



(2/2)

If you experience discomfort, feel weak or tired, immediately stop training and contact your doctor. The product should only be used by one person at a time. You must have approx. 0.6m / 2' free space around you while training. Train only on a flat and non-slip surface. Do not use this product near any stairs or steps. Pay attention to the level of weight that you are using and make sure you do not underestimate this.

! Danger of injury to children !

Do not allow children to use this product unsupervised. Show them how to correctly use the product and supervise continuously. Only allow them to use the product when the child is sufficiently developed, both mentally and physically.

! Risks from wear !

This product should only be used in a perfect condition. Inspect the product before every use for damage or wear and tear. The safety of this product is only guaranteed if it is regularly checked for damage or wear. You should discontinue use of this product if damaged. Only use original spare parts. Protect the product from extreme temperatures, sun, and humidity. Improper storage and use of the product can lead to premature damage, which can result in injuries.



The following exercises are only a selection. Further exercises can be found in relevant technical literature.



Whole body (advanced)

Start position

- 1. Lie on the floor in a push-up position. Support yourself on the balls of your feet.
- 2. Hold the article in front of you with both hands. Your elbows are slightly bent and are under your shoulders.

End position

- 3. Tense your buttock and stomach muscles and pull your shoulder blades into your spine.
- 4. Slowly roll the article straight forwards.
- 5. Hold your head as an extension of your spine and do not overextend your head.
- 6. Only lower your upper body and your pelvis to the extent that they do not touch the floor and you can keep your body tensed.
- 7. After a short pause in the end position roll your upper body back to the starting position.
- 8. Repeat this exercise 6-8 times for three sets.

Important: Keep your stomach muscles tensed throughout in order to stabilize your lumbar spine. Carry the exercise out slowly in order to guarantee controlled movement.

Abdominal Roller Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following instructions for use. Use the product only as described and only for the given areas of application. Keep these instructions safe. When passing the product on to a third party, always make sure that the documentation is included.

Scope of delivery

- 1 x Abdominal Roller
- 1 x Instructions for use

Technical data (Metric)

Overall dimensions: approx. 23,5 cm x 38 cm (ø x W)

Technical data (Anglo-American)

Overall dimensions: approx. 9,2" x 15" (ø x W)

Correct use

This product was designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

! Risks of injury !

Please consult your doctor before beginning any training. Make sure that your health is adequate before you start any training. Always keep the instruction manual containing exercise suggestions close at hand. Pregnant women should only start training after consultation with their doctor. Remember to always warm up before training and only train to your body's current performance abilities. Excessively strenuous overtraining can lead to injuries.

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General training notes

Wear comfortable sports clothing and shoes. Warm up before each training session and end the training gradually. Take sufficiently long breaks between the exercises and drink enough fluids. As a beginner you must never train with too much resistance. Slowly increase the training intensity. Carry out all the exercises steadily without too much speed or jerky movements.

Make sure you breathe at a steady rate. Breathe out with effort and in upon recovery. Make sure you keep a correct posture while carrying out the exercises.

Warming up

Take enough time to warm up before each training session. The following section is a description of some simple exercises for this purpose. You should repeat each exercise 2 or 3 times.

Neck muscles

- 1. Turn your head slowly to the left and to the right. Repeat this movement 4-5 times.
- 2. Circle your head slowly, first in one direction and then in the other.

Arms and shoulders

- 1. Close your hands behind your back and pull them carefully upwards. If you bend your upper body forwards at the same time all the muscles are warmed up optimally.
- 2. Circle both your shoulders forwards at the same time and then change direction after one minute.
- 3. Pull your shoulders up to your ears and let your shoulders fall again.
- 4. Circle your right and left arms alternately forwards and then after one minute backwards.

Important: Don't forget to continue breathing steadily throughout!



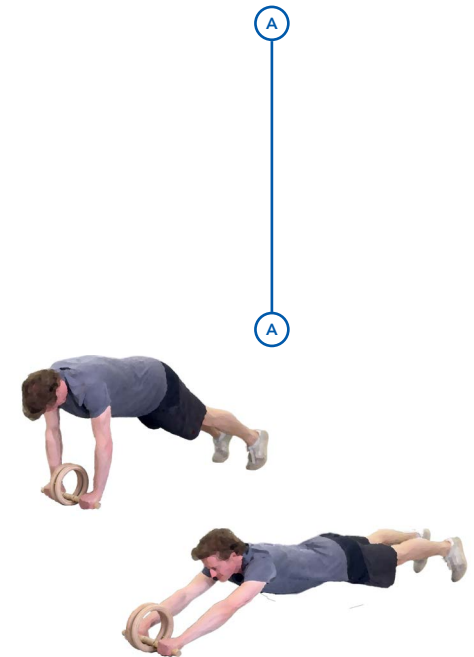
Straight abdominal muscles and upper arms

Starting position

- 1. Place your knees on a knee pad hip-width apart and support yourself on the tips of your toes.
- 2. Hold the article in front of you with both hands. Your elbows are slightly bent and are below your shoulders.

End position

- 3. Tense your buttock and stomach muscles and pull your shoulder blades into your spine.
 - 4. Slowly roll the article straight forwards.
 - 5. Hold your head as an extension of your spine and do not overextend your head.
 - 6. Only lower your upper body and your pelvis to the extent that they do not touch the floor and you can keep your body tensed.
 - 7. After a short pause in the end position roll your upper body back to the starting position.
 - 8. Repeat this exercise 10-15 times for three sets.
- Important:** Keep your stomach muscles tensed throughout in order to stabilize your lumbar spine. Carry the exercise out slowly in order to guarantee controlled movement.





Triceps

Starting position

1. Sit on a mat with your legs slightly bent and support your feet on your heels.
2. Hold the article behind your back with both hands. Your elbows are slightly bent and are pointing away from you.

End position

3. Tense your arm and stomach muscles and pull your shoulder blades into your spine.
4. Pull your upper body up and slowly roll the article straight away from you. Your arms stay slightly bent and your shoulders stay down.
5. Hold this position briefly and roll the article back to the starting position.
6. Repeat this exercise 10-15 times for three sets.

Important: Hold your upper body upright throughout and keep your shoulders down. Carry the exercise out slowly in order to guarantee controlled movement.



Back muscles

Start position

1. Stand on the floor with your feet more than hip-width apart and bend your upper body forwards. Your knees stay slightly bent.
2. Hold the article under you on the floor with both hands and with your arms extended. Your elbows are under your shoulders.

End position

3. Tense your stomach muscles and keep your legs slightly bent.
4. Pull your shoulder blades into your spine and slowly roll the article straight forwards. Your upper body stays down.
5. Hold your head as an extension of your spine and do not overextend your head.
6. Only bend your knees as far as necessary.
7. After a short pause in the end position roll your upper body back to the starting position.
8. Repeat this exercise 10-15 times for three sets.

Important: Hold your body tensed throughout. Carry the exercise out slowly in order to guarantee controlled movement.



Inside thighs and lower back (stretching)

Starting position

1. Sit on a mat and spread your legs.
2. Hold the article between your legs with both hands. Your lower arms are resting on your thighs and your knees stay slightly bent.

End position

3. Tense your buttock and stomach muscles.
4. Lift your upper body and pull your shoulder blades into your spine.
5. Move your upper body forwards and slowly roll the article away from you in a straight line. Your arms stay slightly bent and your shoulders down.
6. Your head is an extension of your spine and your spine stays straight.
7. Hold this position briefly and roll the article back to the starting position.
8. Repeat this exercise 10-15 times for three sets.

Important: Keep your upper body upright throughout and your shoulders down. Carry the exercise out slowly in order to guarantee controlled movements.

Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care, storage

Always store the article in dry and clean condition at room temperature. Never clean it with aggressive cleaning materials but rather wipe it clean with a dry cleaning cloth. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to early wear, which can cause injury.

Disposal

Dispose of the article and the packaging materials in accordance with current local regulations.

Have fun!
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[instagram.com/kenkostores](https://www.instagram.com/kenkostores)

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