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## KETTLER 07361-805

# KETTLER AB Wheel 07361-805 User Manual

Model: 07361-805

## INTRODUCTION

Thank you for choosing the KETTLER AB Wheel 07361-805. This manual provides essential information for the safe and effective use, assembly, and maintenance of your new exercise equipment. Please read this manual thoroughly before initial use and retain it for future reference.

## SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Always warm up before using the AB Wheel and cool down afterwards.
- Use the AB Wheel on a flat, non-slip surface.
- Ensure all components are securely assembled before each use.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Keep children and pets away from the equipment during use.
- This product is intended for home use only.

## PRODUCT OVERVIEW AND COMPONENTS

The KETTLER AB Wheel is designed to engage multiple muscle groups, particularly your core, arms, and shoulders. It consists of a wheel, a steel pipe axle, and two anti-skid handles.

# AB WHEEL



TRP mute material

Thicken steel pipe with lock

Anti-skid handle

Heavy duty plastic wheel



**Image:** KETTLER AB Wheel highlighting its key components. The image shows the wheel made of TRP mute material, a thick steel pipe with a locking mechanism, an anti-skid handle, and the heavy-duty plastic wheel structure.

- **TRP Mute Material Wheel:** Provides smooth, quiet operation and floor protection.
- **Thicken Steel Pipe with Lock:** Ensures durability and secure attachment of handles.
- **Anti-skid Handle:** Ergonomically designed for a comfortable and secure grip.
- **Heavy Duty Plastic Wheel:** Robust construction for long-lasting performance.

## SETUP AND ASSEMBLY

The KETTLER AB Wheel requires minimal assembly.

1. Unpack all components from the packaging.
2. Insert the steel pipe axle through the center of the AB wheel.
3. Slide one anti-skid handle onto each end of the steel pipe axle. Ensure the handles are pushed firmly until they lock into place.

4. Verify that both handles are securely attached and do not wobble before use.

## OPERATING INSTRUCTIONS

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Follow these steps for effective and safe use of your KETTLER AB Wheel:

1. **Starting Position:** Kneel on a mat or soft surface. Hold the AB Wheel handles with both hands, placing 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 while keeping your core tight and back straight. Avoid arching your back. Extend only as far as you can maintain proper form and control.
3. **Returning:** Engage your core and pull the AB Wheel back towards your starting position, contracting your abdominal muscles.
4. **Breathing:** Exhale as you roll out and inhale as you return to the starting position.
5. **Repetitions:** Start with a manageable number of repetitions (e.g., 5-10) and gradually increase as your strength improves.



**Image:** A user demonstrating the proper technique for using the KETTLER AB Wheel. The user is kneeling on a mat, holding the handles, and rolling the wheel forward, maintaining a straight back and engaged core.

# SHAPE YOUR PERFECT BODY

## ANYWHERE YOU NEED ADDED CUSHION OR PROTECTION



**Image:** A sequence of three images illustrating different stages of AB Wheel exercise. The first shows a user in a kneeling lunge position, the second shows a user rolling the AB wheel forward from a kneeling position, and the third shows a close-up of the AB wheel on the floor during an exercise.

## MAINTENANCE

- **Cleaning:** Wipe the AB Wheel with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners or solvents.
- **Storage:** Store the AB Wheel in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the handles and wheel for any signs of wear or damage. Discontinue use if any damage is found.

## TROUBLESHOOTING

If you encounter any issues with your KETTLER AB Wheel, refer to the following common solutions:

- **Handles feel loose:** Ensure the handles are pushed firmly onto the steel pipe axle until they lock into place.

- **Wheel not rolling smoothly:** Check for any debris caught in the wheel mechanism. Clean the wheel and axle if necessary.
- **Discomfort during exercise:** Review the operating instructions to ensure proper form. If discomfort persists, consult a healthcare professional.

## SPECIFICATIONS



**Image:** KETTLER AB Wheel disassembled, showing its dimensions. The total width is 32cm, the wheel diameter is 18cm, the wheel width is 6.5cm, and the handle length is 19cm.

Feature	Detail
Brand	KETTLER
Model	07361-805

Feature	Detail
Material	Plastic, Alloy Steel (TRP mute material for wheel)
Item Weight	760 g
Dimensions (Approx.)	Wheel Diameter: 18 cm, Wheel Width: 6.5 cm, Total Width (with handles): 32 cm, Handle Length: 19 cm

## WARRANTY AND SUPPORT

For warranty information or product support, please refer to the documentation provided at the time of purchase or contact KETTLER customer service. Contact details can typically be found on the official KETTLER website or on your purchase receipt.

