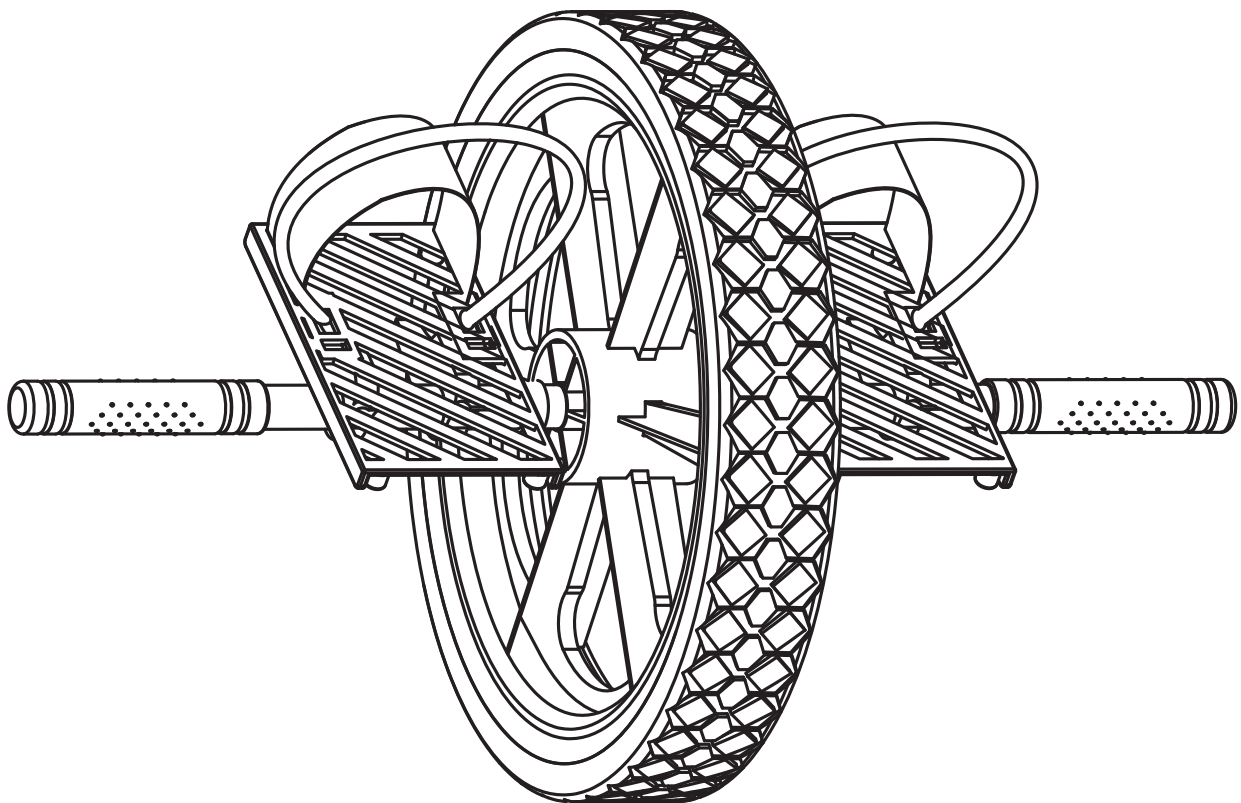




# Men'sHealth<sup>®</sup>

## *Active+*

Ab Wheel with Foot Straps



# Men's Health Ab Wheel with Foot Straps

## Important Safety Information

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The safety of this equipment can only be assured if it is examined regularly for damage and wear.

Replace defective components immediately and keep the equipment out of use until repaired.  
Please pay special attention to components most susceptible to wear.

Injuries may result from incorrect use of this equipment or excessive training.

Please consult a medical professional or personal trainer prior to commencing to ensure it is safe for you to do so.  
If you have any health concerns or medical problems please consult a doctor before using this equipment.

Should you experience dizziness, nausea, chest pain, or any other abnormal symptoms stop the workout and seek immediate medical attention.

Dress appropriately for exercise and wear comfortable clothing and ensure you have enough space to complete your full range of movements.

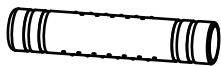
This product is not a toy. Keep out of the reach of unsupervised children.

Total weight of this product is 1.7kg.

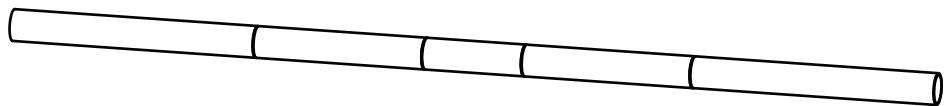
The maximum user body mass recommended for this product is 100kg.



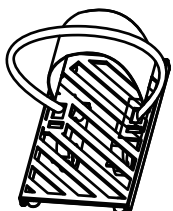
## Components - Parts



1. Handle Tube  
(2pcs)



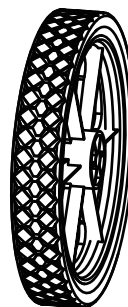
2. Axle  
(1pc)



3. Foot Pedal  
(2pcs)



4. Inner collar  
(2pcs)



5. Wheel  
(1pc)



7. Screw  
(1pc)

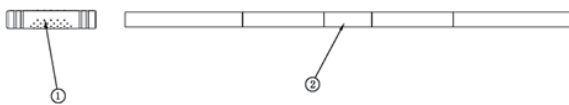
# Men's Health Ab Wheel with Foot Straps

## Assembly Instructions

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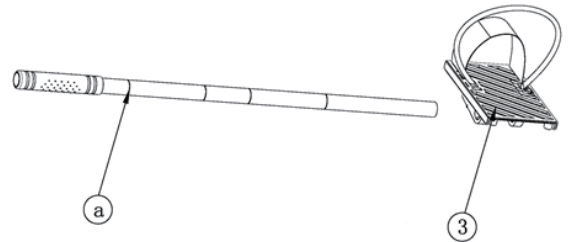


### 1 Assembly of Left Handle Tube



Push the Left Handle Tube (1) into the Axle (2).

### 2 Assembly of Left Foot Pedal

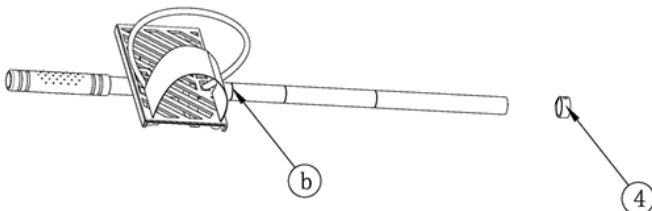


Slide the Pedal (3) onto the Axle from the right until it reaches mark "a" as shown in the diagram.

Do not tighten the fixing screws at the bottom of the Foot Pedal yet.

The strap buckle faces outside.

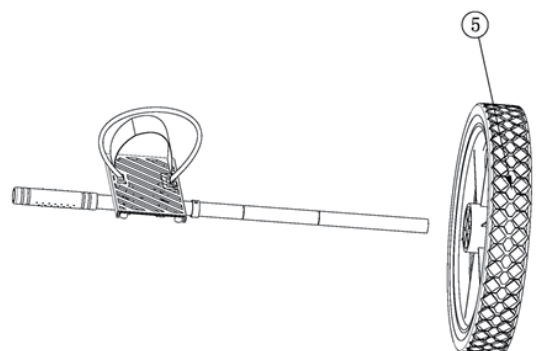
### 3 Assembly of Left Foot Pedal



Insert the Inner Collar (4) onto the Axle until it reaches mark "b" as shown in the diagram.

Tighten the screw in the collar.

### 4 Wheel Assembly



Slide the Wheel (5) onto the Axle from the right until it touches the inner collar.

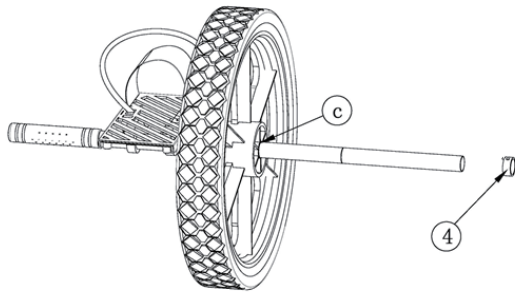
# Men's Health Ab Wheel with Foot Straps

## Assembly Instructions

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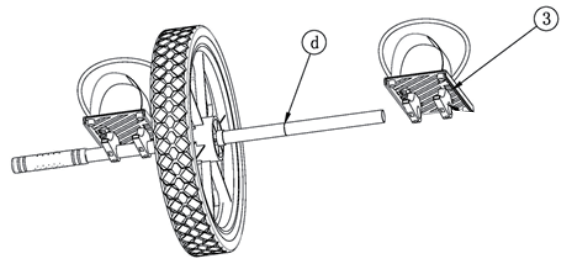


### 5 Wheel Assembly



Insert the Inner Collar (4) onto the Axle until it reaches mark "c" as shown in the diagram.  
Tighten the screw in the collar.

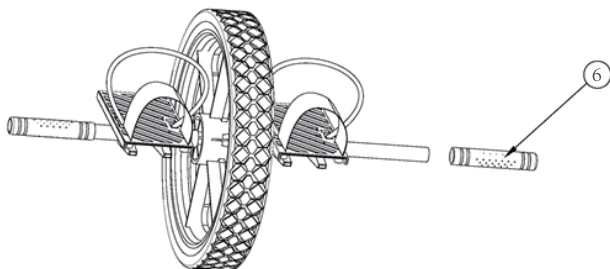
### 6 Assembly of Right Foot Pedal



Insert the Pedal (3) onto the Axle from the right until the far end reaches mark "d" as shown in the diagram.

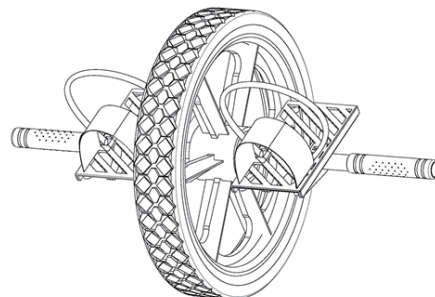
Make sure that the Foot Pedals are level with each other and then tighten the set screws underneath.  
The strap buckle faces outside.

### 7 Assembly of Right Handle Tube



Push the Right Handle Tube (6) into the Axle.

### 8 Complete Assembly



# Men's Health Ab Wheel with Foot Straps

## Using your Ab Wheel

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- 1, Place the Ab wheel on its side and place one foot into the Velcro loops.
- 2, Kneel and place your other foot into the Velcro loop on the second pedal.
- 3, Now you should be kneeling with both feet attached to the pedals. From here, reach back and pull the elastic straps over the back of your heel.
- 4, You are now ready to workout.

## FREE EXERCISE & TRAINING TIPS

For a selection of FREE exercises and workouts Go to [Menshealth.co.uk/workout](http://Menshealth.co.uk/workout) to explore our FREE online workout library. The Men's Health workout library allows you to select and tailor programmes according to your very own training goals. Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health – the UK's No.1 Men's Magazine

[www.menshealth.co.uk](http://www.menshealth.co.uk)

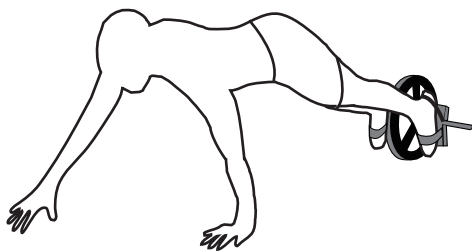
The below is a selection of suggested exercises for use with your Men's Health Ab Wheel.

These illustrations are intended for guidance only and do not replace the need to seek professional advice on the correct form required to complete these moves safely.

If you are in any doubt on how to perform these exercises please seek the help of a trained professional or personal trainer prior to attempting them.

Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment.

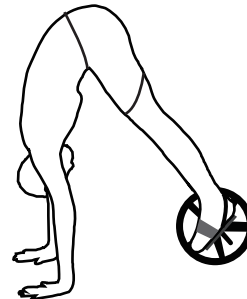
### 1 Walking with Hands



From a push-up position, walk your hands forward and wheel your feet back and forth.

As you improve, try to walk in a circle.

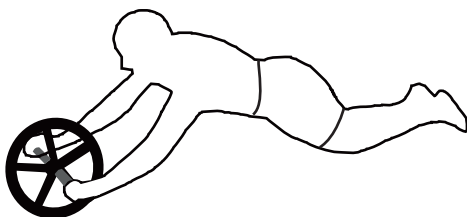
### 2 Pike



From the push-up position, pike the hips up to the sky as you roll the Ab Wheel in towards your hands.

Keep arms straight and head neutral. Slowly return to the original position and roll in again.

### 3 Roll out and Hold



Assume a starting position on your knees with your hands on the handles of the Ab Wheel.

Keep arms and body straight from shoulders to knees, roll Ab Wheel out to a comfortable distance and hold. Keep body long by lengthening from knees to head. Slowly return to the original position and repeat.

### 4 Hip Raises

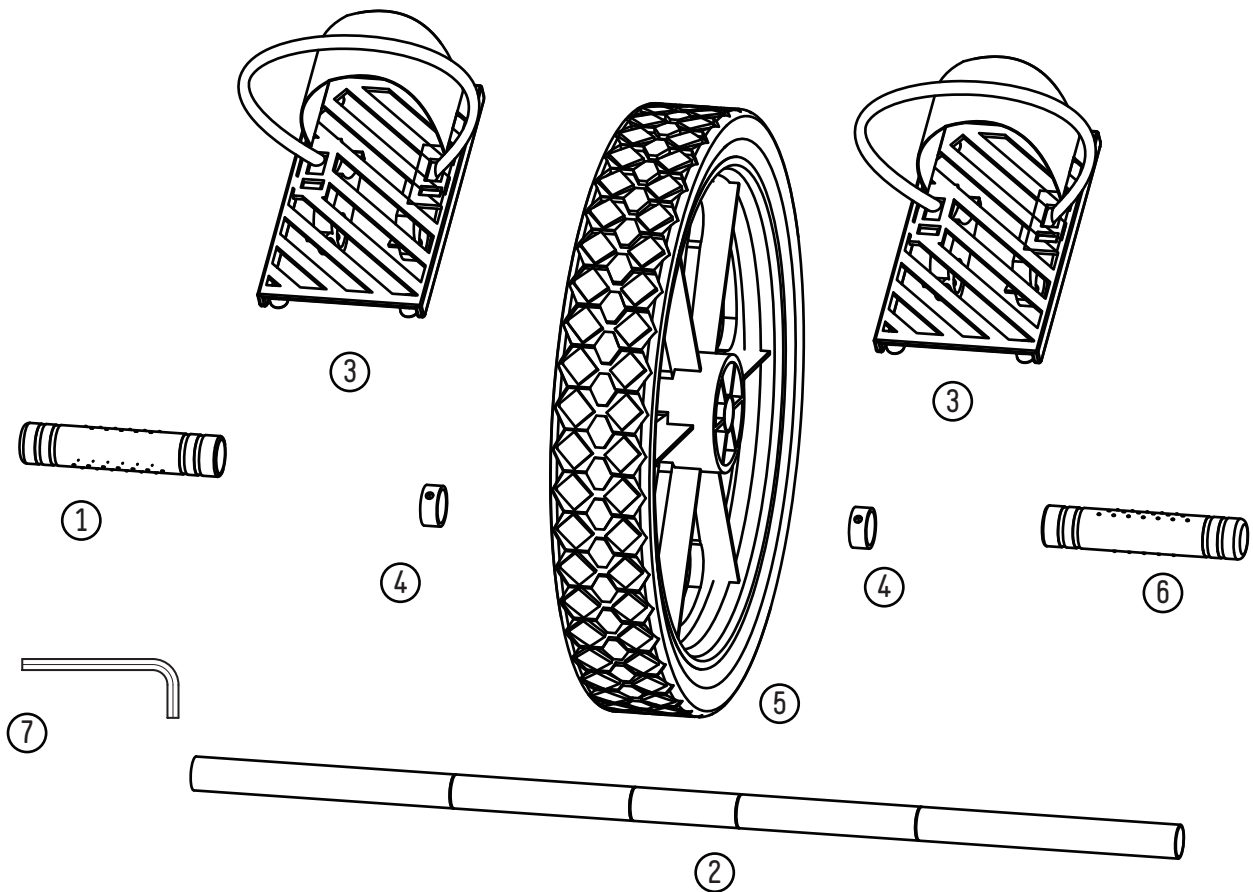


Lay on your back, elbows at sides, arms straight out or bent up towards the sky. Now roll the Ab Wheel in towards your back. Keep hips up and knees same distance apart throughout. Slowly return to the original position and roll in again.

# Men's Health Ab Wheel with Foot Straps

## Exploded Parts Diagram

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1 Left Handle Tube	1pc
2 Axle	1pc
3 Foot Pedals	2pcs
4 Inner Collar	2pcs
5 Wheel	1pc
6 Right Handle Tube	1pc
7 screw	1pc

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