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› Goplus Ab Machine (B0G92FC8LG) User Manual

Goplus B0G92FC8LG

Goplus Ab Machine User Manual

Model: B0G92FC8LG

1. IMPORTANT SAFETY INFORMATION

Before using the Goplus Ab Machine, please read and understand all instructions and warnings. Keep this manual for future reference.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions before use. Failure to do so may result in injury.
- **Weight Limit:** Do not exceed the maximum weight capacity of 220 lbs (100 kg).
- **Stable Surface:** Use the machine on a flat, stable, and non-slip surface. Ensure adequate space around the equipment.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Inspect Before Use:** Before each workout, inspect the machine for any loose parts, damage, or wear. Do not use if damaged.
- **Proper Form:** Maintain proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.
- **Adjustments:** Make sure all adjustments are securely locked before beginning your workout.

2. PRODUCT OVERVIEW

The Goplus Ab Machine is a versatile fitness equipment designed for full-body workouts, focusing on core abdominal strength, back, glutes, thighs, calves, and arms. It features an adjustable backrest and foam support for comfort and effective exercise.

3-Position Height Adjustable & Reclined Backrest

Suit different exercise intensities and user preferences



Image: Main view of the Goplus Ab Machine.

Ergonomically Designed Backrest

Align with the natural curve of your spine, enhance workout comfort



3-Row Foam Roller System

Reduce strain and help evenly distribute pressure

Image: A woman demonstrating the use of the Goplus Ab Machine, highlighting the ergonomically designed backrest and 3-row foam roller system for comfort and pressure distribution.

Key Features:

- **3-Position Adjustable Backrest:** Allows customization for different exercise intensities and user preferences.
- **Ergonomic Back Support:** Designed to align with the natural curve of the spine for enhanced comfort.
- **3-Row Foam Roller System:** Reduces strain and distributes pressure evenly during workouts.
- **Padded Seat:** Comfortable seat crafted from waterproof and stain-resistant PU leather.
- **Built-in Curved Armrests:** Provides additional support and comfort.
- **Robust Metal Structure:** Ensures stability, balance, and durability.
- **Anti-slip Feet:** Protects floors and enhances stability during use.
- **Compact Design:** Space-saving for use in various home environments.

3. PARTS LIST

The package includes the following components:

- 1 x Adjustable Ab Machine
- 1 x User's Manual (this document)

Note: For detailed assembly instructions, refer to the separate assembly guide if provided, or follow the general setup steps below.

4. SETUP AND ASSEMBLY

While specific assembly steps are not detailed here, the Goplus Ab Machine is designed for straightforward setup. Please follow these general guidelines:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components listed in the parts list are present.
2. **Assemble Base Frame:** Connect the main frame components as indicated in the assembly diagrams (if available). Ensure all bolts and nuts are securely fastened.
3. **Attach Seat and Backrest:** Secure the padded seat and the backrest assembly to the main frame. Pay attention to the orientation of the backrest for proper ergonomic support.
4. **Install Foam Rollers and Armrests:** Attach the foam rollers and curved armrests to their designated positions.
5. **Adjust Backrest:** Familiarize yourself with the backrest adjustment mechanism. Ensure it locks securely into each of the 3 positions.
6. **Final Check:** Before first use, double-check all connections and ensure the machine is stable and all parts are tight.

Stable & Reliable Construction



Robust Metal Frame



Anti-slip Feet for Floor Protection

Image: Detail of the robust metal frame and anti-slip feet, highlighting stable construction.

5. OPERATING INSTRUCTIONS

The Goplus Ab Machine offers a variety of exercises for a comprehensive full-body workout. Always warm up before exercising and cool down afterwards.

5.1 Adjusting the Backrest

The machine features a 3-position adjustable backrest to suit different exercise intensities and user preferences. Locate the adjustment mechanism (typically a knob or lever) near the backrest. Release the lock, adjust the backrest to your desired angle (e.g., 100° to 180° range), and ensure it clicks securely into place before starting your exercise.

3-Position Height Adjustable & Reclined Backrest

Suit different exercise intensities and user preferences



Image: Illustration of the 3-position adjustable backrest and its adjustment range.

5.2 Performing Exercises

The Goplus Ab Machine supports various exercises targeting different muscle groups. Here are some examples:

- **Sit-ups:** Position yourself on the seat with your back against the foam rollers. Use the armrests for support. Engage your core to lift your upper body towards your knees.
- **Russian Twists:** While seated, lean back slightly, lift your feet off the ground, and twist your torso from side to side.
- **Glute Bridges:** Lie on your back with your feet on the floor, knees bent. Place your upper back against the foam rollers. Lift your hips off the ground, squeezing your glutes.
- **Bicycle Crunches:** Lie on your back, hands behind your head. Bring one elbow towards the opposite knee while extending the other leg.
- **Leg Stretches:** Utilize the machine's structure for various leg stretches.
- **Donkey Kicks:** Position yourself on all fours, using the machine for support, and kick one leg back and up.
- **Kneeling Back Stretches:** Kneel in front of the machine and use the backrest for support while stretching your back.

- **Kneeling Side Stretches:** Similar to back stretches, but stretching to the sides.



Image: Collage demonstrating various exercises such as Russian Twists, Sit-ups, Glute Bridges, Bicycle Crunches, Leg Stretch, Donkey Kicks, Kneeling Back Stretch, and Kneeling Side Stretch.

Full-Body Workout

Help you build strength and increase overall fitness



Image: Diagram showing targeted muscle groups including arms, back, abdominal, buttocks, thighs, and calves.

Always focus on controlled movements and proper breathing. Start with a lower intensity and gradually increase as your strength improves.

Enjoy More Effective & Safer Training

Compared to exercising directly on the floor



After

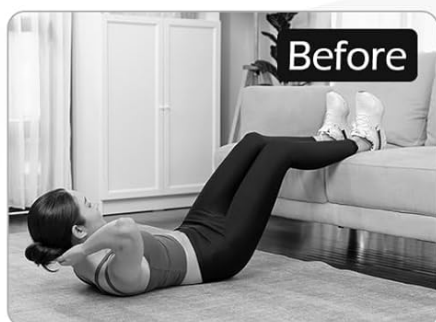


Image: Comparison showing the Goplus Ab Machine providing more effective and safer training compared to exercising directly on the floor.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Goplus Ab Machine.

- **Cleaning:** Wipe down the machine, especially the padded seat and foam rollers, with a damp cloth after each use to remove sweat and dirt. The PU leather is waterproof and stain-resistant for easy cleaning.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if necessary.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage.
- **Wear and Tear:** Inspect foam rollers and padded areas for signs of wear, tears, or damage. Replace parts if they show significant deterioration.

More Details Display



Image: Close-up view of the comfy padded seat, waterproof and stain-resistant PU leather, and built-in curved armrests.

7. TROUBLESHOOTING

If you encounter issues with your Goplus Ab Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the machine to a flat, even surface. Check anti-slip feet for proper contact.
Backrest does not lock into position.	Adjustment mechanism not fully engaged or obstructed.	Ensure the adjustment knob/lever is fully released and then re-engaged. Check for any obstructions preventing the lock from seating properly.
Squeaking noises during use.	Loose connections or friction between moving parts.	Tighten all bolts. Apply a small amount of silicone-based lubricant to pivot points if necessary (avoid oil-based lubricants on plastic/foam).
Discomfort during exercise.	Incorrect posture or backrest adjustment.	Review operating instructions for proper form. Adjust the backrest to a more comfortable position. If pain persists, stop exercising and consult a physician.

If the problem persists or is not listed here, please contact Goplus customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Goplus
Model	B0G92FC8LG
Color	Black+Orange
Material	Metal, PU Leather, Sponge
Product Dimensions (L x W x H)	21.26" x 23.5" x 27.17" (54 x 60 x 64-69 cm)
Seat Size (L x W)	12" x 13" (30 x 33 cm)
Item Weight	15.5 lbs (7 kg)
Maximum Weight Recommendation	220 lbs (100 kg)
Included Components	1 x Adjustable Ab Machine, 1 x User's Manual

Product Dimensions



Image: Diagram illustrating the product dimensions and weight capacity.

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The Goplus Ab Machine comes with a **90-Day Warranty Against Manufacturer Defects**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, abuse, accidents, unauthorized modifications, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, concerns, or assistance with your Goplus Ab Machine, please contact Goplus customer support. Refer to the contact information provided with your purchase or visit the official Goplus website for support details.

Goplus Official Website: Visit the Goplus Store on Amazon

