

SQSUB-1 HEBE

Abs Master Sit-up Bar

Sit Up Assistant Device Machine with Double Suction Cup,
for Fitness Exercising Abdominal Muscles Full Body Training

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!

SQUATZ

USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Sit-Up Bar for Floor and Resistance Bands
- Easily Installed on the Floor
- Can Withstand More than 661 lbs.
- Double Suction Cup, Strong Grip
- Cold Rolled Steel Body
- Abdominal Exercise Machine
- Allows to Exercise Without the Help of Others
- Increase the Foot Support Bar for More Comfortable Use
- Two 4.5-inch Bottom Suction Cups
- Thickened Sponge Provide Strong Stability and Soft Comfort
- Protect Feet from Injury
- Suitable for Men and Women
- Suitable For Different Body Types
- Contains Two Pull Ropes, Two Grippers, and a Door Clamp



What's in the Box:

- (1) Base Set
- (1) Top

Technical Specs:

- Construction Materials: Iron, PVC, EVA
- Weight Capacity: 1.5 lbs.
- Product Dimensions (L x W x H): 10.62" x 4.92" x 9.84" -in.

Questions? Comments?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com

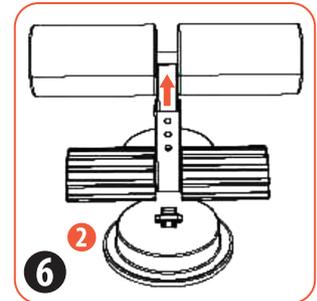
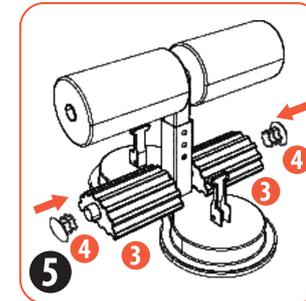
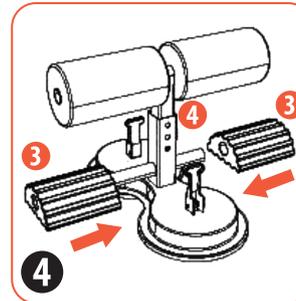
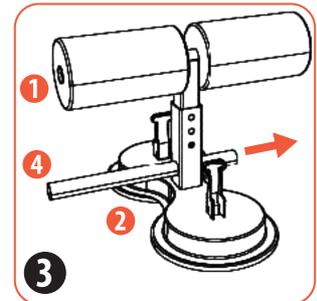
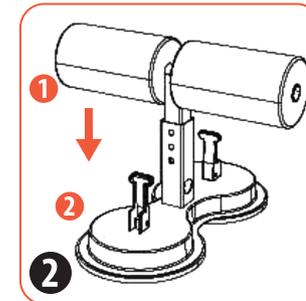
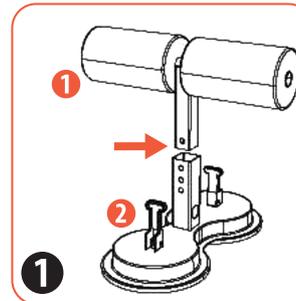
Abs Master Sit-up Bar Installation

Parts:

1. T shape bar
2. Suction bottom
3. Foam x2
4. Bar
5. Stopper x2



Assembly Method



1. Align the T shape bar **1** button and bottom **2** holes.
2. Press and hold the button on the side of T shape bar **1**, and push down to connect with bottom **2**.
Check if the button and holes are locked.
3. Insert bar **4**.
4. Attach the two foam **3** at the bar **4**.
5. Assemble the bar **4** stopper at the end of the bar.
6. Pull-up the T shape bar **1** to check if secured and locked.

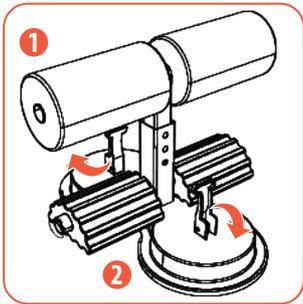
APPLICABLE FLOOR

Set up the **Sit-up Bar** in a spacious flat and smooth ground (wood floor, ceramic tile, marble, terrazzo). Do not install on uneven/slit floors/carpeted floors, because they cannot produce adsorption! The bottom of the bottom suction cup is 15cm.

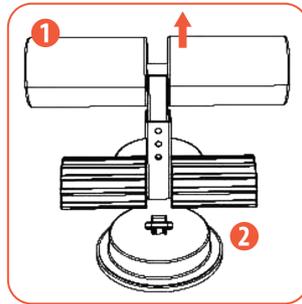


CONVENIENT INSTALLATION

1. Before use, wipe the floor with a damp cloth to remove dust, and then put the suction cup on a smooth surface to ensure that there are no gaps at the bottom.
2. Put down the **Sit-up Bar** on the ground. Put some moisture in between the suction cup and the surface that you're sticking it. Pull down the lock, and finally adjust the gear. Push button so you can adjust the actual height of it just depending on where you need it to be. (as picture show)
3. Before working out, please confirm if the equipment is well sucked on the floor to prevent accidents.



Pull down the suction lever **2** on both side of the device. Put on your feet to both Support Bar.



Pull up T shape bar **1** part with normal power, if the suction plate **2** on the floor doesn't move, it means its stable and ready to use.

There are three options available for buyers to self-check the problem:

1. The suction should be used on a smooth surface such as tiled flooring, and not on wooden or carpeted floors. If the suction becomes dirty with a lot of dust, use scotch tape to clean it.
2. If necessary, clean the floor before using the suction. You can also add a small amount of water to enhance the suction power, although this is usually not required.
3. There is a locking mechanism: before applying the suction, ensure that it is held vertically. After placing it on the floor, press the lock down to ensure there are no issues.

Q and A

Q: Why the Suction Cup can't suck on the ground?

A: Please confirm if the ground is flat and smooth enough (works best on wood floor, ceramic tile, marble, terrazzo). Before use, wipe the floor with a damp cloth to remove dust, and then put the suction cup on a smooth surface to ensure that there are no gaps at the bottom. Put some moisture in between the suction cup and the surface that you're sticking it.

Q: Why does the product smell?

A: After the product is molded at high temperature, it is normal for the product to have a little smell. If the product is placed in a ventilated environment for two or three days, the smell will disappear naturally, which will not affect the normal use

Q: Can children use it?

A: It can be used, but it should be used reasonably under the supervision of an adult, and pay attention to safety.

Important Safety Precautions

Please keep this instruction manual in a safe place for future reference

1. Please allow your child to exercise reasonably under the supervision of an adult.
2. You can use yoga mat to make your training more comfortable.
3. Wrong use or excessive exercise will cause muscle damage.
It is recommended to do some test excise to your waist to avoid waist injury.
4. After loading the add weight contents, please ensure that the equipment has been firmly installed before exercising.
5. In order to prolong the life of the product, the equipment should be avoided from being exposed to the sun, humid and hot, wind and rain and other adverse environments. It is also necessary to avoid corrosive chemicals such as oil stains, strong acids and alkalis on the product.
6. Please make sure to use the equipment in the way specified in the manual. Please check whether the product is in good condition when using it, and do not use if the product is defective.
7. Exercise should be gradual and should not be over exercised.
It is recommended that the duration of each exercise should not exceed 1 hour.
8. This equipment is only suitable for exercising waist and abdomen, not for other purposes.
9. Before using the training equipment, please check whether all buttons that need to be fastened have been locked and can be used only after ensuring that they are locked.
Only regular repair and maintenance of parts that are easy to be damaged, worn and broken can ensure the safe use of the training equipment.
10. The training equipment is not suitable for use as medical equipment.