

SQABK-1 ROTA I Ab Roller Wheel and Pilates Bar Set

for Body Workout, Muscle and Joints Massage

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!



USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Heavy-Duty, Comfortable Grips
- Non-Slip and Durable Rubber Wheel
- Ultra-Wide Wheel for Max Result
- Activated Arm and Core Muscles
- Thick Ab Wheel Roller
- With Rubber Cotton Handles
- Overall, Strength Builder
- Convenient to Carry
- Strong Stainless Steel that Ensures Stability and Comfort for Workouts
- U-Shaped Joint Cup Mouth
- Used to Relieve Back, Neck and Leg Pains
- Design with New PP Plastic
- Cupping Sets is Use on the Shoulders, Neck, Back, Thighs, etc



What's in the Box:

- (1) Wheels Body • (2) Handle • (1) Elastic Belt

Technical Specs:

- Construction Material: PP + TPE, Suction Cup: Plastic
- Weight Capacity: 5.51 Lbs.
- Wheel Size: 8.27" inches
- Roller Wheel Dimensions (L x W x H): 19.2" x 9.05" x 9.4" -in.

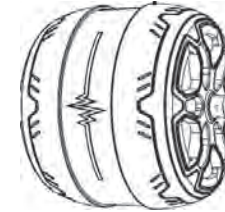
Questions? Comments?
We are here to help!
contact@squat.com

Schematic diagram of the installation of the smart counting abdomen wheel

Accessories:



1. Handle *1

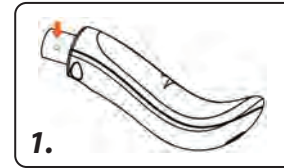


2. Wheel body *1

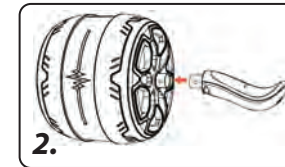


3. Handle *1

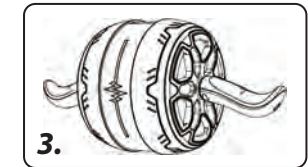
Installation Diagram



1.



2.



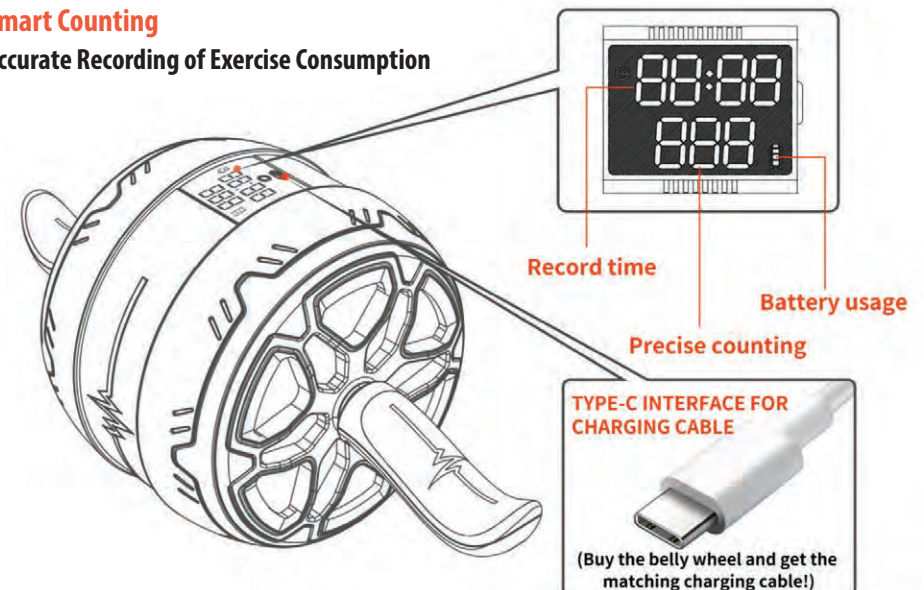
3.

Installation method of smart counting abdominal wheel:

1. Press and hold the button at one end of the handle.
2. Align the left handle with the side of the wheel and install it so that the button is stuck.
3. Align the handle on the right side of the wheel with the same method.
4. The installation is complete.

Smart Counting

Accurate Recording of Exercise Consumption



IMPORTANT SECURITY KNOWLEDGE

Please keep the instruction manual properly for future reference

1. Before using the training equipment, users should consult a doctor according to their physical condition to prevent health or safety accidents from occurring during training, which may prevent normal training. If the user is undergoing medication and the treatment affects the heart rate, blood pressure, and cholesterol indicators, be sure to follow the doctor's advice before training.
2. Pay attention to your physical condition at all times during training. Incorrect or excessive training will be detrimental to your health. If you have the following symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, dizziness and nausea Etc.), please stop training immediately, and continue training only after the doctor checks and confirms that there is no problem.
3. The safe use of the training equipment can only be ensured by regular maintenance and maintenance of the parts that are easily damaged, easily worn and easily broken.
4. Please ensure that the equipment is used in the manner specified in the manual. When defective parts are found during assembly and maintenance or noise is emitted during use, immediately stop operation and use to ensure that all problems are resolved. You can continue after the solution.
5. When exercising, you must ensure that your two hands are coordinated. If your strength is not supported, do not exercise forcibly.
6. Exercise needs to be done step by step. You can start with a simple training method when you first start exercising.
7. The training equipment is not suitable for use as medical equipment.
8. If you encounter any problems during installation or use or need our assistance, please contact your local sales.

THE FOLLOWING SPECIAL PRECAUTIONS-PLEASE STRICTLY OBSERVE COMMON PROBLEM!

Q: Which charging cable should be configured to charge the Smart Abdominal Wheel?

A: The charging cable of the Type-C interface is sufficient. (Buy the belly wheel to get a Type-C interface charging cable)

Q: How long does it take to charge the Smart Abdominal Wheel?

A: When charging, put the abdominal wheel smoothly, and it only takes two hours to fully charge.

Precautions for USB power charging

1. Try to avoid using the Ab Roller Wheel when the temperature is too high or too low. If the temperature is too low, the battery will work unstable and the discharge will be insufficient. If the temperature is too high, the life of the electronic device will be shortened and the battery will be damaged.
2. **Matching of the adapter:** Type-C interface, please use the supplied power cord. You can also use Huawei mobile phone charging cable for your Ab Roller Wheel.
3. **Note when charging:** DO NOT use the device while charging. Fully charge the device before using.
4. DO NOT use the device with wet hands while the device is charging. Doing so may cause electric shock.

