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Body by Jake AB SCISSOR Exerciser

Body by Jake AB SCISSOR Exerciser User Manual

Model: AB SCISSOR Exerciser

1. Introduction

Thank you for choosing the Body by Jake AB SCISSOR Exerciser. This manual provides essential information for the safe and effective use of your abdominal crunch workout machine. Please read all instructions carefully before assembly and operation to ensure proper function and to maximize your workout experience.

The AB SCISSOR Exerciser is designed to target your abdominal muscles and core, providing an effective workout from the comfort of your home. Regular use, combined with a balanced diet, can contribute to improved core strength and muscle tone.

2. Safety Information

Before starting any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure the exerciser is placed on a flat, stable surface during use.
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this machine is **330 pounds**. Do not exceed this limit.
- Perform exercises with controlled movements. Avoid sudden jerking motions.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Wear appropriate athletic footwear and clothing.

3. Package Contents

Carefully unpack all components and ensure you have received all items. If any parts are missing or damaged, contact customer support immediately.

- Main Frame Assembly
- Seat and Backrest
- Handlebars (Left and Right)
- Foot Pedals/Footrests
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

4. Setup and Assembly

Follow these steps to assemble your Body by Jake AB SCISSOR Exerciser. It is recommended to have a second person assist with assembly.

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clean, flat surface. Verify all parts are present against the package contents list.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened securely.
3. **Install Seat and Backrest:** Attach the seat and backrest to the main frame according to the diagrams. Ensure all fasteners are tight.
4. **Mount Handlebars:** Insert the left and right handlebars into their designated slots on the main frame. Secure them with the appropriate pins or bolts.
5. **Attach Foot Pedals:** Connect the foot pedals/footrests to the lower mechanism of the exerciser. Double-check that they are firmly attached and can move freely.
6. **Final Inspection:** Once assembled, carefully inspect all connections to ensure they are tight and secure. Test the movement of the machine gently before full use.



Image: Assembled Body by Jake AB SCISSOR Exerciser, showing the seat, handlebars, and foot pedals.

5. Operating Instructions

The Body by Jake AB SCISSOR Exerciser is designed for effective abdominal and core workouts. Follow these guidelines for proper operation.

1. **Positioning:** Sit comfortably on the seat with your back against the backrest. Place your feet firmly on the foot pedals.
2. **Grip:** Grasp the handlebars with a firm but relaxed grip. Your hands should be positioned to provide stability without straining your shoulders.
3. **Execution:** Engage your abdominal muscles. Slowly pull the handlebars towards your body while simultaneously bringing your knees up towards your chest. Focus on contracting your abs throughout the movement.
4. **Controlled Return:** Slowly return to the starting position, maintaining control and resisting the pull of the machine. Do not let the machine snap back.
5. **Breathing:** Exhale as you crunch (pull in and bring knees up) and inhale as you return to the starting position.
6. **Repetitions:** Start with a manageable number of repetitions and sets. Gradually increase as your strength improves.



Image: A user demonstrating the proper form for an abdominal crunch on the AB SCISSOR Exerciser.

6. Maintenance

Regular maintenance will ensure the longevity and safe operation of your AB SCISSOR Exerciser.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners immediately.

- **Lubrication:** If any moving parts begin to squeak, apply a small amount of silicone-based lubricant.
- **Storage:** Store the exerciser in a clean, dry environment away from direct sunlight and extreme temperatures.



Image: The AB SCISSOR Exerciser positioned in a room, illustrating its compact design for storage.

7. Troubleshooting

If you encounter issues with your AB SCISSOR Exerciser, refer to the following common problems and solutions:

- **Squeaking Noises:** Check all pivot points and moving parts. Apply a silicone-based lubricant to reduce friction. Ensure all bolts are tightened.
- **Unstable Movement:** Verify that the exerciser is on a flat, level surface. Check all stabilizer bar connections and main frame bolts for tightness.
- **Discomfort During Use:** Re-evaluate your posture and form. Ensure you are sitting correctly and engaging your core, not straining your back or neck. If discomfort persists, consult a fitness professional.
- **Loose Parts:** Regularly inspect and tighten any loose bolts, nuts, or screws.

8. Specifications

Feature	Detail
Brand	Body by Jake
Model	AB SCISSOR Exerciser
Material	Acrylonitrile Butadiene Styrene
Color	Black
Maximum Weight Recommendation	330 pounds
UPC	719975348894
ASIN	B071LJ1N8C

9. Warranty and Support

For warranty information or technical support regarding your Body by Jake AB SCISSOR Exerciser, please refer to the warranty card included with your purchase or contact the manufacturer directly. Contact details are typically provided on the product packaging or the manufacturer's official website.

When contacting support, please have your product model (AB SCISSOR Exerciser) and any relevant purchase information ready.

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