

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Crivit](#) /
- › [Crivit AB-8417 Abdominal Trainer Instruction Manual](#)

### Crivit AB-8417

# Crivit AB-8417 Abdominal Trainer Instruction Manual

Model: AB-8417

## PRODUCT OVERVIEW

The Crivit AB-8417 Abdominal Trainer is designed for effective workouts targeting the abdomen, back, shoulders, and arms. Its robust construction and ergonomic design provide a stable and comfortable exercise experience, featuring a profiled rubberized wheel for smooth gliding and non-slip handles for a secure grip.



Image: The Crivit AB-8417 Abdominal Trainer, featuring a red wheel with a black rubberized tread and black ergonomic handles. This image shows the complete assembled product.

## SAFETY INSTRUCTIONS

---

Before using the Crivit AB-8417 Abdominal Trainer, please read and understand all safety instructions. Improper use can lead to injury.

- Consult a physician before starting any new exercise program.
- Inspect the equipment for any damage or loose parts before each use. Do not use if damaged.
- Use the abdominal trainer on a flat, non-slip surface.
- Maintain proper form during exercises to prevent strain or injury.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this device is not specified; use with caution and ensure stable body control.

## PACKAGE CONTENTS

---

Verify that all components are present in the package:

- 1x Crivit Abdominal Trainer (wheel with handles)
- 1x Knee pad (approximately 29 x 19 cm)

## SETUP

---

The Crivit AB-8417 Abdominal Trainer typically comes pre-assembled. No complex assembly is required.

1. Unpack all components from the packaging.
2. Ensure the handles are securely attached to the wheel axle.
3. Place the knee pad on the floor where you intend to exercise.

## OPERATING INSTRUCTIONS

---

Follow these steps for effective and safe use of your abdominal trainer:

1. **Starting Position:** Kneel on the knee pad with your hands gripping the handles of the ab wheel. Position the wheel directly under your shoulders. Keep your back straight and core engaged.
2. **Rolling Out:** Slowly roll the ab wheel forward, extending your body. Maintain a tight core and straight back, avoiding arching your lower back. Extend only as far as you can control the movement without losing form.
3. **Returning:** Engage your core muscles to slowly pull the ab wheel back towards your starting position. Focus on using your abdominal muscles rather than your arms or back.
4. **Breathing:** Inhale as you roll out and exhale as you pull the wheel back in.
5. **Repetitions:** Start with a manageable number of repetitions (e.g., 5-10) and gradually increase as your strength improves.

**Targeted Muscles:** This trainer effectively works your abdominal muscles, obliques, lower back, shoulders, and arms.

## MAINTENANCE AND CARE

---

- Clean the ab wheel and handles with a damp cloth after each use. Do not use abrasive cleaners.

- Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures.
- Periodically check all parts for wear and tear. Replace any damaged components immediately.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Wheel does not roll smoothly.	Debris on the wheel or axle.	Clean the wheel and axle area. Ensure no obstructions.
Handles feel loose.	Handles may not be fully secured.	Ensure handles are firmly pushed onto the axle. If they remain loose, discontinue use.
Discomfort during exercise.	Incorrect form or overexertion.	Review operating instructions for proper form. Reduce range of motion or repetitions. Consult a professional if pain persists.
Knee pad slips.	Slippery floor surface.	Use on a non-slip surface or place a mat underneath the knee pad.
Product appears damaged.	Manufacturing defect or wear and tear.	Discontinue use immediately. Contact customer support for assistance.

## SPECIFICATIONS

- **Brand:** Crivit
- **Model:** AB-8417
- **Material:** Rubber, Plastic
- **Wheel Diameter:** Approximately 18 cm
- **Knee Pad Dimensions:** Approximately 29 x 19 cm
- **Item Weight:** Approximately 1 kg
- **Color:** Red (wheel) and Black (handles, tire)

## WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the retailer's return policy or contact Crivit customer service directly. Keep your purchase receipt as proof of purchase.

**Retailer:** CRTREND (as per Amazon listing)

**Amazon Return Policy:** 30 days for refund/replacement (as per Amazon listing)