

tectake 404162

tectake Abdominal and Back Trainer

Model: 404162 - User Manual

INTRODUCTION

This manual provides essential information for the safe and effective use of your tectake Abdominal and Back Trainer, Model 404162. Please read all instructions carefully before assembly and use. Keep this manual for future reference.

SAFETY INSTRUCTIONS

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Do not exceed the maximum weight capacity of 150 kg (330 lbs).
- Keep children and pets away from the equipment during use.
- Use the trainer on a flat, stable surface.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Wear appropriate athletic clothing and footwear.
- Inspect the equipment regularly for wear and tear. Do not use if damaged.

PRODUCT OVERVIEW

The tectake Abdominal and Back Trainer is designed to strengthen your core and back muscles. Key features include:

- **Adjustable Cushion:** 5-position height adjustment to accommodate various body sizes.
- **Comfortable Padding:** Rounded cushion top and padded leg fixation for enhanced comfort.
- **Support Handles:** Integrated handles for stability and safety during exercises.
- **Stable Steel Frame:** Durable and high-quality steel construction for secure use.

- **Foldable Design:** Allows for space-saving storage.



Figure 1: Side view of the assembled trainer.



Figure 2: Close-up of the padded cushion.



Figure 3: Detail of the height adjustment mechanism.

SETUP AND ASSEMBLY

The tectake Abdominal and Back Trainer is designed for easy and quick assembly. Please follow the included assembly instructions carefully. Ensure all bolts and nuts are securely fastened before use.

Assembly Steps (General Guidance):

1. Unpack all components and verify against the parts list in your separate assembly guide.
2. Attach the main frame sections using the provided hardware.
3. Secure the padded cushion to the adjustable support arm.
4. Install the foam leg rollers and support handles.
5. Ensure all connections are tight and stable.

AFMETINGEN

Totale afmetingen

69 x 89 x 88 cm

Afmetingen ingeklapt

69 x 32 x 108 cm

Kussen

45 x 29,5 cm

Kussendikte

3,5 cm

Diameter foamrollers

6,5 cm

Afmetingen zijn bij benadering

TECHNISCHE DETAILS

Draagkracht 150 kg

Gewicht ca. 8,5 kg

Materiaal staal, polyvinylchloride,
meerlaags populierenhout,
polyethyleen, nitrilrubber

INHOUD

Rug- en buiktrainer

Montagemateriaal

Montagehandleiding



Figure 4: Product dimensions and technical details diagram.

OPERATION

Adjusting the Cushion Height:

The cushion height can be adjusted to 5 different positions to suit your body size and exercise intensity. To adjust, loosen the adjustment knob (refer to Figure 3), slide the cushion support to the desired height, and then securely tighten the knob.

Performing Back Extensions:

1. Position yourself on the trainer with your feet secured under the foam rollers and your hips resting on the padded cushion.
2. Cross your arms over your chest or place your hands behind your head.
3. Slowly lower your upper body towards the floor, maintaining a straight back.
4. Engage your lower back and glute muscles to raise your torso back to the starting position.
5. Perform repetitions as desired.



Figure 5: User performing a back extension.

Performing Abdominal Crunches:

1. Position yourself facing the cushion, with your feet secured under the foam rollers and your upper thighs resting on the padded cushion.
2. Place your hands behind your head or across your chest.
3. Engage your abdominal muscles to curl your upper body upwards, bringing your chest towards your knees.
4. Slowly lower back to the starting position.
5. Perform repetitions as desired.



Figure 6: User performing an abdominal crunch.

Performing Oblique Exercises:

1. Position yourself sideways on the trainer, with one hip resting on the padded cushion and your feet secured under the foam rollers.
2. Place your hands behind your head or across your chest.
3. Lower your upper body sideways towards the floor, then use your oblique muscles to raise it back up.
4. Repeat on both sides.



Figure 7: User performing an oblique exercise.

MAINTENANCE

- **Cleaning:** Wipe down the trainer with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, the trainer can be folded for compact storage. Store in a dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Trainer feels unstable	Loose fasteners; uneven surface	Check and tighten all bolts and nuts. Ensure the trainer is on a flat, level surface.

Problem	Possible Cause	Solution
Difficulty adjusting cushion height	Adjustment knob not fully loosened; mechanism obstructed	Ensure the adjustment knob is completely loosened. Check for any obstructions in the adjustment mechanism.
Squeaking noises during use	Loose connections; friction between parts	Tighten all fasteners. Apply a small amount of silicone lubricant to pivot points if necessary.

SPECIFICATIONS

Feature	Detail
Model Number	404162
Total Dimensions (L x W x H)	91 x 70 x 86 cm (approx. 35.8 x 27.6 x 33.9 inches)
Folded Dimensions (L x W x H)	110 x 72 x 32 cm (approx. 43.3 x 28.3 x 12.6 inches)
Maximum Load Capacity	150 kg (approx. 330 lbs)
Product Weight	8.3 kg (approx. 18.3 lbs)
Frame Material	Alloy Steel
Cushion Material	Synthetic leather, foam
Adjustable Positions	5 height positions for cushion

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided with your purchase or contact tectake customer service. Keep your proof of purchase for any warranty claims.