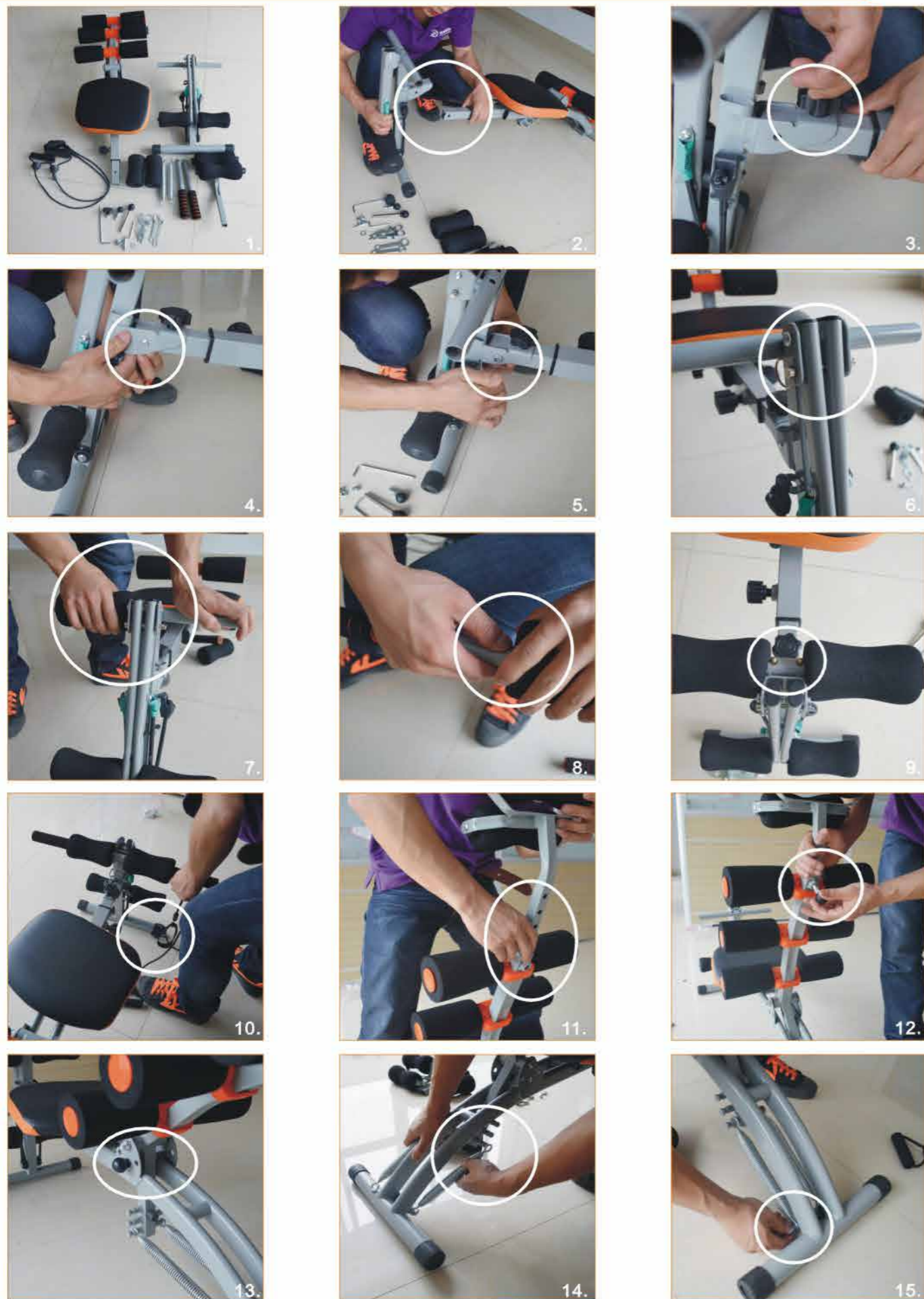


Installation method



Exercise method

1.Upper Abdominal Movement

Exercise in the abdomen feman friend is very suitable for this movement. With the spring on the body sit-ups is not difficult.



2.Advance motion (Need't spring)

Please adjust the backrest angle after taking the spring, You can do the sit-up exercise of different intensity.

Tip: Please keep the spring when not in use.



3.Twisting motion

Using a rotating seat do twisting motion, can effectively exercise to the abdomen, waist and thighs.



4.Abdominal movement

Do leg lift exercise by back lying resistance, Can effectively exercise the lower abdomen and leg



5.Rotary to exercise

With the handle to do rotary motion, Can exercise chest and arms, back and waist and other body movement.



6.Stretching exercise

By laying back stretch, Shuya movement



7. Pull the rope movement

Use hand to pull the rope to do various kinds of hand and upper body movement, pull the rope can adjust the size of resistance.



Chest Exercise

The Arm Movement

Back Exercise