Ab Wheel User Manual

I. Safety Warning

⚠Warning: Do not use on unstable surfaces to avoid injury.

II. Product Name

Ab Wheel

III. Compliance Marking

CE Certified

IV. Instructions for Use

1. Hold the wheel with both hands, keeping knees slightly bent.

2. Lean your body forward and roll slowly back and forth.

3.Exercise for 5-10 minutes per session.

V. Precautions

Avoid excessive force to prevent muscle strain.

VI.Function Description

Strengthens core muscles and enhances abdominal Strength.



VII.Frequently Asked Questions

Q: Is it suitable for beginners?

A: Beginners are advised to start with light training.