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› **leikefitness Height Adjustable Ab Trainer AB9380 Black Instruction Manual**

### leikefitness AB9380

## leikefitness Height Adjustable Ab Trainer AB9380 Black

User Instruction Manual

### 1. INTRODUCTION

The leikefitness Height Adjustable Ab Trainer AB9380 Black is a versatile fitness machine designed for comprehensive abdominal and full-body workouts. This upgraded model features an extension slide tube and enhanced foam cushions for improved comfort and efficiency during exercise. It is suitable for various fitness levels, offering adjustable resistance and multiple exercise modes to target different muscle groups including the core, arms, legs, and glutes. This manual provides essential information for the safe and effective use of your Ab Trainer.



Image 1.1: Overview of the leikefitness Height Adjustable Ab Trainer AB9380 Black.

## 2. SAFETY INFORMATION

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Please read all safety warnings and instructions carefully before using the Ab Trainer. Failure to follow these instructions may result in injury.

- Consult a physician before starting any new exercise program.
- Ensure the machine is placed on a flat, stable surface during use.
- Keep children and pets away from the equipment during operation.
- Inspect the machine for any loose or damaged parts before each use. Do not use if any components are compromised.
- Do not exceed the maximum user weight capacity (information not explicitly provided in JSON, general safety advice).
- Maintain proper form during exercises to prevent strain or injury.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

### 3. PACKAGE CONTENTS

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Upon unpacking, verify that all components are present and undamaged. The package typically includes:

- Main Frame Assembly (partially pre-assembled)
- Handlebars with LCD Monitor
- Leg/Foot Rests with Foam Cushions
- Assembly Hardware (bolts, nuts, washers)
- Tools for Assembly (e.g., wrench, Allen key)
- User Manual

### 4. ASSEMBLY INSTRUCTIONS

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The leikefitness Ab Trainer comes 80% pre-assembled, making the final setup quick and straightforward. Follow these general steps for assembly:

1. Unpack all components and lay them out on a clear, flat surface.
2. Attach the main support bars to the base frame using the provided hardware. Ensure all connections are secure.
3. Connect the handlebar assembly to the upper part of the main frame.
4. Secure the leg/foot rest assembly to the lower part of the main frame.
5. Tighten all bolts and nuts firmly. Do not overtighten.

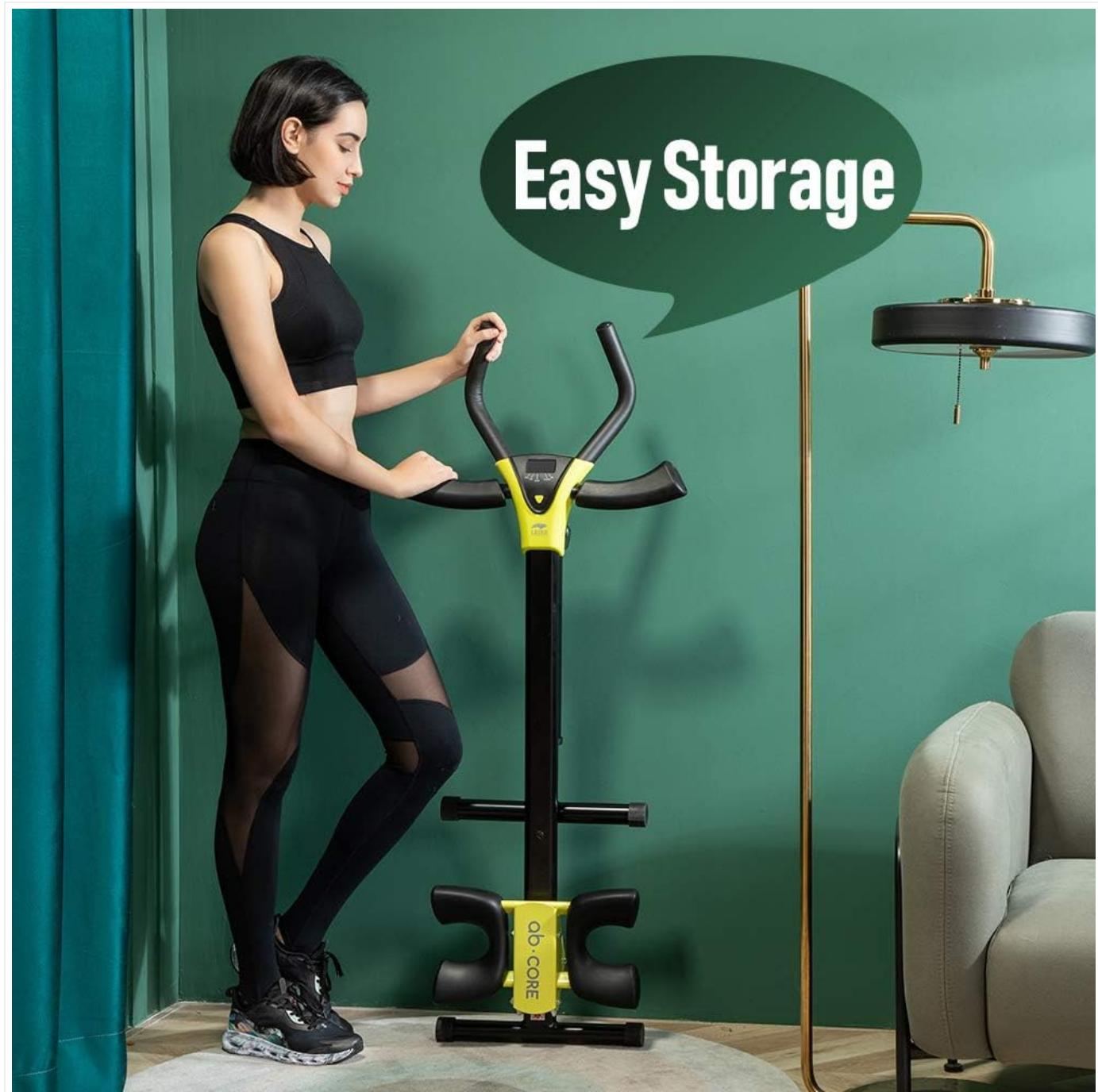


Image 4.1: Structural view of the Ab Trainer, aiding in assembly understanding.

## 5. OPERATING INSTRUCTIONS

### 5.1. LCD Monitor Functions

The integrated LCD monitor tracks your workout progress. It typically displays the following metrics:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **COUNT:** Shows the total number of repetitions performed.
- **CALORIE:** Estimates the calories burned during your workout.
- **REPS/MIN:** Displays your current repetitions per minute.

To reset the monitor, long press the button on the LCD display.

# 5 Angle Button adjustment



Image 5.1: LCD Monitor and Control Button.

## 5.2. Adjusting Resistance Levels

The Ab Trainer offers 5 different training and resistance levels to accommodate users from beginners to advanced. Adjust the angle of the main frame to change the difficulty:

- Locate the adjustment knob or pin on the main frame.
- Pull out the pin or loosen the knob.
- Adjust the frame to the desired angle, aligning the holes.
- Re-insert the pin or tighten the knob to secure the position.

# Various Exercise Methods



Image 5.2: 5-Step Angle Adjustment for Resistance.

## 5.3. Multiple Exercise Modes

This Ab Trainer supports various exercises for a full-body workout:

- **Abdominal Training:** Use the machine for core crunches by pulling your lower body towards the handlebars.
- **Leg and Glute Training:** Position your body to engage leg and glute muscles during the upward and downward motion.
- **Arm Training:** Utilize the handlebars for upper body engagement during movements.



## Foam Grips

## 5-Step Angle



## Silent Slide Wheel



Image 5.3: Various Exercise Methods.

## 6. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Ab Trainer.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts and apply a silicone-based lubricant if any squeaking or friction is noticed.
- **Tightness:** Regularly check all bolts and nuts to ensure they are securely tightened.
- **Storage:** The Ab Trainer is foldable for easy storage. Fold the machine and store it in a dry, cool place away from direct sunlight and moisture.



Image 6.1: Ab Trainer in Easy Storage Position.

## 7. TROUBLESHOOTING

If you encounter any issues with your Ab Trainer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Battery drained or improperly installed.	Check and replace batteries if necessary. Ensure they are inserted with correct polarity.
Machine feels unstable or wobbly	Loose bolts or uneven surface.	Tighten all assembly bolts. Ensure the machine is on a flat, level surface.
Squeaking noise during operation	Lack of lubrication on moving parts.	Apply a small amount of silicone-based lubricant to the sliding mechanisms and joints.

Problem	Possible Cause	Solution
Difficulty adjusting resistance level	Adjustment pin/knob stuck or misaligned.	Ensure the pin is fully pulled out before attempting to adjust. Check for any obstructions in the adjustment holes.

## 8. SPECIFICATIONS

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Key specifications for the leikefitness Height Adjustable Ab Trainer AB9380 Black:

- **Model:** AB9380
- **Color:** Black
- **Material:** Alloy Steel
- **Product Dimensions:** 110.01 x 37.01 x 78 cm (43.3 x 14.6 x 30.7 inches)
- **Item Weight:** 6.35 kg (14 lbs)
- **Style:** Adjustable, Foldable
- **LCD Monitor:** Yes (Scan, Time, Count, Calorie, Reps/Min)
- **Resistance Levels:** 5 adjustable levels



Image 8.1: Product Dimensions.

## 9. WARRANTY AND SUPPORT

leikefitness is committed to providing quality products and customer satisfaction.

- **Warranty:** This product includes a 1-year warranty for FREE replacement parts for brand new products.
- **Customer Support:** For any questions, concerns, or assistance with your leikefitness Ab Trainer, please contact leikefitness customer service. Refer to the product packaging or the official leikefitness website for current contact information.