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> CAP Barbell Ab Trainer (Model HHC-CB4) Instruction Manual

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Model: HHC-CB4

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INTRODUCTION

This manual provides instructions for the assembly, operation, maintenance, and care of your CAP Barbell Ab Trainer. Please read all instructions carefully before use to ensure safe and effective workouts.



Image: The fully assembled CAP Barbell Ab Trainer, showcasing its ergonomic design and cushioned headrest.

IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose or damaged parts before each use. Do not use if any parts are damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Use the Ab Trainer on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- The maximum user weight recommendation for this product is 200 pounds.

SETUP

The CAP Barbell Ab Trainer is designed for easy assembly. Follow these steps to set up your equipment:

1. Unpack all components from the box. Verify all parts are present: main frame sections, cushioned headrest, and assembly hardware (screws, allen wrench).

2. Connect the two main curved steel frame sections. Ensure the padded grips are facing the correct direction.
3. Attach the cushioned headrest to the designated area on the frame using the provided screws and allen wrench. Tighten securely.
4. Connect the remaining curved steel sections to form the complete frame. Secure these connections with the provided adjustment knobs.
5. Ensure all connections are firm and stable before use.





Image: Disassembled components of the CAP Barbell Ab Trainer, including the frame pieces and cushioned headrest, ready for assembly.





Image: A close-up view of a connection point on the CAP Barbell Ab Trainer, showing how the frame sections fit together.

Video: This video demonstrates the assembly process for the CAP Barbell Ab Trainer, showing how to connect the frame pieces and secure them.

OPERATION

The CAP Barbell Ab Trainer is designed to assist with abdominal exercises, reducing strain on the neck and back. Here's how to use it effectively:

1. **Positioning:** Lie on your back with your knees bent and feet flat on the floor. Place your head on the cushioned headrest of the Ab Trainer.
2. **Grip:** Grasp the top handles of the Ab Trainer with both hands.
3. **Execution:** Engage your abdominal muscles and slowly lift your head and shoulders off the floor, allowing the Ab Trainer to guide your movement. Focus on contracting your abs rather than pulling with your arms or neck.
4. **Return:** Slowly lower your head and shoulders back to the starting position, maintaining control.
5. **Repetitions:** Perform repetitions as desired, focusing on proper form.

The ergonomic design helps to support your neck and back, allowing for a more focused abdominal workout. You can adjust the position of the handles by loosening and tightening the adjustment knobs to find a comfortable grip that suits your body.

Video: This video demonstrates the proper technique for using the CAP Barbell Ab Trainer to perform abdominal crunches, highlighting body positioning and movement.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Ab Trainer.

- **Cleaning:** Wipe down the frame and cushioned headrest with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and connection points for tightness. Re-tighten any loose fasteners.
- **Storage:** Store the Ab Trainer in a dry, cool place away from direct sunlight and extreme temperatures.
- **Wear and Tear:** Inspect the foam grips and headrest padding for any signs of wear, tears, or damage. Replace components if they show significant deterioration.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose connections or uneven surface.	Ensure all bolts and adjustment knobs are securely tightened. Move the equipment to a flat, level surface.
Discomfort in neck or back during use.	Incorrect form or improper headrest positioning.	Ensure your head is centered on the cushioned headrest. Focus on engaging your abdominal muscles to lift, rather than straining your neck. Review the operation section for proper form.
Handles feel loose or shift during exercise.	Adjustment knobs not fully tightened.	Tighten the adjustment knobs firmly to secure the handle positions.

SPECIFICATIONS

Brand: CAP Barbell

Model Name: HHC-CB4

Material: Alloy Steel

Color: Silver/Black

Item Weight: 5 Pounds

Product Dimensions (LxWxH): 27.25" x 27.17" x 25.67"

Maximum Weight Recommendation: 200 Pounds

Included Components: CAP Ab Crunch

UPC: 702556002032

WARRANTY & SUPPORT

This CAP Barbell product includes a limited 30-day manufacturer's warranty against defects in materials and workmanship.

For warranty claims, technical assistance, or product support, please contact CAP Barbell customer service. Refer to the product packaging or the official CAP Barbell website for current contact information.