

Keenso Keensogxubhoay8c-11

Keenso Abdominal Wheel Board User Manual

Model: Keensogxubhoay8c-11

1. INTRODUCTION

Thank you for choosing the Keenso Abdominal Wheel Board. This manual provides essential information for the safe and effective use of your new core workout equipment. Please read this manual thoroughly before use and retain it for future reference.

The Keenso Abdominal Wheel Board is designed to enhance core and full-body strength. It features a 360-degree range of motion with four abdominal rollers, constructed from premium PP material for durability and wear-resistance. Its compact and portable design makes it suitable for both home and travel workouts.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Always warm up before exercising and cool down afterward.
- Use the product on a flat, stable, and non-slip surface.
- Ensure adequate space around the equipment during use to prevent injury.
- Do not exceed the maximum load-bearing capacity of 150 kg (330.7 lb).
- Keep children and pets away from the equipment during use.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Inspect the equipment for any damage or wear before each use. Do not use if damaged.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x Abdominal Exercise Skateboard
- 1 x Knee Pad (color may vary)

4. PRODUCT FEATURES

- **Portable Design:** Constructed from durable materials, lightweight and compact for easy storage and portability.
- **Stable and Silent:** Features a widened surface for enhanced stability and silent bearings for quiet operation.
- **Core and Full Body Engagement:** Equipped with four abdominal rollers providing a 360-degree range of motion for comprehensive muscle targeting.
- **Durable Construction:** Made from premium, eco-friendly PP material for wear-resistant performance.
- **Strong Grip:** Designed with a non-slip texture and curved groove handle for secure use.
- **High Load Capacity:** Supports a maximum load of 150 kg (330.7 lb).

Quiet 4 rollers abdominal exercise skateboard

360° swivel
Multi use slider



Figure 1: Main product view, showing the abdominal wheel board with four rollers and a knee pad in the background.

Quiet 4 rollers abdominal exercise skateboard

360° swivel
multi use slider



Figure 2: Two abdominal wheel boards, one upright and one flat, demonstrating the 4-roller design and multi-use slider capability.

5. SETUP

The Keenso Abdominal Wheel Board requires no assembly. It is ready for use directly out of the box.

1. Unpack the abdominal wheel board and the knee pad from its packaging.
2. Place the knee pad on the floor where you intend to exercise.
3. Position the abdominal wheel board on a flat, stable surface.



Figure 3: Top-down view of the abdominal wheel board with a blue knee pad, showing the overall shape and components.

6. OPERATING INSTRUCTIONS

The abdominal wheel board can be used for various exercises targeting the core, chest, back, and legs. Always maintain proper form to maximize effectiveness and prevent injury.

Basic Abdominal Rollout

1. Kneel on the included knee pad with the abdominal wheel board in front of you.
2. Place your hands on the curved groove handles of the board, ensuring a firm grip.
3. Engage your core muscles and slowly push the board forward, extending your body into a straight line. Maintain a neutral spine and avoid arching your back.
4. Roll out as far as comfortable, keeping your core engaged.
5. Slowly pull the board back towards your knees, using your abdominal muscles to return to the starting position.
6. Perform 8-12 repetitions for 2-3 sets, or as recommended by a fitness professional.

Advanced Exercises

The 360-degree swivel wheels allow for dynamic movements. Experiment with diagonal rollouts or circular motions to target different muscle groups. For chest, back, and leg exercises, consult a fitness guide or professional for proper technique.

Non slip texture
curved groove handle
Comfortable grip
non slip
stable

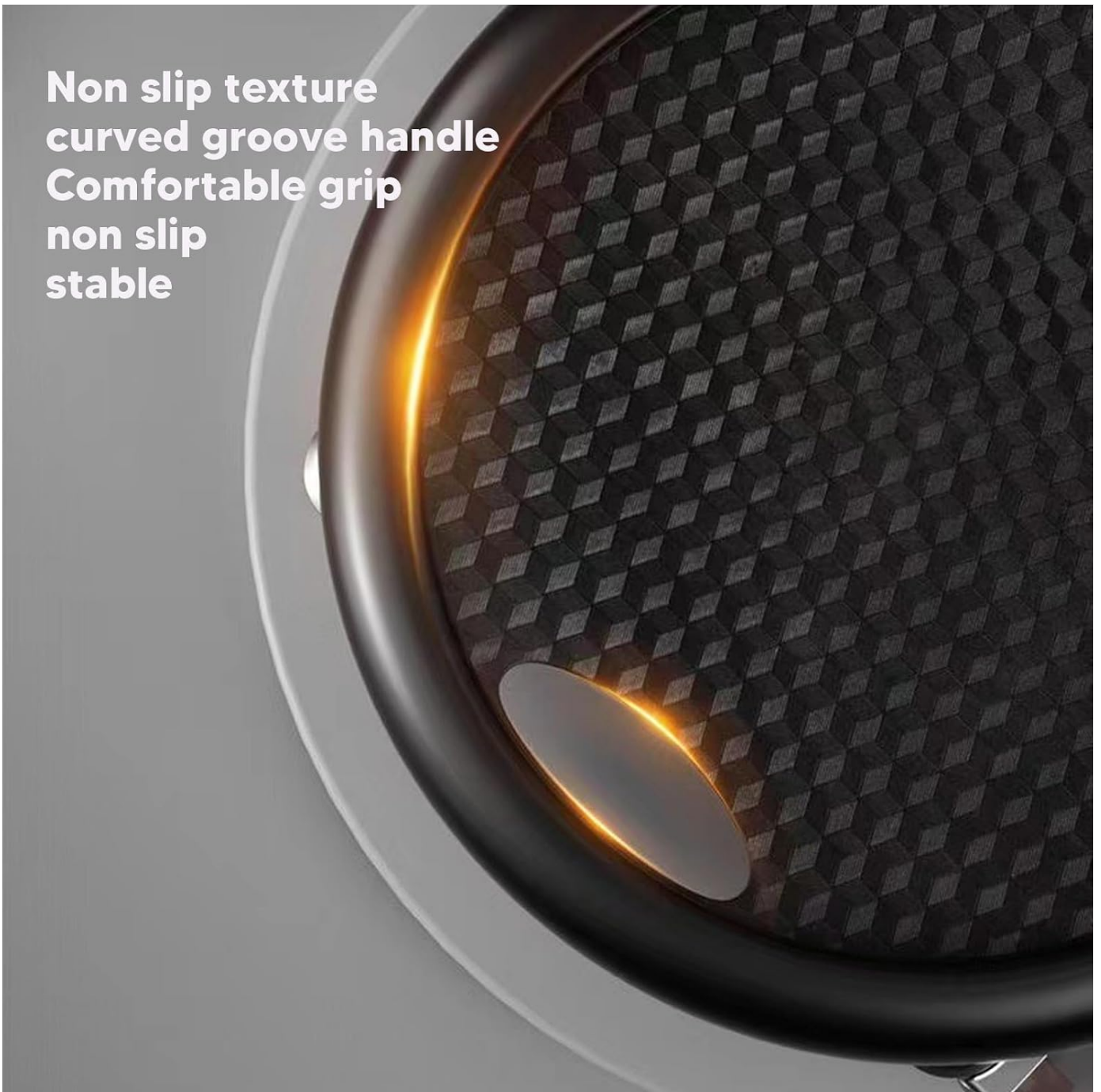


Figure 4: Close-up of the non-slip texture and curved groove handle on the board's surface, ensuring a comfortable and stable grip.

PP material Swivel quiet roller

360° free rotation



Figure 5: Close-up of the swivel quiet roller, highlighting the PP material and 360-degree free rotation for smooth movement.

7. MAINTENANCE AND CARE

- **Cleaning:** Wipe the abdominal wheel board with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners or solvents.
- **Storage:** Store the equipment in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under furniture or in closets.
- **Inspection:** Periodically check the rollers and handles for any signs of wear or damage. Ensure all parts are securely attached.



Figure 6: Abdominal wheel board stored under a cabinet, illustrating its compact and portable design for convenient storage.

8. TROUBLESHOOTING

- **Issue:** The board does not roll smoothly.
Solution: Check the rollers for any debris or obstructions. Ensure the surface you are exercising on is clean and flat.
- **Issue:** The board feels unstable during use.
Solution: Ensure your weight is evenly distributed. Verify that the board is placed on a completely flat and stable surface. Engage your core muscles to maintain balance.
- **Issue:** Discomfort during exercise.
Solution: Review your form and ensure you are performing the exercises correctly. If pain persists, stop exercising and consult a healthcare professional.

9. SPECIFICATIONS

Item Type	Abdominal Wheel Board
Model Number	Keensogxubhoay8c-11
Material	PP, Metal, EVA
Maximum Load Bearing	Approx. 150 kg / 330.7 lb
Weight	Approx. 870g / 30.7oz
Color	Black

10. WARRANTY AND SUPPORT

For warranty information or product support, please contact Keenso customer service through the retailer where the product was purchased or visit the official Keenso brand store online. Please have your model number (Keensogxubhoay8c-11) and purchase details ready.

Keenso Brand Store: <https://www.amazon.com/stores/Keenso/page/AB1D077B-639C-40D5-AE02-A64DEEBBDEA4>

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