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› CCLIFE Abdominal Trainer Mat User Manual

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Model: Abdominal Trainer Mat

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the CCLIFE Abdominal Trainer Mat. This manual provides essential information for the proper setup, operation, maintenance, and safety of your new fitness accessory. Designed for effective core training, this mat offers optimal support and comfort during various abdominal exercises.



The CCLIFE Abdominal Trainer Mat, showcasing its ergonomic design and two-tone finish.

Key Features:

- **Optimal Quality:** Optimized two-color design ensures full isolation of your abdominal muscles during crunches, leg raises, and sit-ups.
- **Tailbone Protection:** The underside is equipped with a tailbone protective padding that protects your tailbone from abrasion and prevents the abdominal padding from slipping during use.
- **Safe and Comfortable Material:** Made of durable PVC leather and high-density EPE, ensuring comfortable and effective

training.

- **Lightweight and Portable:** Can be taken anywhere; remains stable and does not slip or wobble, allowing you to concentrate on your workout instead of worrying about body stabilization.
- **Full Range of Motion:** Offers a full range of motion while targeting the entire abdominal muscle group, enabling more effective core training for your abdominal muscles, back, and obliques.

2. SETUP

The CCLIFE Abdominal Trainer Mat requires minimal setup. It is designed for immediate use.

1. **Unpack:** Carefully remove the mat from its packaging.
2. **Unfold:** If folded, gently unfold the mat to its full length. The mat is designed to be flexible and foldable for easy storage and transport.
3. **Placement:** Place the mat on a flat, stable, and non-slip surface. Ensure there is enough clear space around you for your exercises.



Flexible and foldable
Multifunctional use

The mat's flexible and foldable design allows for easy setup and storage.

3. OPERATING AND USAGE

The CCLIFE Abdominal Trainer Mat is designed to enhance your core workouts by providing optimal support and a full range of motion.

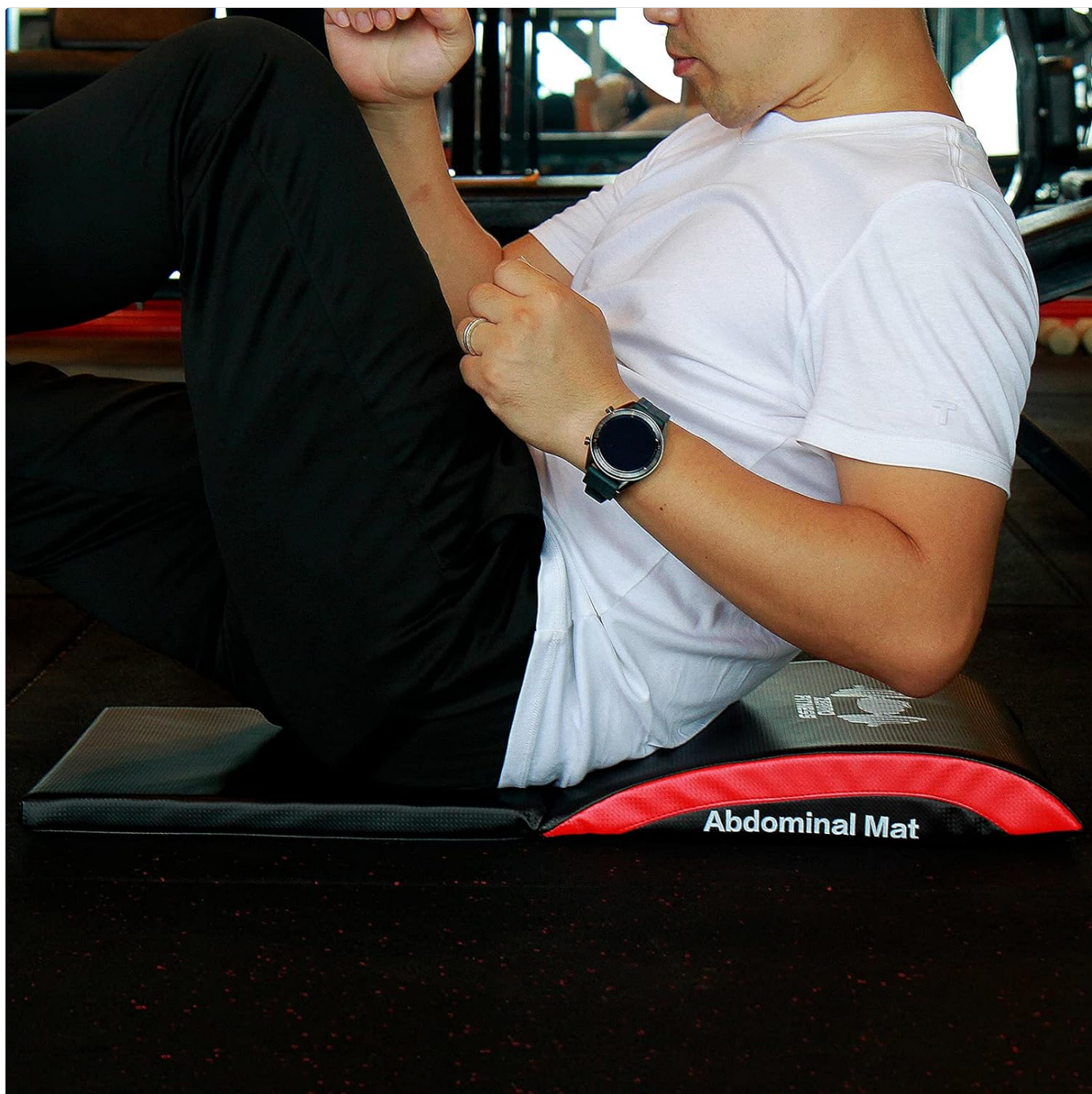
General Usage:

- Position the mat on the floor with the curved part facing away from your lower back.
- Lie down on the mat, ensuring your lower back is comfortably supported by the curved section. The tailbone protection feature helps prevent discomfort.
- Perform your desired abdominal exercises such as sit-ups, crunches, or leg raises. The mat's design allows for a greater range of motion, engaging more of your core muscles.

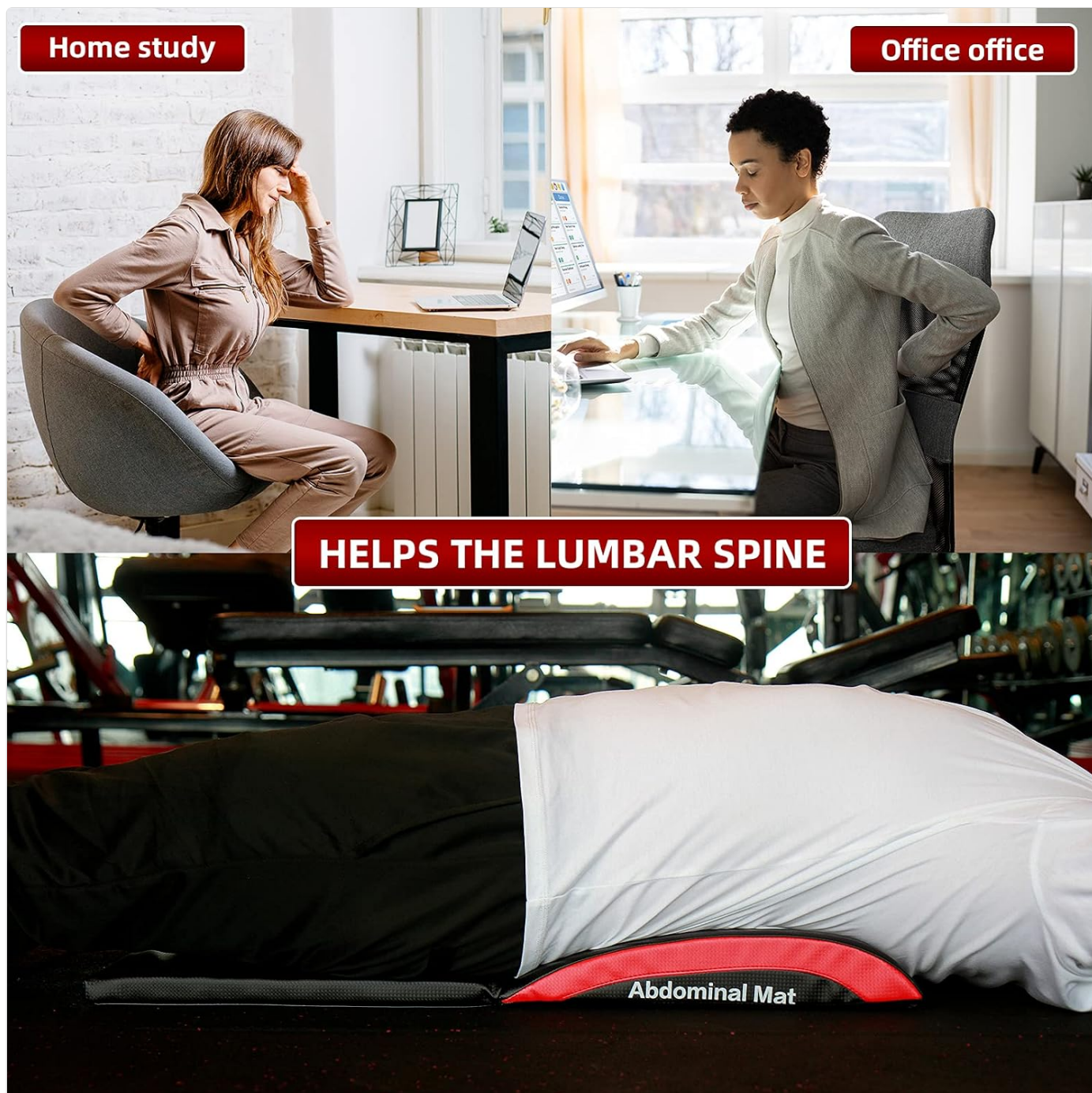
- The mat is also beneficial for supporting the lumbar spine during various activities, including sitting at a desk for extended periods.



The mat provides excellent lumbar support, as shown with a user lying on it.



A user demonstrating crunches on the CCLIFE Abdominal Trainer Mat, highlighting its use for core exercises.



The mat can be used in various settings, including home and office, to help support the lumbar spine.

4. MAINTENANCE

Proper maintenance will ensure the longevity and hygiene of your CCLIFE Abdominal Trainer Mat.

- **Cleaning:** Wipe the mat clean with a damp cloth after each use. For deeper cleaning, use a mild soap solution and then wipe thoroughly with a clean, damp cloth. Do not use abrasive cleaners or harsh chemicals.
- **Drying:** Allow the mat to air dry completely before folding or storing. Do not expose to direct sunlight for extended periods.
- **Storage:** Store the mat in a cool, dry place away from direct sunlight and extreme temperatures. Its foldable design makes it easy to store in compact spaces.
- **Inspection:** Periodically inspect the mat for any signs of wear or damage. If significant damage is found, discontinue use.

Show details



**Non-slip durable
PVC leather cover**



**Delicate stitches
Two-color stitching**



Close-up view of the mat's non-slip durable PVC leather cover and delicate two-color stitching, emphasizing its quality construction.

5. TROUBLESHOOTING

This section addresses common concerns you might encounter with your CCLIFE Abdominal Trainer Mat.

Problem	Possible Cause	Solution
Mat slips during use.	Surface is too smooth or slippery.	Ensure the mat is placed on a non-slip surface like a carpet or a dedicated exercise mat. Avoid highly polished floors without additional grip.
Discomfort in the lower back or tailbone.	Incorrect positioning on the mat or improper exercise form.	Adjust your position on the mat so your lower back is fully supported by the curved section. Ensure your tailbone is resting on the protective padding. Review proper exercise form for sit-ups and crunches.

Problem	Possible Cause	Solution
Mat appears creased or misshapen after storage.	Improper folding or prolonged storage under heavy objects.	Unfold the mat and allow it to rest flat for some time. Store the mat without placing heavy objects on top of it to maintain its shape.

6. SPECIFICATIONS

Detailed specifications for the CCLIFE Abdominal Trainer Mat:

Brand: CCLIFE

Model: Abdominal Trainer Mat

Color: Black and Red, Extended

Material: Polyvinyl Chloride (PVC) and High-Density EPE

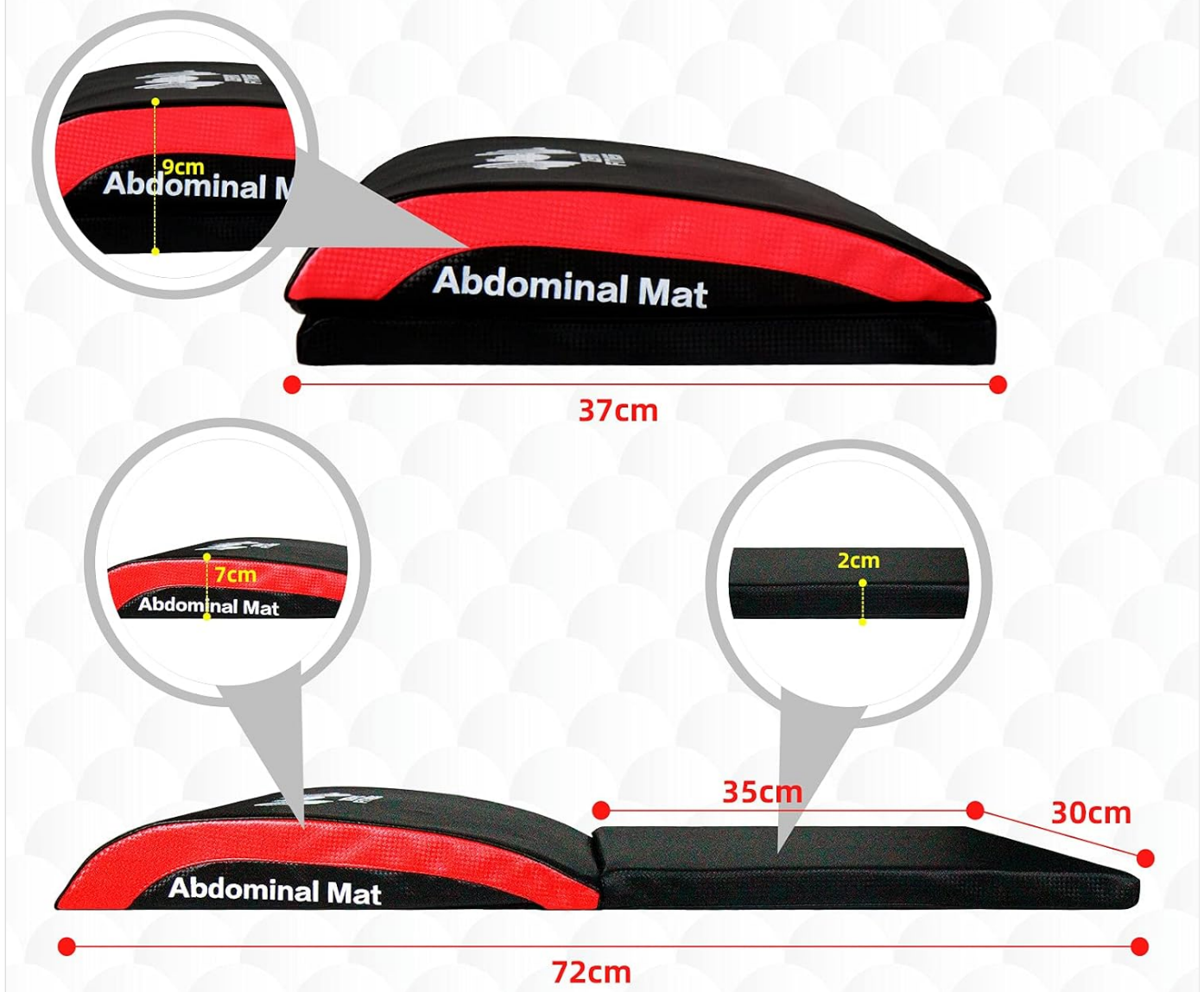
Product Weight: 0.7 Kilogram (approximately 1.54 lbs)

Manufacturer: CCLIFE

Dimensions (Approximate):

- Length: 72 cm (28.3 inches)
- Width: 37 cm (14.6 inches)
- Height (highest point): 9 cm (3.5 inches)
- Height (lowest point): 7 cm (2.8 inches)

Size details



Visual representation of the mat's dimensions, including length, width, and height at different points.

7. WARRANTY AND SUPPORT

Information regarding warranty and customer support for the CCLIFE Abdominal Trainer Mat.

- **Warranty:** Specific warranty details are not provided in the product information. Please refer to the retailer or manufacturer's official website for any applicable warranty policies.
- **Customer Support:** For further assistance, product inquiries, or support, please contact CCLIFE customer service through their official channels. Contact information can typically be found on the manufacturer's website or the product packaging.

8. SAFETY WARNINGS

Please read and adhere to the following safety warnings to ensure safe use of the CCLIFE Abdominal Trainer Mat:

- **Fire Hazard:** **WARNING: Please stay away from fire sources during use.** Do not expose the mat to open flames, high heat, or extreme temperatures.
- **Supervision:** Children should be supervised when near the product.
- **Proper Use:** Use the mat only for its intended purpose as an abdominal trainer and lumbar support. Do not modify the product.
- **Surface Stability:** Always ensure the mat is placed on a stable, non-slip surface to prevent accidents.
- **Health Considerations:** Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions or injuries. Discontinue use if you experience pain or discomfort.



WARNING

- Please stay away from fire sources during use.
- Bitte halten Sie sich während des Gebrauchs von Feuerquellen fern.
- Veuillez rester à l'écart des sources de feu pendant l'utilisation.
- Durante l'uso, tenersi lontani da fonti di fuoco.
- Manténgase alejado de fuentes de fuego durante su uso.
- Podczas użytkowania należy trzymać się z dala od źródeł ognia.
- Blijf tijdens het gebruik uit de buurt van vuurbronnen.
- Håll dig borta från eldkällor under användning.

An important safety warning: Keep the mat away from fire sources.

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For more information, visit [the product page](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question