



Ab Roller

USER MANUAL Model No: 3826

Safety Instructions

Notice: Ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

- Never carry out any alterations or modifications to this product.
- This product is not a toy, and is only to be used for its designated purpose.
- This product is intended for indoor use only.
- Only use this product on stable, level and dry ground.
- This product is for domestic use only.
- This product contains small parts that could be a choking hazard if swallowed. Keep these items away from children.
- If at any time during use you feel faint, dizzy, experience pain, stop and consult your physician or doctor.
- Before using the product, make sure all fastenings are tightly in place and that everything is in order, and checked periodically by an adult.
- This product is not intended for use by persons (including children) with reduced physical, sensory and mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by persons responsible for their safety.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances or abrasive materials as these will damage the product.
- If the product is damaged or has any defects, please contact cservice@oypla.com

Assembly Instructions

Parts List:







Please check you have all parts below before attempting to assemble this product.

If you are missing any of the below parts, please contact Oypla customer services:

cservice@oypla.com

Please be aware you will be referring to this parts list throughout the assembly process.

****AN ALLEN KEY IS PROVIDED****

<p>Curved pole with handle</p>  <p>2pcs</p>	<p>Upper curved pole</p>  <p>1pcs</p>	<p>Large Screw</p>  <p>2pcs</p>
<p>Head Rest</p>  <p>1pcs</p>	<p>Head Rest Support Pole</p>  <p>1pcs</p>	<p>Small Screw</p>  <p>8pcs</p>



1. Slide a curved pole with handle into the upper curved pole, ensuring that you put in the correct end (the furthest from the handle) and align the holes in both the curved pole with handle and the upper curved pole. Secure these together using a screw for each hole (as seen in the image above. Repeat this step on the opposite side of the upper curved pole. Please see the image to the right to see what the ab roller should look like after this step.



2. Push the head rest support pole into the other end of the curved pole with handle, ensuring that it goes as far as possible and that the holes in both the head rest support pole and the curved pole with handle are aligned. Secure the head rest support pole into place using two small screws (as seen in the image above). Repeat this with the opposite pole. Please see the image to the left to see what the ab roller should look like after this step.

3. Place the head rest against the head rest support pole, ensuring that the holes in the head rest align with the holes in the head rest support pole. Secure these tightly together using the two large screws. Please see the image to the right.



Please retain a copy of all instructions for future consultation.



An Official Oypla Branded Product

Imported into the EU by Oypla.com LLP, Uxbridge, UB8 2FX

USER MANUAL Model No: 3826