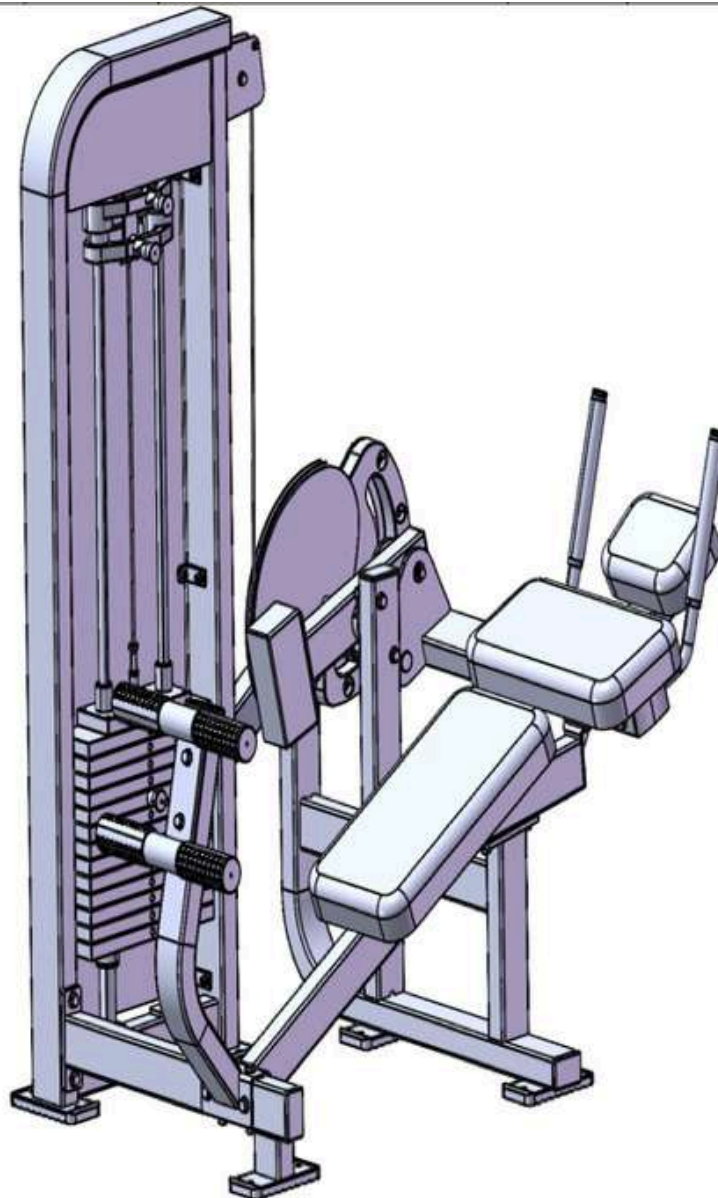


# **Muscle D**

## **CLASSIC V<sub>2</sub>**

# **ABDOMINAL CRUNCH**

**S-CV2-AC**



**Assembly Manual**

**WWW.MUSCLEDFIT.COM**

Due to model upgrades, the product may differ slightly from the item shown in the figure. Please read all instructions carefully before using this product, and please keep this owner's manual for future reference.

## SAFETY PRECAUTIONS

**Note: Please read this manual carefully before use and pay attention to the following safety precautions.**

### WARNING

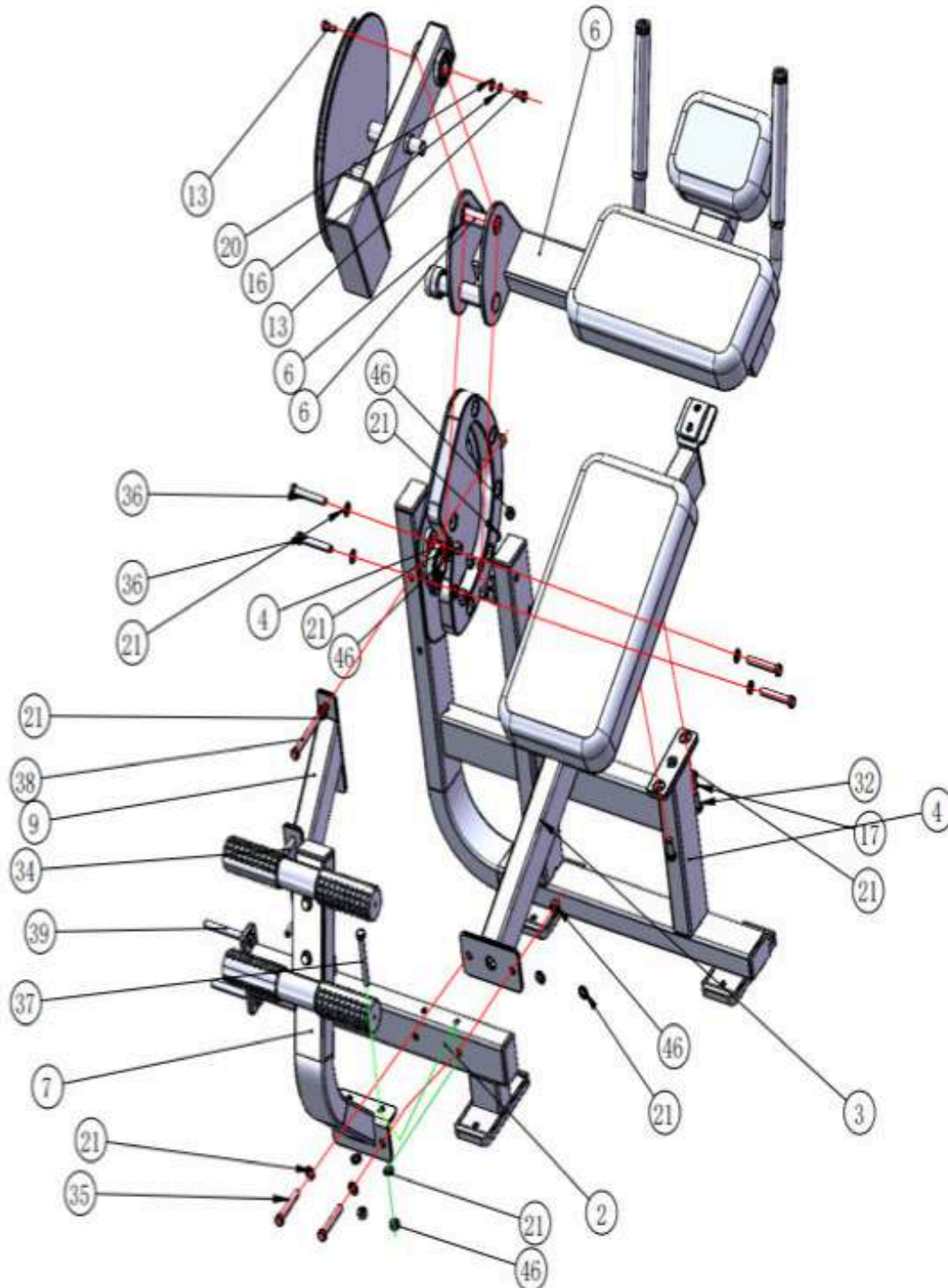
1. Before each use, please check whether each transmission part is tight, if there is any looseness, tighten or replace it in time;
2. the movements should be uniform and slow during the exercise to achieve the ideal fitness effect;
3. During the exercise, slowly increase the resistance to avoid injury from stretching the muscles decisively.

### NOTE











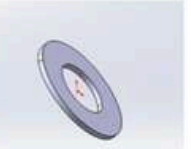








1. The trainer should be properly placed indoors to avoid moisture;
2. The trainer should be placed on a spacious and unobstructed flat ground to allow the equipment to be placed smoothly.
3. Before planning any exercise, it is recommended that you should consult your doctor first;
4. Any strenuous exercise should only be started 40 minutes after eating;
5. Please wear appropriate sportswear and sneakers before starting exercise;
6. To prevent injury, do warm-up exercises before your workout;
7. This device must be used in a supervised area, and appropriate care, guidance, and supervision should be given to the elderly, children, and disabled people, and children under 12 years old are prohibited from using it.
8. If you feel any inapplicable or abnormal conditions during the use of this machine, please stop the exercise immediately and consult a doctor;
9. During the maintenance and repair of the instrument, there should be a clear suspension sign near the device.

# ABDOMINAL CRUNCH S-CV2-SC

## STEP 1-2



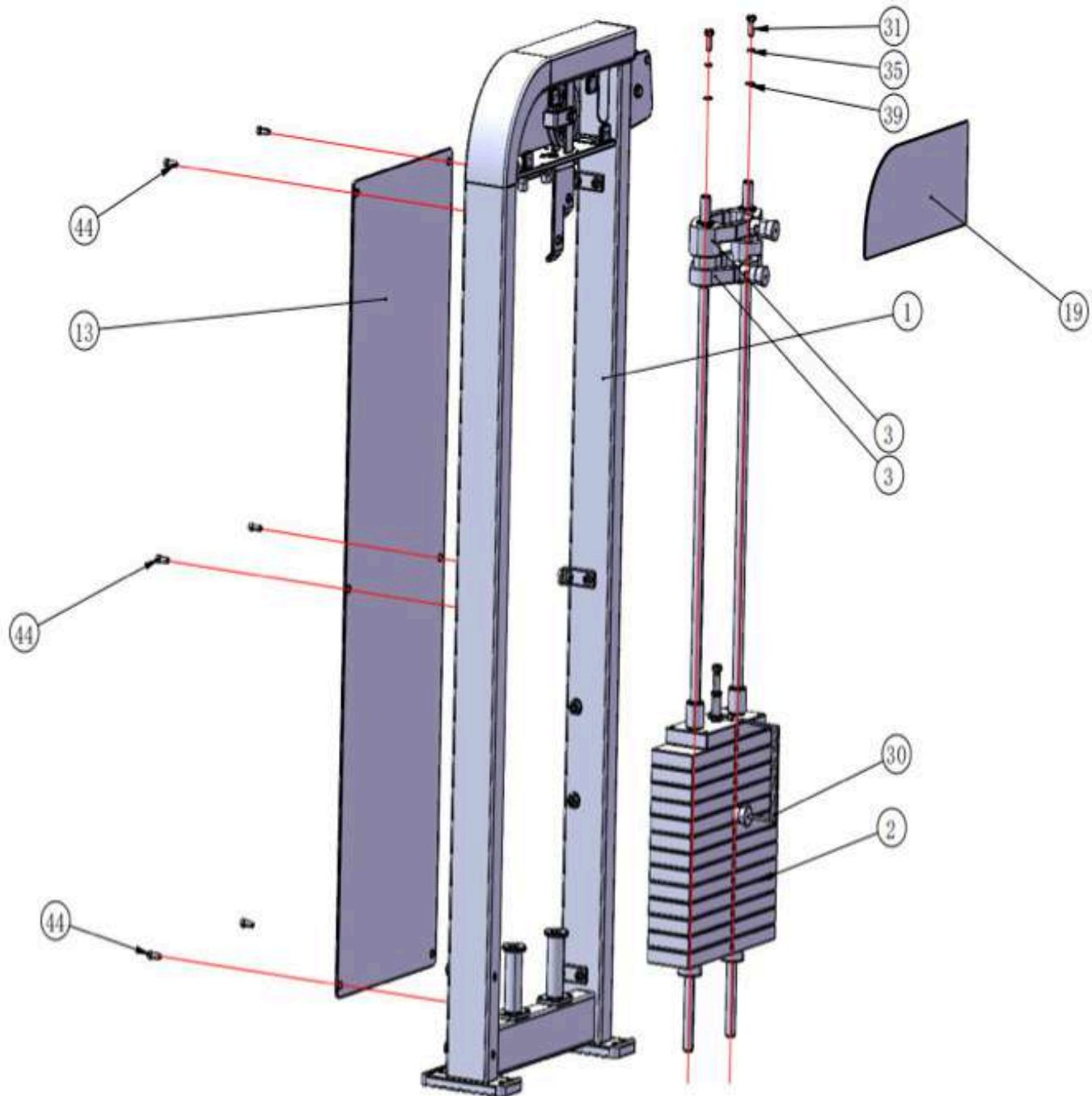
## STEP 1 PARTS

Bottom frame welding		Backrest frame welding		Welding of the rear main frame		Handheld arm welding	
							
2	1pc	3	1pc	4	1pc	6	1pc
Foot pedal welding		Connection support welding		M10 * 25 external hexagonal screw		Inner circle 10 spring washer	
							
7	1pc	9	1pc	13	5pcs	16	6pcs
Inner circle 12 spring washer		Inner circle 10 washer		Inner circle 12 washer		M12 * 30 external hexagonal screw	
							
17	4pcs	20	22pcs	21	36pcs	32	2pcs
M12 * 75 external hexagonal screw		M12 * 80 external hexagonal screw		M12 * 85 external hexagonal screw		M12 * 100 external hexagonal screw	
							
34	4pcs	35	4pcs	36	2件	37	2件
M12 * 105 external hexagonal screw		M12 * 125 external hexagonal screw		M12 nut			
							
38	2pcs	39	2pcs	46	16pcs		


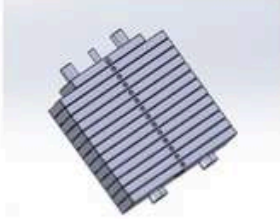
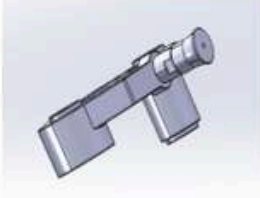
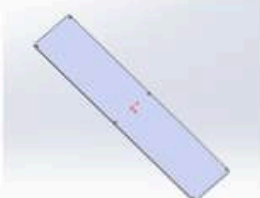
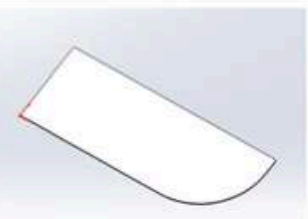

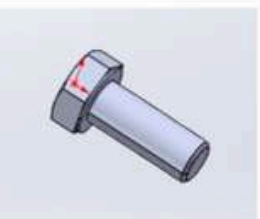
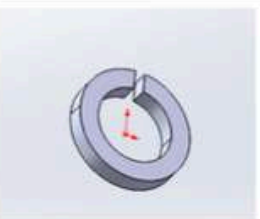
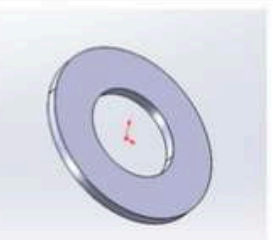
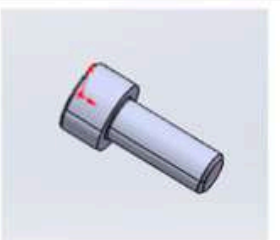
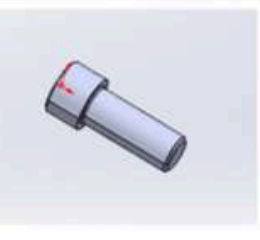


# ABDOMINAL CRUNCH S-CV2-SC

## STEP 2-1



## STEP 2 PARTS

Small door welding			Matching and restructuring			Hummer secondary counterweight			Rear guard plate		
											
1		1pc	2		1pc	3		2pcs	13		1pc
Small protective board			Hummer counterweight pin			M10 * 25 external hexagonal screw			Internal circular 10 spring washer		
											
19		1pc	30		1pc	31		5pcs	35		6pcs
Internal circular 12 washer			M6 * 15 hexagonal socket head screw			M8 * 20 hexagonal socket head screw					
											
39		22pcs	41		8pcs	44		6pcs			

# ABDOMINAL CRUNCH S-CV2-SC

## STEP 3-1

