fitness board according to the correct method and steps, then you will definitely gain a strong and beautiful body!

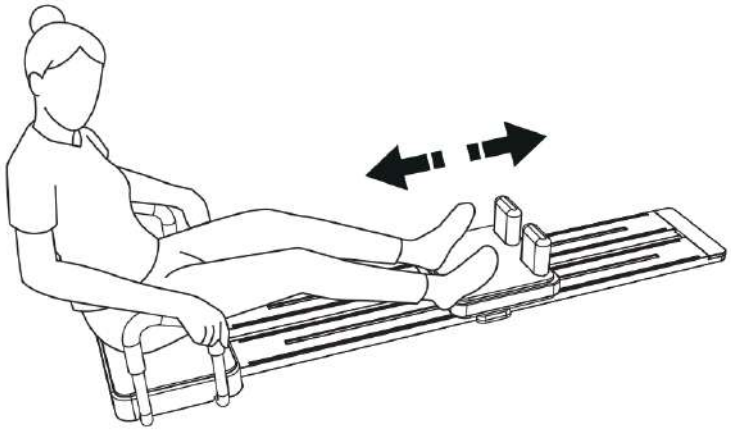
Precautions for use

1. This product is for adults aged 18 and above only. Children, pregnant women, the elderly and people with limited health are prohibited from using it.
2. If you have any health problems (such as cardiovascular disease, old waist injuries, etc.) before use, please consult a doctor or fitness trainer first.
3. Check the appearance of the equipment before each use. If there are any parts that are damaged or abnormal, please stop using it immediately.
4. You must warm up for 5-10 minutes before training (such as jogging and stretching) to avoid muscle damage.
5. Please use it on a non-slip surface, away from water stains and sharp objects (to prevent scratches on the track), and at least 3.5 meters away from the wall.
6. During use, make sure there are no children, pets or obstacles within 1 meter around to avoid collisions.
7. Wear non-slip sports shoes (such as running shoes) and well-fitting sportswear to ensure training safety.
8. Follow the principle of gradual progress during training, master the basic movements first, and then try advanced exercises.
9. After the core strength is strengthened, you can gradually expand the range of motion, but you need to maintain control to avoid uncontrolled sliding.
10. Don't hold your breath during training-exhale when stretching, inhale when recovering, and keep breathing naturally.
11. Exercise all muscle groups evenly, avoid continuous training of the same part, and ensure that the muscles are fully recovered.
12. Control the intensity of training and do not overtrain to avoid sports injuries.
13. If you experience dizziness, chest tightness, shortness of breath, etc., stop immediately and seek medical attention.
14. The equipment should be stored in a cool and dry place, away from direct sunlight or near heat sources.

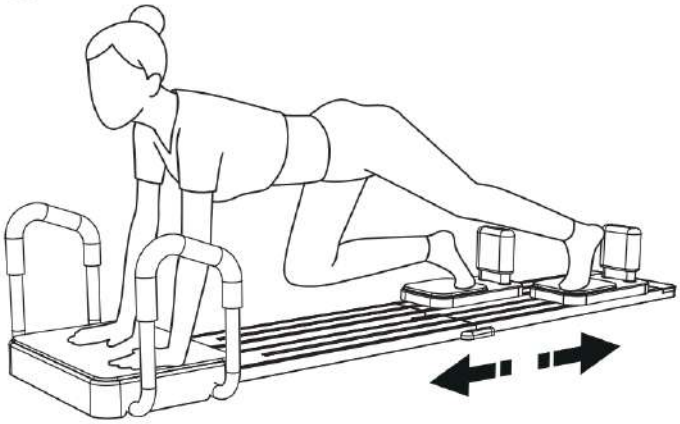
Recommended Actions

With this product, you can perform a variety of exercises including push-ups, weighted squats, stretching, planks, Pilates, and more.

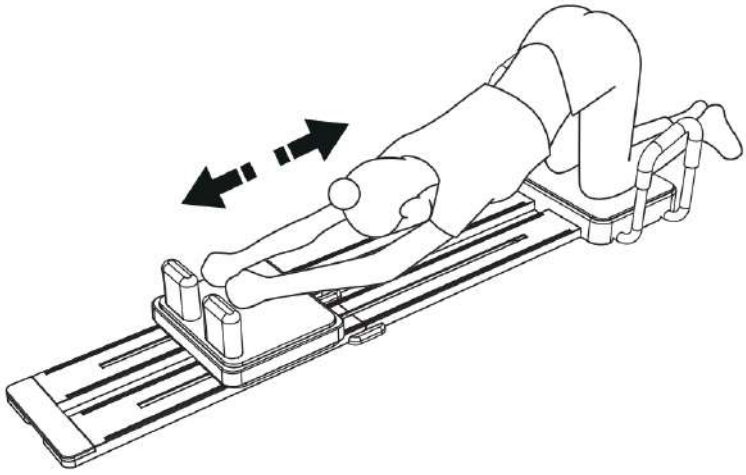
Slide Your Feet



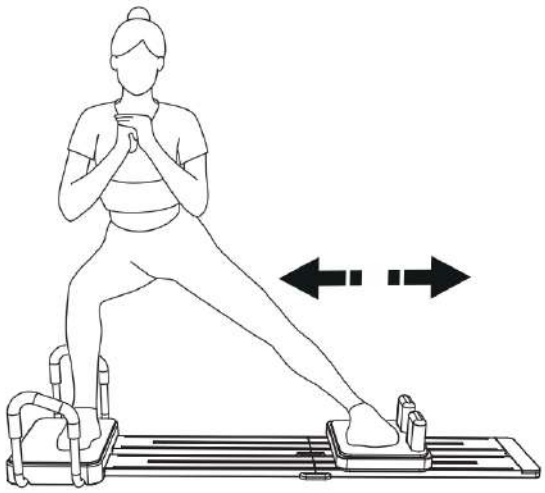
Mountain Running



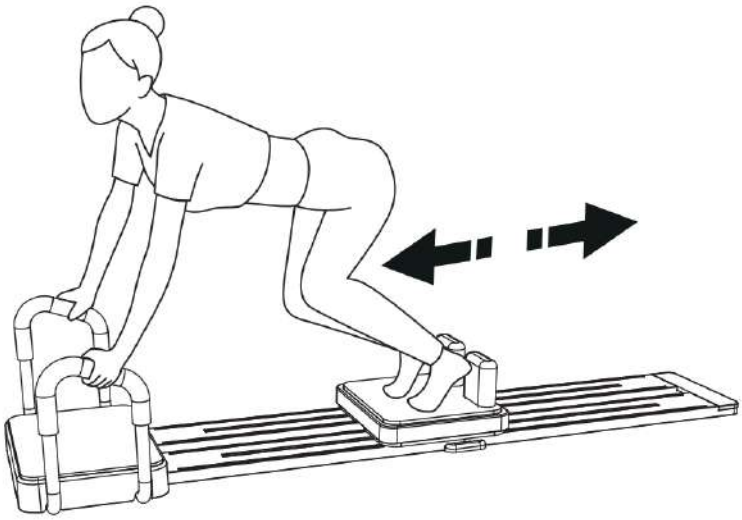
Elbow Slide



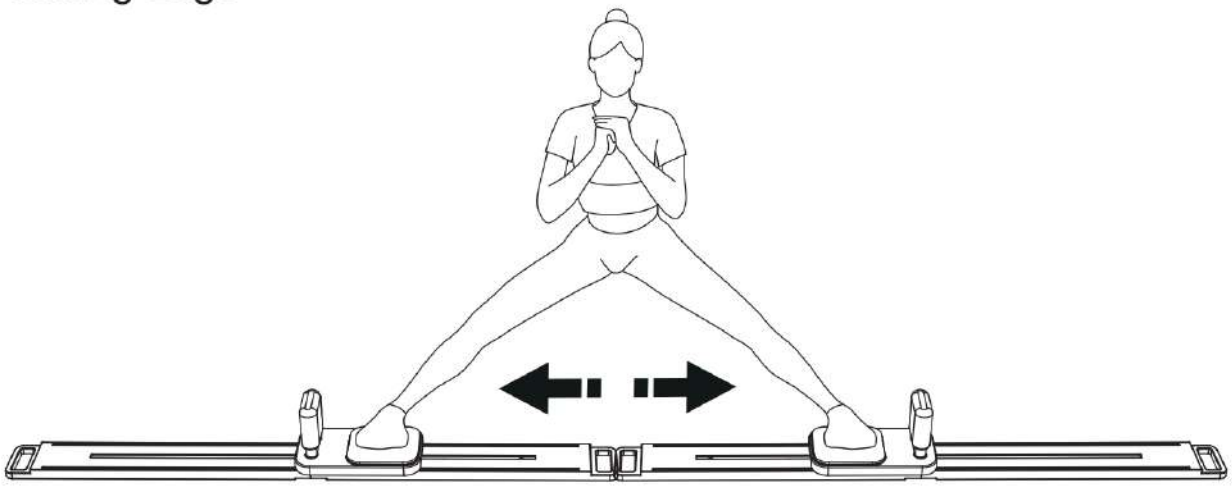
Side Slide Leg



Sliding Legs



Sliding Legs



After-sales service

Warranty Terms:

1. If the product fails within 7 days of sale, and the product and packaging are clean, scratch-free, and not damaged by human factors, the product can be replaced with a product of the same model.
2. The product is guaranteed for at least one year from the date of sale, with lifelong maintenance, and accessories are not covered by the warranty.
3. The warranty service is only valid under normal use.
4. All man-made damage, self-disassembly, unsealing, improper use and other surface damage are not covered by the warranty. When the warranty is provided, the warranty card of this product must be provided and properly sent (sent) back to our service department together with the purchased product.
5. The damage of the cotton handle and the paint on the steel pipe surface after one week of use is not a quality problem and is not covered by the warranty.

If you encounter any problems, please contact us immediately and we will provide a solution as soon as possible after receiving the relevant information. We will support you every step of the way to ensure that you have a trouble-free exercise experience.



MADE IN CHINA