

# CORE MAX 2.0<sup>®</sup>

Total Body Training System

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## USER MANUAL



**MAXIMUM  
CORE WORKOUT  
IN 8 MINUTES**

**CAUTION**  
READ ALL PRECAUTIONS AND INSTRUCTION IN THIS  
MANUAL BEFORE USING THIS EQUIPMENT AND KEEP THIS  
FOR FUTURE REFERENCE.

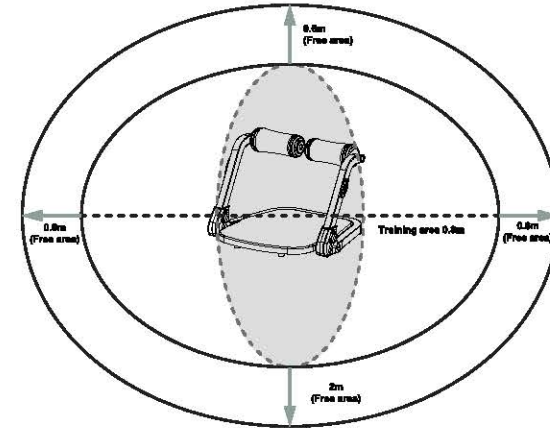
**Max. User's Weight : 100 kgs / 220lbs**



1. Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 65 or have pre-existing health problems. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.
2. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter all-around free space.

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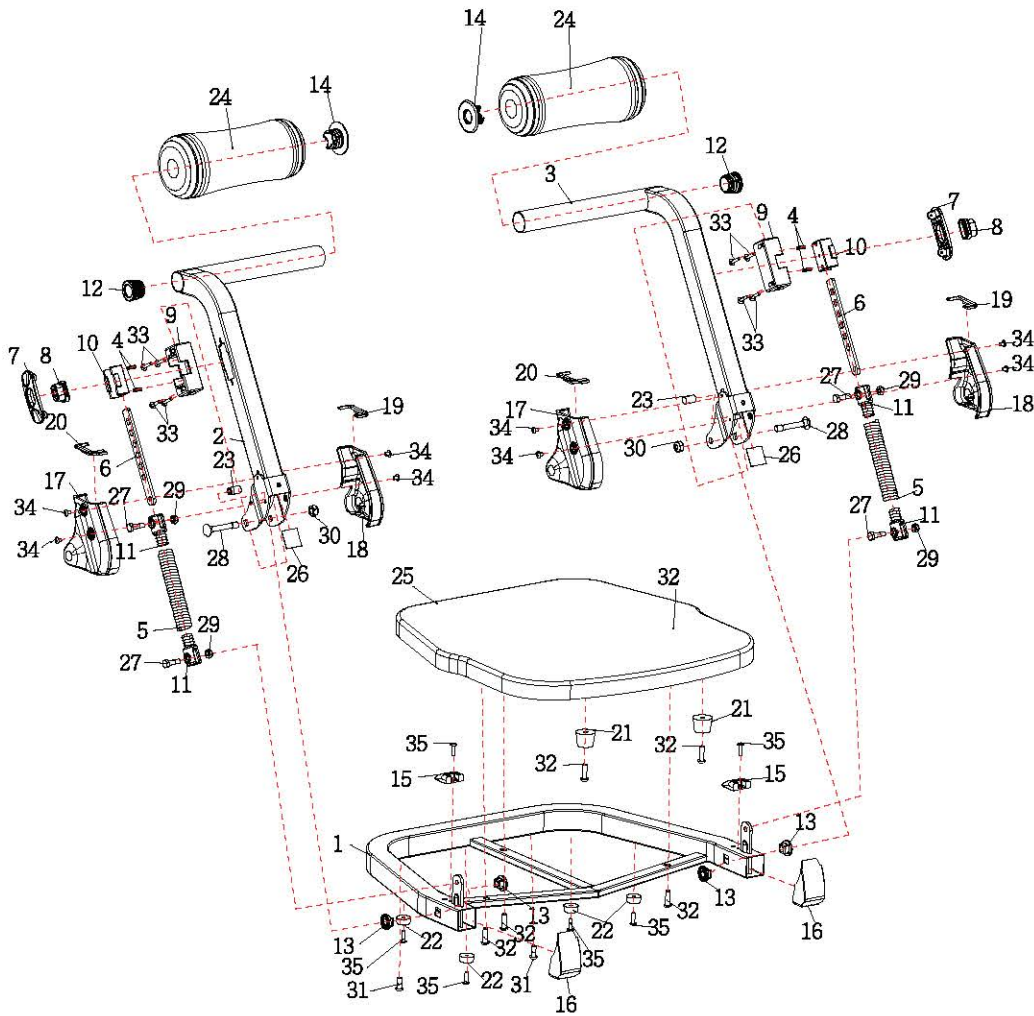


3. It is important to keep children, pets, furniture and other objects away from this equipment during its use.
4. Check your equipment before each use to ensure that all parts are assembled, and all nuts, bolts, knobs, pins are tightened and in proper place.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. Do not allow children to play on or around it.
6. Always warm up and stretch before each training session. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heartbeat, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Do not place your hands or fingers underneath the unit while it is being used. Keep hands away from moving parts.
8. Be sure to keep longer hair tied up to avoid getting caught on equipment.
9. Always wear proper workout clothing and shoes when using your CORE MAX. Do not wear loose clothing. Do not wear shoes with leather sole or high heels.
10. Workout within your recommended exercise level, do not work to exhaustion. If you feel any pain or experience abnormality, stop your workout and call your physician immediately.
11. This equipment is designed and intended for indoor home and consumer use only, not for commercial use.



# EXPLODED DIAGRAM

# PARTS LIST

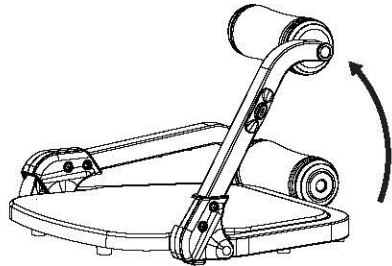
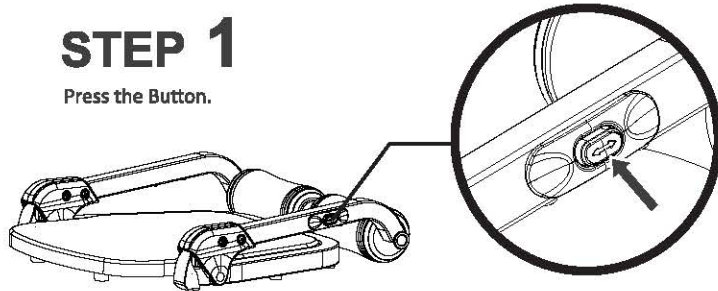


Part No.	Description	Q'ty
1	Main Frame	1
2	Left Backrest Support	1
3	Right Backrest Support	1
4	Compressing Spring	4
5	Spring	2
6	Adjusting Plate	2
7	Button Cover	2
8	Button	2
9	Adjusting Box	2
10	Limiter	2
11	Spring Holder	4
12	Non Slip End Cap	2
13	Bushing	4
14	Foam Roller End Cap	2
15	Stopper Block	2
16	End Cap	2
17	Left Cover	2
18	Right Cover	2
19	Right Sleeve	2
20	Left Sleeve	2
21	∅ 26x19mm Cushion	2
22	∅ 20x8mm Cushion	5
23	Stopper	2
24	Foam Roller	2
25	Seat Pad	1
26	EVA Pad	2
27	M6x20mm Axle Allen Bolt	4
28	M8x50mm Carriage Bolt	2
29	M6 Aircraft Nut	4
30	M8 Aircraft Nut	2
31	M6x15mm Allen Bolt	2
32	M6x20mm Allen Bolt	5
33	ST3.5x20mm Phillips Screw	8
34	ST4.2x6mm Phillips Screw	8
35	ST4.2x15mm Phillips Screw	7

It is important to follow with the step-by-step instructions for proper usage.

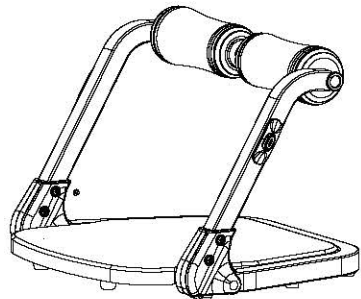
## STEP 1

Press the Button.



## STEP 2

lift up the arm.



## STEP 3

Repeat the same procedures on the other side.

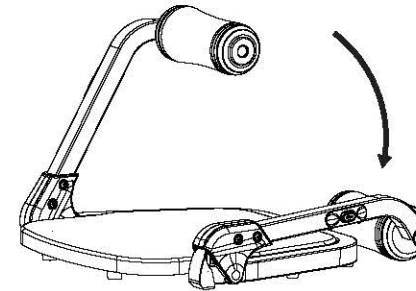
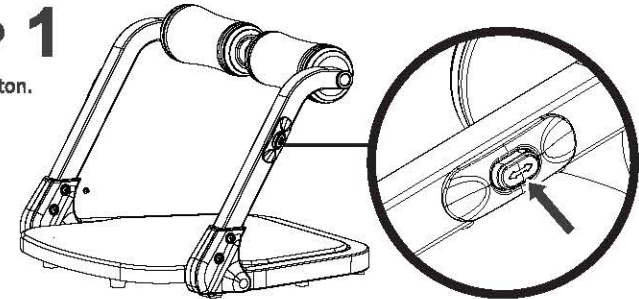
Now the assembly is completed and ready to use.

These instructions also apply when adjusting the 3 levels of resistance.

**Enjoy the easy and fun exercises!**

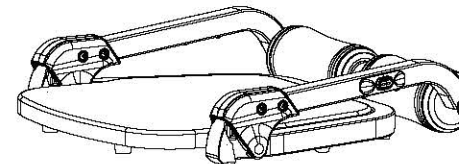
## STEP 1

Press the Button.



## STEP 2

lay down the arm.



## STEP 3

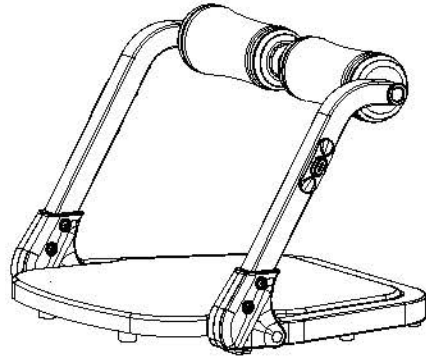
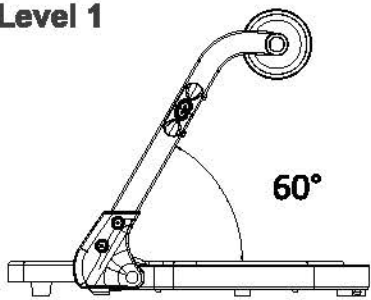
Repeat the same procedures on the other side.

Now that the machine is folded up, you can store it in an appropriate space.

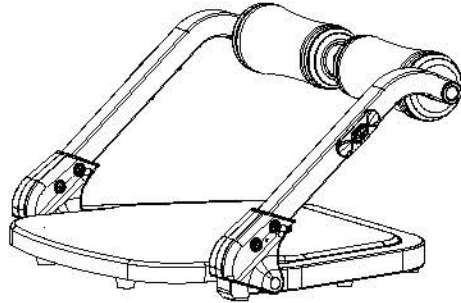
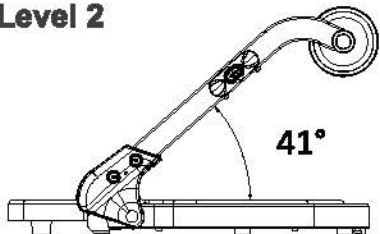
## 3-LEVEL ANGLE ADJUSTMENTS

## EXERCISE GUIDELINES

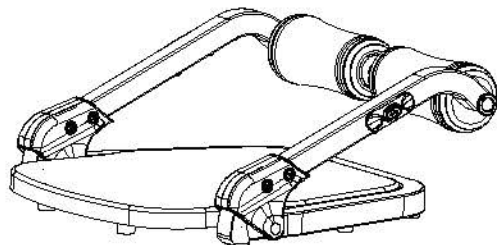
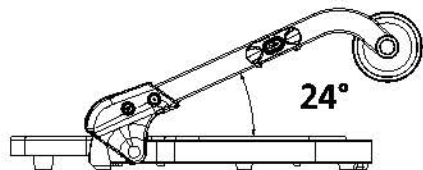
### Level 1



### Level 2



### Level 3



1 SIT-UP



2 PUSH-UP



3 CYCLING



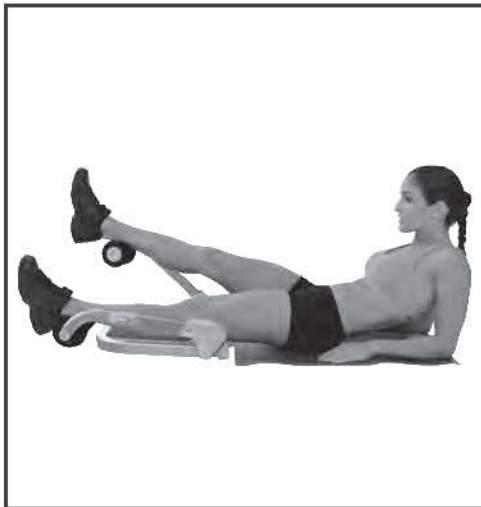
4 BRIDGE



**5** PECTORAL EXTENSION



**6** TRICEPS EXTENSION

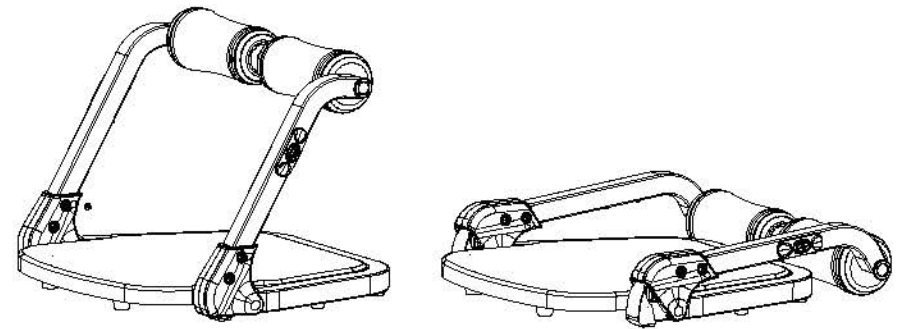


**7** SCISSOR KICK



**8** INNER THIGH PRESS

- Please do regular inspections before use for loose screws and bolts. Always make sure screws and bolts are properly locked, stop immediately when parts are loose.
- Clean your CORE MAX using a soft cloth with mild soap and warm water. Be sure to remove all residue and water before use.
- Keep the CORE MAX out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures.
- Keep it in a clean place with good ventilation.



### SPECIFICATIONS

Dimension	Use :L45.3 x W54.5 x H35cm Storage : L45.3 x W54.5 x H11cm Use :L17.8 x W21.4 x H13.7in Storage : L17.8 x W21.4 x H4.3in
Net Weight	4.87 kgs / 10.7 lbs
Maximum Weight	100 kgs / 220.46 lbs
Origin	Made in China

### CUSTOMER SERVICE CONTACT INFORMATION

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