

POWER ROLLER

Assembly and user instructions



Safety instructions

Before the first training session read through the complete manual thoroughly. To guarantee a safe training session you must follow strictly the safety and maintenance instructions in this manual. Inform everyone who wishes to use your training equipment of these instructions.

In conformity with EN 957-1 this training equipment is designed for use at home. It is not intended for professional use (e.g. In fitness studios) or in an establishment with uncontrolled access (e.g. public baths, etc). This equipment has been tested to a service weight of 100 kg in conformity with the safety factors of the European Standard.

Use your training equipment exclusively for the purpose for which it is intended. Unsuitable use can lead to accidents, injury or damage to the training equipment. The manufacturer accepts no responsibility in this respect.

Set-up location:

- To set up the equipment choose an area that offers sufficient free space in every direction.
- Ensure that during the training session the training room is well ventilated. Avoid draughts.
- The equipment must not be used in the open air, use it exclusively indoors and in rooms with a sufficiently high temperature.
- The equipment is not suitable for damp rooms and must not be used in saunas or swimming pools, for example.
- Place the equipment exclusively on a flat, solid surface.
- It is advisable to place the equipment on a protective mat designed for this purpose.
- Keep the training equipment away from hot objects.

Personal safety

- You must terminate the training session immediately and consult a doctor if you have a feeling of sickness, a light feeling in the head or other abnormal symptoms.
- It is preferable to train only with well-fitting sports clothing. Loose clothing can get caught up in the moving parts, thereby causing accidents.

- Before the start of every training session always ensure that the equipment is fully intact. Under no circumstances engage in training with equipment that appears to be broken.
- Independent repairs should only be carried out in consultation with an expert and using original replacement parts.
- The training equipment is not suitable for use by children. Ensure that during training children and household pets are kept at a safe distance and that there are no objects under the equipment.
- When at rest the equipment is not a toy for children and must not be used under any circumstances as climbing apparatus.

The equipment is manufactured on the basis of the most up-to-date safety technical information. Possible sources of danger that can cause injury have been prevented as far as possible or are covered by safety instructions. Incorrect or excessive training is not good for the health!

Installation of the equipment must be carefully carried out by adults. Training must not begin until installation has been carried out according to the instructions. In the event of regular training the complete equipment must be inspected monthly. This is especially true for attachment elements such as bolts and nuts.

To guarantee the safety of the equipment damaged components must be replaced immediately by original replacement parts. Only when the equipment is in a safe state may it be used again. Do not carry out any maintenance measures and adjustments other than those described in the assembly and user instructions.

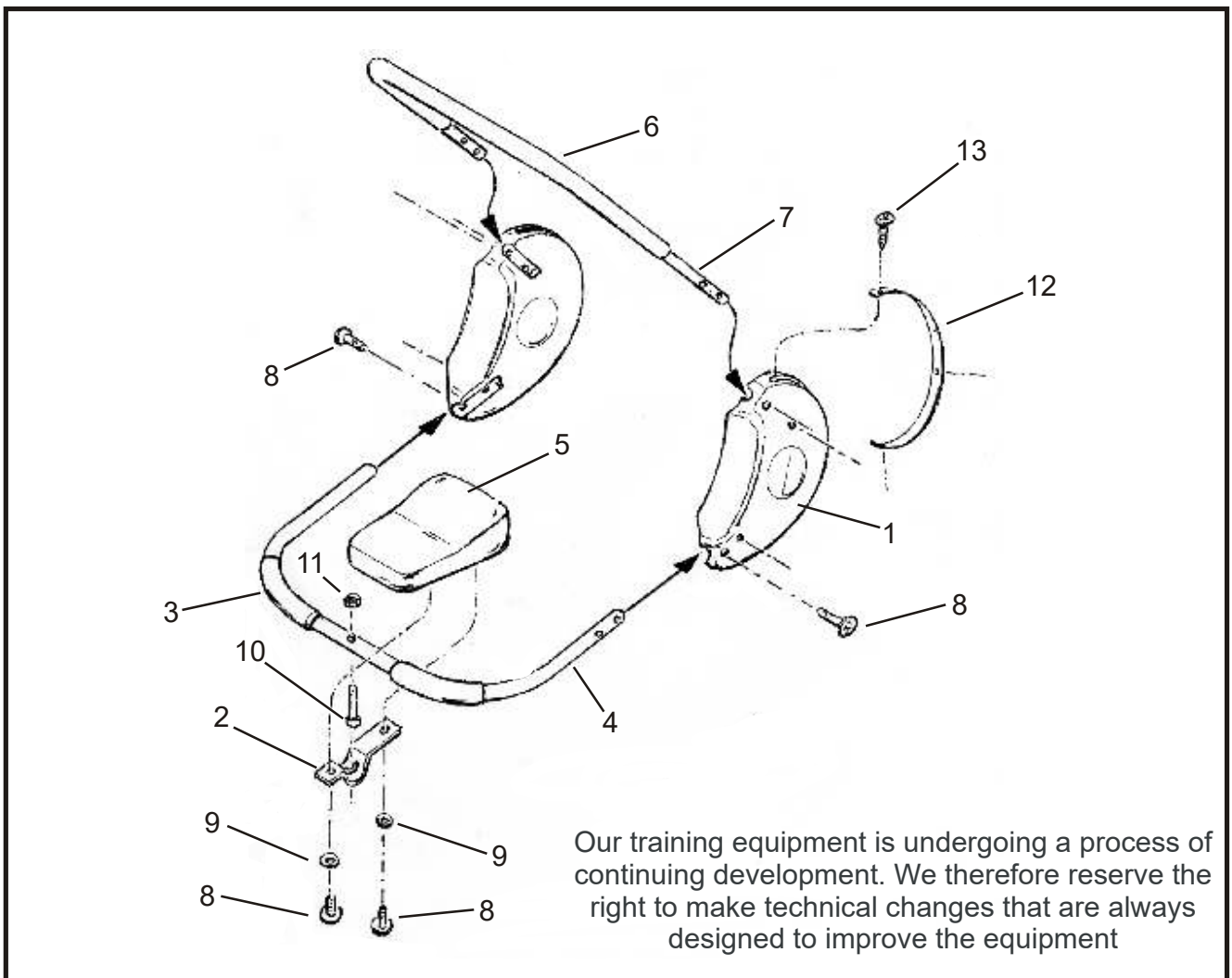
Follow the prescribed maintenance and safety instructions precisely.

List of replacement parts for the Power Roller

Power Roller

Part no.	Description	Quantity	Index	Part no.
1	Plastic cover	2	a	
2	Hinged adjusting plate	1	f	
3	Foam plastic for main brace	2	b	
4	Main brace	1	f	
5	Head support	1	b	
6	Foam plastic for hand brace	1	b	
7	Hand brace	1	f	
8	Screw	10	f	
9	Ring	2	f	
10	Stop screw	1	f	
11	Lock nut	1	f	
12	Rubber strip	2	g	
13	Self-tapping screw	6	f	

Exploded drawing



Installation manual

1. First remove all components from the packaging and ensure that you have an overview of all the separate components. Put the box to one side until you have fully installed the equipment.

2. Attach the main brace (4) and the hand brace (7) using the screws (8) on the plastic covering (1).

The attachment openings for the tube ends must point inwards.

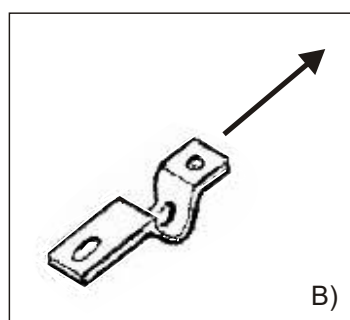
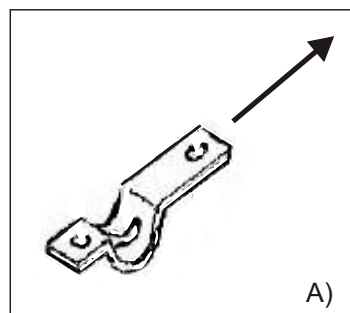
3. Attach the stop screw (10) with the nut (11) to the main brace (4).

The screwhead must point downwards.
(The screw may be fitted already)

4. Then push the groove of the hinged adjusting plate (2) over the head of the screw (10) attach the main support (5) with the adjusting plate (2) using the screws (8) on the main brace. Note: you can choose one of two settings depending on your body size.

A) The long end of the adjusting plate (2) points in the direction of the plastic cover (1) = short distance

B) The long end of the adjusting plate (2) points to the rear = long distance



Training diary

	Week:		Weekly objective:		
Day	Date	Section	Ø Heart frequency	Time	Comments
Mo					
Tu					
We					
Th					
Fr					
Sa					
Su					

This index simplifies the separation of the materials for disposal of the equipment in the future.

Index for material disposal

a = Plastic, thermoplastic

b = Plastic, duroplastic

c = Plastic, polyethylene

d = Polystyrene

e = Paper/cardboard

f = Metal

g = Rubber

Training instructions

The Power Roller is training equipment for optimum training of the stomach muscles.

During the exercises the Power Roller supports your head and neck and helps you to maintain the correct exercise position.

Use the stomach trainer only in the way illustrated and described in the exercises. Incorrect use is not good for the health.

Consult your doctor before starting training.

If you have not trained for a long time or if your physical condition is not the very best, it is advisable to consult your doctor before starting to train. This is especially recommended if you have one or more of the following symptoms:

- Heart and circulation conditions
- High blood pressure
- Diabetes
- High cholesterol level
- Back, muscle or joint disorders
- Any sort of back problem whatsoever
- Problems with continuous bleeding
- Overweight

Periodic examination by a doctor is also recommended for users. Always follow the advice of your doctor and set up your training programme in conformity with your personal constitution and capacity. Do not overstrain yourself. Less is normally more.

The correct way of training:

The correct method of training is a systematic approach. In the specialist language of power sports a distinction is made between “sets” and “repetitions”. Each exercise is carried out in separate sets. In these sets the movements are, dependent on the training type, repeated from

10 to 15 times. The sets themselves are repeated a maximum of 5 times. Leave a short pause between each set (at least 1 minute), this ensures a quick recovery. Use this time for stretching exercises. Prevent overstraining when training by taking into account the individual body structure. The exercises in these user instructions are divided into three groups: beginners, advanced and experts. Start with the exercises for beginners and work at your own tempo towards the more difficult exercises. Ensure that you don't overstrain yourself in the first few weeks. It is better to increase the number of sets rather than to proceed quickly to the harder exercises. The intensity of the separate exercises can be varied by changing the hand position on the hand brace. The lower down you grasp the hand brace, the harder the exercise becomes.

For the optimum training effect the correct position is decisive. For each exercise use the stomach muscles to come up, so that the Power Roller “rolls” with you. **Do not push against or pull on the hand brace.**

Ensure that your body remains on the floor or the training mat whilst exercising. For some exercises the hips must be raised slightly. During the exercises the head rests on the head support.

The correct way of moving:

Ensure your movements are even. Do not carry out an exercise with hasty movements. Take care to adopt the correct body position for all exercises, as described for each exercise.

The correct way of breathing:

Breathe correctly right from the very start: When stressing your body breathe in and when relaxing your body breathe out deeply. When exercising with the Power Roller this means:

- breathing in when tightening the stomach muscles and during the stressing stage of the exercise
- breathing out during the relaxing phase of the exercise

In this way your chest becomes stronger and larger and your muscles are supplied with fresh oxygen. Avoid strained breathing.

Training tips

Training objectives:

Before the start of the actual training session your individual objectives must be clear.

- General well being
- Improvement in metabolism
- Physical fitness
- Strengthen muscles
- Weight loss
- Keep weight under control
- Improve appearance and body shape
- Improve energy level
- Reduce stress and improve quality of sleep

You can achieve the required objective with your training equipment if you are motivated and follow your training programme regularly and consistently.

Training programme for beginners

Training frequency: 2 - 4 times per week
Training duration: 10 - 20 minutes
Training intensity: 50 - 60% of the individual maximum impulse

This training must be completed in the first 6 - 8 weeks.

Training programme for advanced users

Training frequency: 3 - 5 times per week
Training duration: 30 - 45 minutes
Training intensity: 60 - 70% of the individual maximum impulse

Training programme for experts and trained persons

Training frequency: 4 - 6 times per week
Training duration: 30 - 45 minutes
Training intensity: 70 - 80% of the individual maximum impulse

This training programme must only be chosen by fully trained persons who are striving for a very high level of training.

Improve your fitness!

General fitness has a lot to do with the capacity of the heart/circulation system, which supplies the muscles with oxygen via the blood. In the muscles the oxygen together with other materials is burned and converted into energy. This is energy that is necessary for day-to-day life (aerobic condition). Being fit means that the heart and the lungs work effectively. A strong heart requires fewer strokes to deliver the required amount of oxygen and is therefore less stressed. A good level of fitness also protects the heart and makes you less susceptible to sickness and physical complaints.

Nourishment:

Healthy nourishment also contributes to the result: avoid stimulants such as coffee, nicotine and alcohol. Use satisfactory, vitamin-rich nourishment and ensure you have sufficient sleep. Support the build up of the muscles with protein-rich foodstuffs. A balanced diet results in loss of weight. Overweight occurs when more energy is absorbed than is used. Do not train on a full stomach. Do not eat a meal about one hour before or after a training session.

Don't forget the liquid intake!

When training in particular the human body loses more liquid. It is therefore very important to maintain the liquid level by drinking sufficient liquid and to replace body minerals lost by sweating. Drink at least 2.5 litres of liquid throughout the day. Shortly before a training session drink a little liquid (0.3 litre) slowly and evenly. Also during the training session you must drink sufficient liquid to keep your performance level up. The action of sweating means that large quantities of water, minerals and electrolytes are lost, which very quickly leads to a diminution of performance. After the training session it is advisable to drink a liquid that is rich in carbohydrates (e.g. apple juice) to speed up recovery of the body.

Training tips

Warming up:

The first 5 to 7 minutes of your training session should always begin with a slowly increasing WARM UP phase. This is especially important for your muscles because when they are slowly warmed up they are much better prepared for extreme stress. Make normal movements that are comfortable for you: walk on the spot, run on the spot whilst moving your arms in various directions (sideways-upwards, sideways-downwards, etc), or jump or run on a trampoline. If you use your training equipment for warming-up, do so slowly and with a low resistance.

Cooling down:

Do not end your training session abruptly. To enable your heart/ circulatory system to adapt to the reduced stress, make use of a cooling down phase. In the cooling down phase reduce the training speed slowly and uniformly so that the stress impulse slowly reduces



Recovery:

Your body requires specific rest periods to recover and regenerate! In between the training days rambling or a visit to the sauna are suitable activities.

Training diary:

In order to improve the documentation and evaluation of your training, it is advisable to keep a training diary. An example is shown on page 4.

Stretching:

To improve your agility and to relax your body in an optimum fashion it is important to stretch your body after each training session. Here are two examples. If you require more information about the subject of "stretching" then you will find a wide selection of specialist literature in specialist shops.

Instructions for carrying out the individual exercises:

- For each exercise as soon as the tingling sensation of stretching is sensed, hold this state for about 15 - 20 sec and then return slowly to the start position.
- Now stretch the other side of the body in the same way, if requested to do so.
- Do not do stretching exercises in a jerky fashion.
- After completion of the stretching programme gently shake all muscles.

Example exercises:



Stretching of the chest, shoulder and arm muscles

Stretch the arms sideways to the rear and place the feet astride at shoulder width. Now tension the stomach and push your pelvis gently forwards. Place your hands behind your back as closely as possible until you feel the tingling sensation of stretching.

Stretching of the thigh muscles (front)/groin muscles

In the standing position raise one leg and grasp the instep of the foot with the hand on the same side. Now tension the stomach muscles and push your pelvis forward until you feel the tingling sensation of stretching. Ensure that your heel does not touch your bottom.

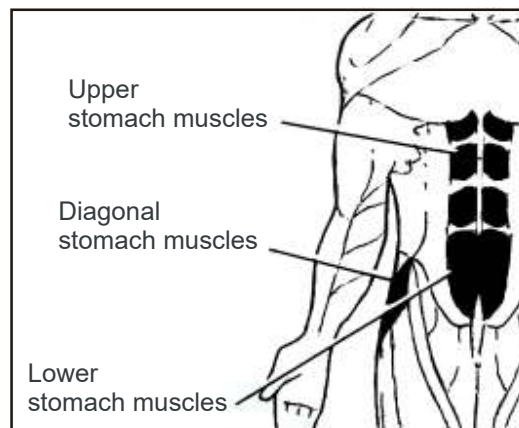
Tip: use a chair as a support.



YOUR COMPLETE TRAINING PROGRAMME

13 Exercises for your health

Using the Power Roller you can do numerous exercises to strengthen your upper and lower stomach muscles and the diagonal stomach muscles. The photos in this manual show the correct positions for the separate exercises.



1. Basic exercise (for beginners)

This exercise is designed to strengthen the upper stomach muscles. Lie on the floor or on a training mat. Your head is resting comfortably on the head support, your legs are bent, your back is lying flat on the ground. Grasp the hand brace at the top. Now raise the upper half of the upper body to a maximum of 45°, with your back remaining on the floor. Then return to the starting position. Repeat the exercise 10 to 15 times.



2. Basic exercise with legs slightly raised (for beginners)

This exercise trains the lower stomach muscles. The exercise is carried out in the same way as basic exercise number 1. The feet are however not placed on the floor but raised slightly (about 3 cm). Repeat 10 to 15 times.



3. Basic exercise with legs placed to the side (for beginners)

This exercise strengthens the diagonal stomach muscles. The exercise is carried out in the same way as basic exercise number 1, but place the drawn up legs to the right side of the body. After 5 to 7 repetitions place the legs on the left-hand side and repeat another 5 to 7 times. Ensure that this time as well your head is resting on the head support, as for this exercise your back is raised slightly from the floor.



When your stomach muscles are a bit stronger and you can repeat the beginners' exercises several times without problem, it's time to transfer to the more intensive exercises for advanced users. Remember to stretch for a few minutes before starting training.

YOUR COMPLETE TRAINING PROGRAMME

4. Basic exercise with legs held still and drawn up to the chest (for advanced users)

This exercise strengthens the upper stomach muscles. Lie on the floor or on a training mat and pull the bent legs upwards towards the chest, as shown in the illustration. Raise the upper half of the upper body to a maximum of 45° , then return to the starting position. Keep your legs drawn up during the complete exercise. Repeat 10 to 15 times. During this exercise you can rest the bent legs on a chair.



5. Basic exercise with drawing up of the legs (for advanced users)

This exercise trains the lower stomach muscles. Bend your legs and place them on the floor (start position). Come up to a maximum of 45° and at the same time pull the bent legs towards the chest. Then return to the starting position. Repeat 10 to 15 times. Remember: your head remains resting on the head support!



6. Basic exercise with sideways placed legs slightly raised (for advanced users)

This exercise strengthens the diagonal stomach muscles. Bend your legs, place them sideways and hold them slightly above the floor. Raise the upper half of the upper body to a maximum of 45° , then return to the starting position. Do 5 to 7 repetitions, place your legs on the other side and repeat the exercise 5 to 7 times.



Using the following exercises you can increase your strength and agility further. Remember to stretch for a few minutes before starting training.

7. Lifting up the legs (for advanced users)

This exercise is designed to train the upper stomach muscles. Stretch your legs and lift them up as shown in the illustration. Raise the upper half of the upper body to a maximum of 45° , then return to the starting position. Keep your legs outstretched during the complete exercise. Repeat 10 to 15 times.



YOUR COMPLETE TRAINING PROGRAMME

8. Exercise whilst drawing up of the legs (for advanced users)

This exercise strengthens the lower stomach muscles. Stretch your legs and raise them slightly from the floor (start position). Raise the upper half of the upper body to a maximum of 45° and at the same time pull the bent legs towards the chest. Then return to the starting position. Repeat 10 to 15 times.



9. Exercise with sideways placed and slightly raised legs (for advanced users)

This exercise trains the diagonal stomach muscles. Stretch your legs and raise them slightly from the floor (start position). Raise the body to a maximum of 45° and at the same time bend your legs sideways. Then return to the starting position. Repeat the exercise 10 to 15 times and change sides after each set.



Only start the exercises for experts when you have mastered the exercises for advanced users.

10. Cycling exercise (for experts)

This exercise strengthens the lower stomach muscles. Start position: head on the head support, back flat on the floor. Stretch your legs and raise them slightly from the floor. Lift the upper half of your upper body to a maximum of 45° . Whilst doing so bend one leg and move it in the direction of the chest. Then return to the starting position. Repeat the exercise 10 to 15 times and change to the other leg after every repetition.



11. Jack-knife exercise (for experts)

This exercise strengthens the lower stomach muscles. Stretch your legs and raise them slightly from the floor (start position). Raise the upper half of the upper body to a maximum of 45° , whilst stretching both legs upwards. Then return to the starting position. Repeat 10 to 15 times. The head rests on the head support and the back remains on the floor!



YOUR COMPLETE TRAINING PROGRAMME

12. Leg pendulum (for experts)

This exercise trains the diagonal stomach muscles. Stretch your legs and lift them up. Lift your upper body to a maximum of 45°. This is the start position. Allow the stretched out legs to drop to one side and then return to the start position. Repeat the exercise 10 to 15 times and change sides after each set.



13. Leg scissors (for experts)

This exercise strengthens both the upper and the lower stomach muscles. Raise the outstretched legs, slightly spread, from the floor. Lift the upper half of your upper body to a maximum of 45°. This is the start position. Cross the legs and then return to the start position. Repeat the exercise 10 to 15 times and move the right leg over the left leg alternately and then reverse the procedure.



INSTRUCTIONS

Specification:

Weight: approx. 3.5 kg, dimensions: approx. 60x70x65 (LxWxH)

Cleaning

Clean the equipment after each training session, to prevent damage by perspiration. Do not use any sharp objects when maintaining the equipment. Use a damp cloth for cleaning.

Maintenance

After a maximum of three months use check that all screws are fully tightened. Tighten them if necessary