

Precautions

- 1. Please lay a mat or cork board underneath before doing abdominal exercises.
- 2. Please do sufficient stretching before and after training to relax your muscles and prevent strain.
- 3. If the product has not been used for a long time, please make sure there are no abnormalities.
- 4. For those below primary school level or who are unable to exercise alone, please use appropriate strength or with the help and support of others.
- 5. Please do not over-exercise. If you experience any abnormal symptoms such as headache, nausea or dizziness, stop exercising immediately and consult a doctor.
- 6. When training, please use knee pads to prevent knee injuries.

Prohibited

- 1. When you are working out or undergoing professional training, it is strictly forbidden to keep fragile items, various containers, bats, wooden sticks, sharp objects and similar items nearby to avoid scratches.
- 2. Contraindicated groups: People with lumbar intervertebral disc protrusion, osteoporosis, pregnant women, and patients with hypertension (getting up from a supine position may cause fluctuations in blood pressure).
- 3. Do not use the abdominal plank within one hour after a meal (as it may increase abdominal pressure and cause gastric reflux).
- 4. During exercise, it is strictly prohibited to rise and fall abruptly, pull the head, or over-exercise.

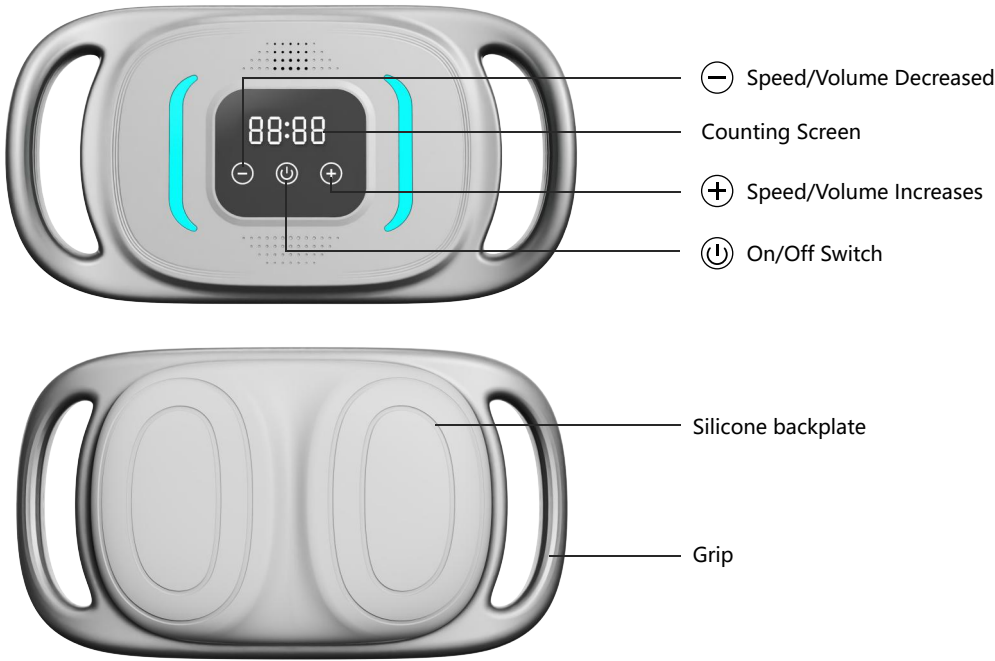
Abdominal Plate

Instruction Manual



⚠ Please read all the instructions in the manual carefully before using this product and keep this manual properly

Product Description



Bluetooth: GDEAM01

- ①Press and hold the power button for 2 seconds to turn it on or off.
- ②In the setting state (Mode flashing) :
 - 1. Press the power button briefly to switch between counting, countdown and reverse counting modes.
 - 2. Press the "+" key" briefly to increase the parameters in the corresponding mode, and press it long to continuously increase the parameters.
 - 3. Press the "-" key" briefly to reduce the parameters in the corresponding mode, and press it long to continuously reduce the parameters.
 - 4. Strike the sensing point to enter the training state;
 - 5. After 5 seconds of no operation, save the parameters and automatically start the training.
- ③During Training :
 - 1. Press the power button briefly to return to the setting state.
 - 2. Press the "+" key briefly to increase the speed, and the HAU and H01-H09 cycles will continue. Long press to increase the volume;
 - 3. Press the "-" key briefly to reduce the speed. H09-H01, HAU cycle. Long press to reduce the volume.

- 4. Before the light reaches the top, strike the sensor light strip to turn on the green light. If it exceeds the time limit, the red light will turn on. Hitting is ineffective. Wait for the restart.
- 5. After the countdown or backward counting ends, all the light strips will light up and the color will change rapidly. After 5 seconds, the backward counting or backward counting will start again.
- ④If there is no operation for one minute, it enters the pause mode. In the pause mode, the light strip runs along with the music.
- ⑤If there is no operation for three minutes, the machine will automatically shut down and enter sleep mode.
- ⑥Whenever it is plugged in for charging and enters the charging state, the battery power increases step by step. Once fully charged, it stops moving.
- ⑦Fully charged state, with all battery levels flashing.
- ⑧Low battery: The entire display screen will show "-" and flash three times to automatically go into sleep mode. Pressing the power button to turn on the device will still enter this state. Charging can enter the charging state.
- ⑨When the battery is exhausted, it goes to sleep directly. The buttons are ineffective. Charging can enter the charging state.

Product usage

The correct exercise method: Leg raises while lying on your back (Mainly exercises the abdominal and thigh muscles)



Lean your waist up, keep your legs upright, hold both ends of the abdominal plank with your hands, and suspend them in the air. Don't force your hands to touch the ground. Try to relax your muscles, then naturally stretch the muscles of your back and legs and kick your legs upwards to touch the abdominal plank as much as possible. Repeat 2 to 3 times and rest once.

FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.