



TOTAL CRUNCH M23646 Exercise Machine Instruction Manual

[Home](#) » [TOTAL CRUNCH](#) » TOTAL CRUNCH M23646 Exercise Machine Instruction Manual 

TOTAL CRUNCH

M23646 Exercise Machine
Instruction Manual

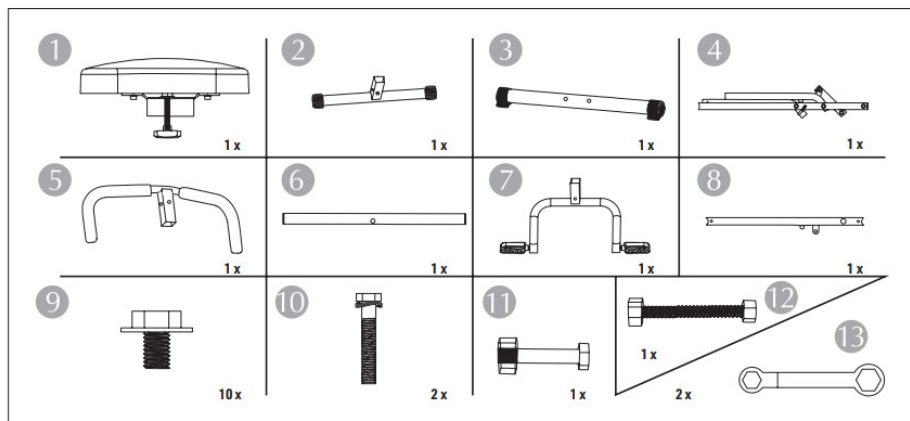


Contents

- [1 M23646 Exercise Machine](#)
- [2 IMPORTANT SAFETY AND WARNING NOTICES](#)
- [3 ASSEMBLY INSTRUCTIONS](#)
- [4 Documents / Resources](#)
 - [4.1 References](#)
- [5 Related Posts](#)

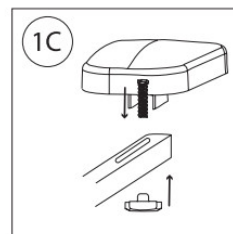
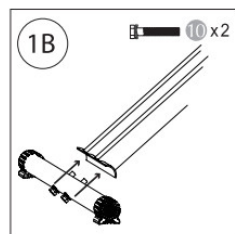
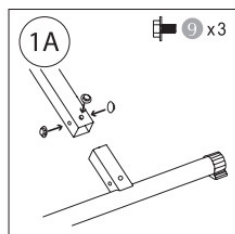
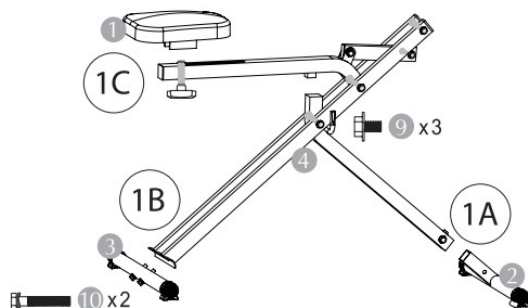
M23646 Exercise Machine

#M



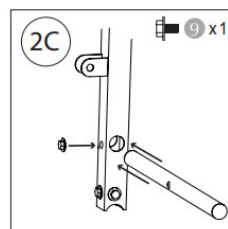
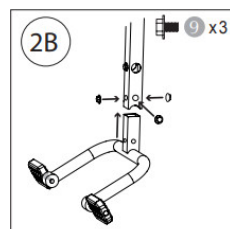
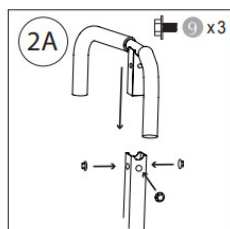
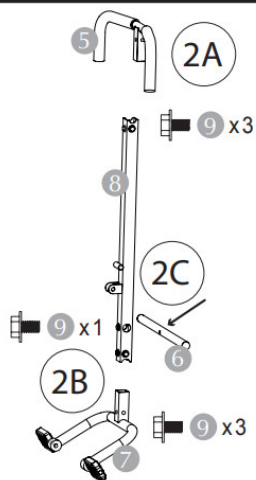
#N

1 2 3 4 9 10



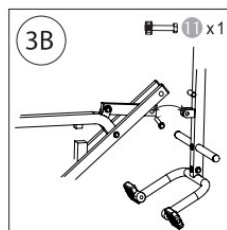
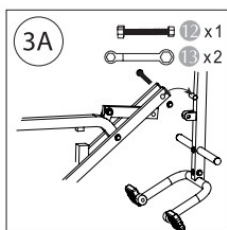
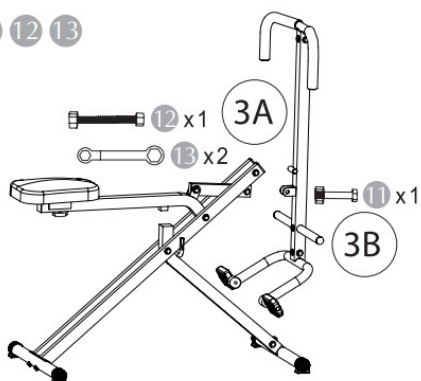
#O

5 6 7 8 9



#P

11 12 13





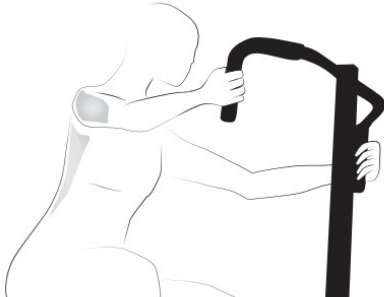
Ü1



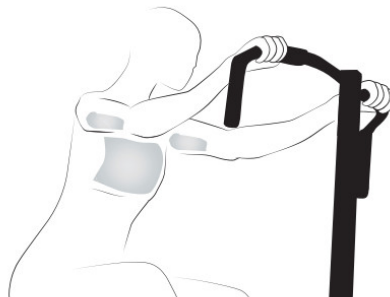
Ü2



Ü2/A



Ü2/B



Ü2/C



Ü2/D



Ü2/E



IMPORTANT SAFETY AND WARNING NOTICES

- Carefully read this manual before using the Total Crunch.

- If you have any health problems or concerns about your state of health, please consult your doctor.
- If you suffer from asthma or any other respiratory disease, please consult your doctor before using the Total Crunch.
- Always place the Total Crunch on a flat surface.
- To avoid damage and injuries, make sure that there are no objects /furniture / cables etc. in the vicinity of where you intend to train.
- Make sure that children only ever use the Total Crunch under adult supervision.
- Do not use the Total Crunch if you are pregnant.
- Never train using the Total Crunch if you are under the influence of alcohol.
- After a workout on the Total Crunch, drink water and/or an isotonic drink.
- Consult your doctor before training on the Total Crunch or any other fitness equipment.
- The device is not intended for use by persons – adults or children -with limited physical, sensory or intellectual capacities or lacking practical experience or knowledge, unless they are supervised or have received clear instructions on how to use the device from a person responsible for their safety. Children must never be allowed to play with the device.
- The maximum weight for using the device is 100 kg.
- This device is subject to the country-relevant warranty period for manufacturing defects. Damage resulting from improper use, negligent commercial use, abnormal wear and tear, accidents, or improper operation are excluded from the warranty.
- Improper or excessive training can be detrimental to your health.
- Cease use immediately if you experience unusual physical discomfort, weakness or dizziness when using the device.
- Always ensure that the device is set up on a firm and level surface with a minimum distance of at least 60cm between it and any walls or furniture. Also make sure that there are no protruding objects or other impediments that could cause injuries.

ASSEMBLY INSTRUCTIONS

Parts list (Fig. M)

Step 1 (Fig. N)

PARTS: 1 2 3 4 9 10

Assemble the main frame and the rear frame (1A/1B), as well as the feet.

Attach the saddle. You can adjust the position to your requirements (1C).

Step 2 (Fig. O)

PARTS: 5 6 7 8 9

Assemble the vertical handle bar (2A/2B/2C).

Step 3 (Fig. P)

PARTS: 11 12 13

Connect the main frame and the vertical handle bar (3A/3B).

Important: Fasten the screws with the aid of the two keys (No. 13). Fix the screw head with the larger side of the key and tighten the respective nut with the smaller side.

TIPS FOR YOUR TRAINING WITH THE TOTAL CRUNCH:

Train for a maximum of half an hour per day, maximum three times per week.

WARM UP – EXERCISES (Fig. Q)

STRETCHING EXERCISE FOR YOUR CALVES AND HIPS (Fig. Q1)

Point your toes straight ahead and position your right foot one to two step lengths in front. Lean forward and bend your right knee as you do so, making sure your knee does not jut out beyond your toes. Keep your left leg straight, ensuring your heel doesn't leave the floor. Rotate your trunk and bring your hip forward to stretch it. Maintain the position for 20 to 30 seconds before releasing it slowly. Repeat the exercise with the other leg.

SHOULDER STRETCHING EXERCISE (Fig. Q2)

Stand up straight with your legs together. Bring your right arm across the front of your body to the other side. Grip the arm with your left hand and pull it up. Hold the position for 20 to 30 seconds before repeating the exercise with the other arm.

STRETCHING EXERCISE FOR YOUR INNER THIGHS (Fig. Q3)

Stand with your legs apart. Bend forward and bend your right knee at the same time, making sure the knee does not jut out beyond your toes. Place your hands on your thighs for support and hold this position for 20 to 30 seconds. Repeat the exercise with the other leg.

STRETCHING EXERCISE FOR YOUR OBLIQUE ABDOMINAL MUSCLES (Fig. Q4)

Stand with your legs apart and point your feet straight ahead. Stretch your right arm diagonally above your head and over towards your left side as far as you can. Hold the position for 20 to 30 seconds and then repeat the exercise with your left arm.

STRETCHING EXERCISE FOR YOUR BUTTOCKS, HIPS AND OBLIQUE ABDOMINAL MUSCLES (Fig. Q5)

Sitting on the floor, place one leg over the other. Bring your upper body into an upright position and place your hand on the outside of the opposite thigh to pull it closer to your upper body. Hold this position for 20 to 30 seconds and then let go. Repeat the exercise with the other leg.

STRETCHING EXERCISE FOR YOUR TRICEPS (Fig. Q6)

Stretch both arms above your head. Bend your left arm and lower your left hand to touch your back. Touch your left elbow with your right hand and press it down. Hold this position for 20 to 30 seconds and then let go. Repeat the exercise with the other side.

EXERCISE GUIDE FOR YOUR TOTAL CRUNCH Exercise 1 (Fig. Ü1)

Sit on the device and grasp the handlebar. Push the pedals with your legs to create resistance. Pull the handlebar towards you and then push it back to its original position.

Exercise 2 (Fig. Ü2)

You can do different exercises by changing the position of your grip on the handlebar. Repeat the movements described in Exercise 1 12 times for each of the different grip positions:

Fig. Ü2/A: Trains shoulders and back

Fig. Ü2/B: Trains chest and triceps

Fig. Ü2/C: Trains the biceps

Adjusting the resistance level for training with the Total Crunch: mit dem Total Crunch an:

Fig. Ü2/D: Lower foot pedals – less resistance

Fig. Ü2/E: Raised foot pedals – greater resistance

User class	H (H = Heimbereich) H (H = home area) H (H = zone d'origine) H (H = home area) HB (H = thuisgebied) HB (H = otthoni terület) HB (H = domáci plocha) HB (H = domáca oblasť) HB (H = zona acasă) HB (H = zastosowanie domowe)
measurements assembled	79 x 118 x 60 cm
Maximum user weight	100 kg
Classe	EN ISO 20957-1

Made in China



Importer

MediaShop GmbH

CH: 0800 376 36 06


ROW: +423 388 18 00 | CZ: + 420 234 261 900 | SK: + 421 220 990 800

RO: + 40 318 114 000 | HU: + 36 96 961 000

office@mediashop-group.com | www.mediashop.tv

Liability claims against the company Mediashop, which relate to damage (except in the case of injury to life, body or health of a person, so-called personal injuries), material or immaterial in nature, caused by the use or non-use of the information provided or through the use of incorrect and incomplete information provided by third parties is fundamentally excluded, unless it can be proven that Mediashop acted with wilful intent or gross negligence

Documents / Resources

	<p>TOTAL CRUNCH M23646 Exercise Machine [pdf] Instruction Manual M23646, Exercise Machine, M23646 Exercise Machine</p>
---	--

References

-  [Group Publishing](#)
-  [MediaShop - Das Original aus dem TV ✓ online bestellen](#)