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RELIFE REBUILD YOUR LIFE B0DFY1GZX4

RELIFE REBUILD YOUR LIFE AB Workout Machine Instruction Manual

Model: B0DFY1GZX4

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1. INTRODUCTION

The RELIFE REBUILD YOUR LIFE AB Workout Machine is an adjustable and foldable ab trainer designed for comprehensive strength training in a home gym environment. This equipment supports a wide range of workout methods, effectively targeting muscles in your abs, back, thighs, glutes, and arms to assist in fat burning and achieving a healthier physique.



Figure 1: RELIFE REBUILD YOUR LIFE AB Workout Machine.

2. SAFETY INFORMATION

Please read and understand all safety instructions before using this equipment. Failure to do so may result in injury.

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and all screws are tightened before each use.
- Place the machine on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 440 lbs.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Wear appropriate athletic footwear and clothing.

3. SETUP

The RELIFE AB workout machine is designed for easy assembly. All necessary tools, bolts, and screws are provided in the package. Follow the included assembly guide to ensure proper setup. Once assembled,

verify that all connections are secure and the machine is stable.



Figure 2: The machine supports a variety of exercises for a full-body workout.

Folding and Unfolding

The machine features a compact, foldable design, making it ideal for home gyms with limited space. To fold, locate the release pin (usually near the base or central hinge), pull it, and carefully collapse the frame. Reverse the process to unfold, ensuring the pin locks securely into place before use.

Video 1: Demonstration of folding and unfolding the RELIFE AB Workout Machine for storage.

4. OPERATING INSTRUCTIONS

Adjusting Workout Intensity

The ab crunch machine offers 5 height settings and 2 incline angles. These adjustments allow you to customize your workout intensity to match different fitness levels. Higher settings and steeper inclines generally increase the challenge.

Customize Your Workout Intensity

Meet all the requirements of different fitness levels



Figure 3: Adjust the machine's height and incline to vary workout intensity.

Using the LCD Monitor

The integrated LCD monitor displays key workout data, including repetitions, total count, and workout time. This helps you track your progress and plan future sessions. To reset the exercise record, long-press the button on the monitor.



Figure 4: The LCD monitor provides real-time workout data.

Performing Exercises

The machine is designed for a variety of exercises targeting different muscle groups:

- **Abdominal Crunches:** Position yourself with your knees on the padded rollers and elbows on the armrests. Engage your core to bring your knees towards your chest.
- **Hip Shaping:** Utilize the machine to perform movements that engage the glutes and hip muscles.
- **Stretching Exercises:** The machine can assist in various stretching routines.
- **Arm and Leg Tightening:** Incorporate resistance bands (if included) or use the machine's structure for targeted arm and leg exercises.

Video 2: Demonstrates exercises effectively targeting abs, back, thighs, glutes, and arms.

Video 3: Overview of various exercises possible with the Ab Workout Machine.

Video 4: Demonstrates core and full-body exercises using the RELIFE Ab Workout Equipment.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, fold the machine and store it in a dry, cool place away from direct sunlight.



Figure 5: The machine's compact design allows for easy storage.

6. TROUBLESHOOTING

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

- **Machine feels unstable:** Check all assembly points and ensure all bolts are securely tightened. Make sure the machine is on a level surface.
- **LCD monitor not working:** Check the battery. If the issue persists, contact customer support.
- **Excessive noise during operation:** Inspect moving parts for any obstructions or loose connections. Lubricate if necessary.

7. SPECIFICATIONS

Feature	Detail
Brand	RELIFE REBUILD YOUR LIFE
Color	Black
Material	Alloy Steel
Item Weight	20 Pounds
Maximum Weight Recommendation	440 Pounds
Height Settings	5
Incline Levels	2



Figure 6: Key dimensions and maximum weight capacity of the machine.

8. WARRANTY & SUPPORT

The RELIFE REBUILD YOUR LIFE AB Workout Machine comes with a **1-year warranty**. For any questions, concerns, or support needs, please feel free to contact our customer service team via email. We are committed to assisting you within 12 hours.

For more information and products, visit the official [RELIFE REBUILD YOUR LIFE Store on Amazon](#).

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