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VEVOR 005A

VEVOR AB Workout Machine Model 005A Instruction Manual

Model: 005A | Brand: VEVOR

1. Product Overview

The VEVOR AB Workout Machine Model 005A is a foldable fitness exerciser designed for core and abdominal strength training. It features a fixed motion trajectory to target upper abs, lower abs, and obliques, while an ergonomic design helps reduce strain on the back and neck. This machine offers adjustable difficulty levels and a compact, foldable design for convenient storage.



Figure 1: VEVOR AB Workout Machine Model 005A.

2. Safety Instructions

Before using this equipment, please read and understand all safety instructions. Failure to follow these instructions may result in injury.

- Consult a physician before starting any new exercise program.

- Perform a warm-up before each workout session.
- Inspect the machine for any loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure the machine is placed on a flat, stable surface during use.
- Maintain proper form during exercises to prevent injury.
- The maximum weight capacity for this machine is 330 lbs (150 kg). Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.

Figure 2: The machine features a stable triangular structure and a maximum weight capacity of 330 lbs.

3. Package Contents

Verify that all components are present before assembly.

- 1 x Ab Workout Equipment (Main Frame)
- 1 x Set of Accessories, including:
  - 2 x M8*40 Screws
  - 2 x M8*50 Carriage Screws
  - 2 x Wave Washers
  - 2 x M8 Caps
  - 2 x M4*15 Screws
  - 1 x Open Wrench
  - 1 x Allen Wrench
  - 1 x Pull Pin
  - 1 x User Manual



Item Model Number: **005A**
Maximum Weight Capacity: **330 lbs / 150 kg**
Angle Adjustment: **2 Levels**
Front Rod Length Adjustment: **5 Levels**
Main Material: **Carbon Steel**
Product Weight: **17.2 lbs / 7.8 kg**

Accessories :

2 x M8*40 Screws	2 x M8*50 Carriage Screws
2 x Wave Washers	2 x M8 Caps
2 x M4*15 Screws	1 x Open Wrench
1 x Allen Wrench	1 x Pull Pin
1 x Manual	

Figure 3: Product parameters and included accessories.

4. Assembly Instructions

The VEVOR AB Workout Machine is designed for quick and easy assembly, typically taking about 5 minutes. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Refer to the 'Package Contents' section to ensure all parts are present.
2. **Unfold the Frame:** Gently unfold the main frame of the ab workout machine. The design allows for a simple unfolding mechanism.
3. **Secure Connections:** Identify the designated connection points for any detachable components, such as handles or support bars. Use the provided screws, washers, and wrenches to securely fasten these parts. Ensure all connections are tight before use.
4. **Insert Pull Pin:** Locate the adjustment points for height and incline. Insert the pull pin into the desired setting to lock the machine in place.
5. **Final Check:** Before first use, double-check all screws and connections to ensure they are secure and the machine is stable.

5. Operating Instructions

The VEVOR AB Workout Machine provides a guided motion for effective abdominal training.

Performing Abdominal Crunches:

1. **Positioning:** Kneel on the U-shaped foam knee pad and grasp the padded handles. Ensure your body is aligned with the machine's trajectory.
2. **Execution:** Engage your core muscles and pull your knees towards your chest, allowing the machine to guide your movement. Focus on contracting your abdominal muscles throughout the exercise.
3. **Return:** Slowly extend your legs back to the starting position in a controlled manner. Avoid using momentum.
4. **Repetitions:** Perform the desired number of repetitions.

Using the Digital Counter:

The integrated digital counter tracks your workout progress.

- **Functions:** The counter displays reps, timing, calorie counts, and frequency.
- **Operation:** The counter automatically starts tracking when you begin exercising.
- **Reset:** To reset the counter, press and hold the button located on the counter unit.



Figure 4: Digital counter for tracking workout metrics.

6. Adjustments

The machine offers adjustable difficulty levels to suit various fitness levels.

Adjusting Incline Angles:

The machine features 2 incline angles. Adjusting the incline changes the angle of your workout, influencing the intensity.

A steeper incline generally increases difficulty.

Adjusting Height Settings:

There are 5 height settings available. Adjusting the height accommodates different user heights and can also modify the range of motion and intensity of the exercise.
To adjust either setting, locate the pull pin mechanism. Pull the pin out, adjust the frame to the desired position, and re-insert the pin to lock it securely. Ensure the pin is fully engaged before use.

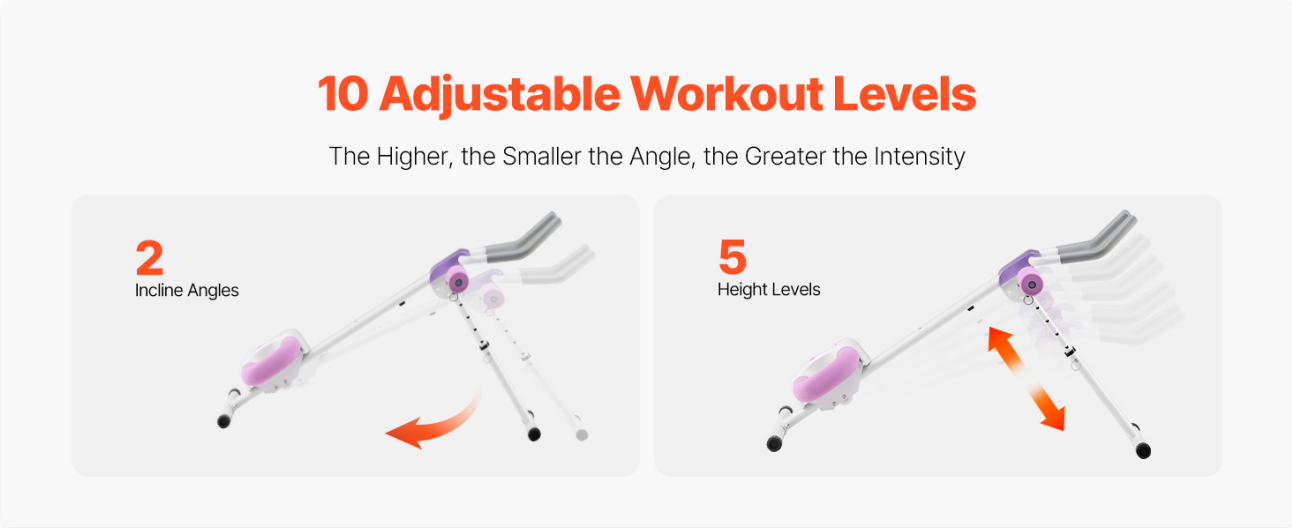


Figure 5: Illustration of adjustable incline angles and height levels.

7. Maintenance

Regular maintenance ensures the longevity and safe operation of your VEVOR AB Workout Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The rollers beneath the knee pad are designed for smooth operation. If any squeaking occurs, a small amount of silicone-based lubricant can be applied to the moving parts.
- **Storage:** When not in use, fold the machine for compact storage. Store it in a dry, cool place away from direct sunlight and moisture.

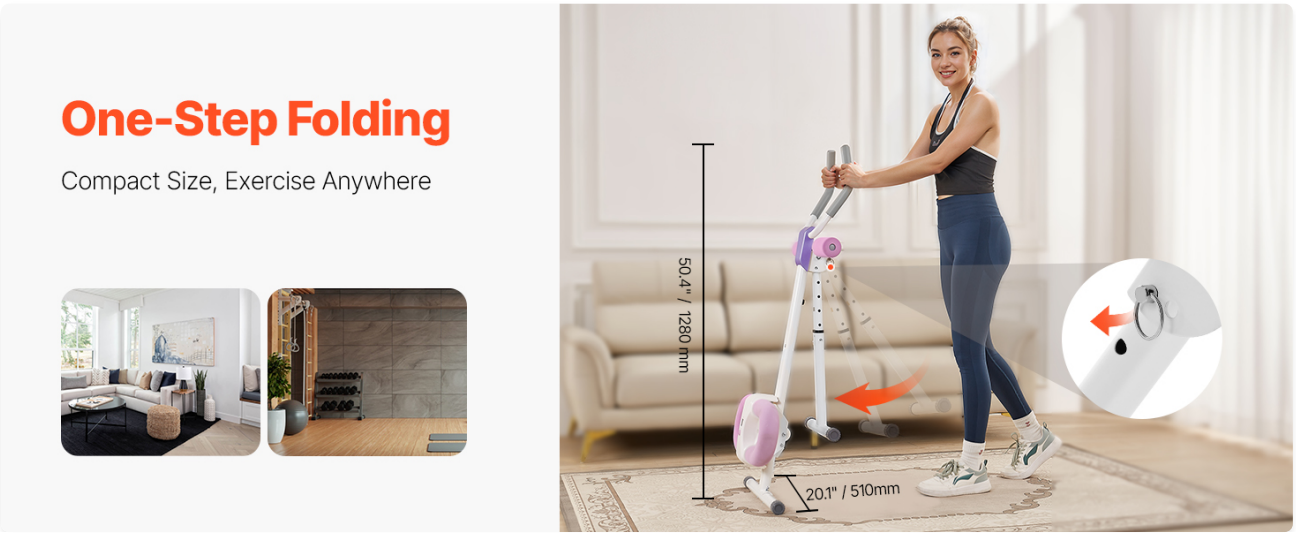


Figure 6: The machine features a one-step folding design for compact storage.

8. Troubleshooting

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Digital counter not displaying or inaccurate.	Low battery; Sensor obstruction; Loose connection.	Replace battery; Clear any debris from sensor area; Check and secure connections.
Machine feels unstable or wobbly.	Loose bolts/screws; Uneven surface.	Tighten all assembly bolts and screws; Ensure machine is on a flat, level surface.
Squeaking or grinding noise during use.	Lack of lubrication on moving parts; Loose components.	Apply silicone-based lubricant to rollers and pivot points; Check and tighten all connections.
Difficulty adjusting height/incline.	Pull pin not fully disengaged; Obstruction.	Ensure pull pin is fully pulled out before attempting to adjust; Check for any foreign objects blocking the adjustment holes.

9. Specifications

Feature	Detail
Item Model Number	005A
Maximum Weight Capacity	330 lbs / 150 kg
Angle Adjustment	2 Levels
Front Rod Length Adjustment	5 Levels
Main Material	Carbon Steel
Product Weight	17.2 lbs / 7.8 kg
Product Dimensions (L x W x H)	128 x 51 x 19 cm (Unfolded)
UPC	197988483861

10. Warranty and Support

For warranty information or technical support, please contact VEVOR customer service. Details can typically be found on the official VEVOR website or through your purchase documentation.
When contacting support, please have your product model number (005A) and proof of purchase readily available.

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