

TOTAL CRUNCH EVOLUTION

BODY REVOLUTION SYSTEM

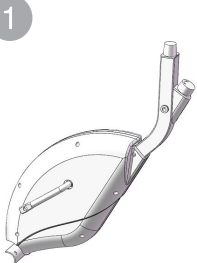
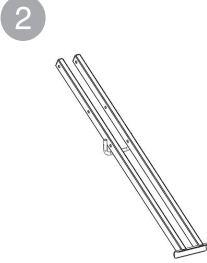
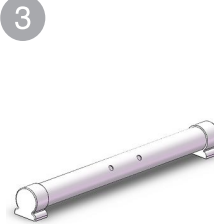
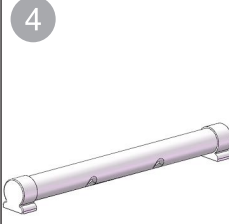
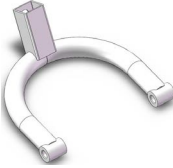
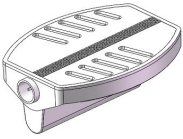


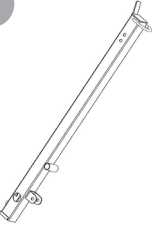
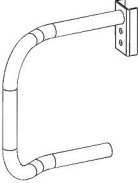
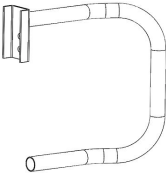
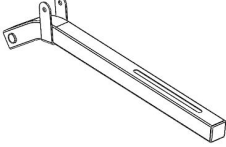
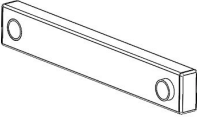
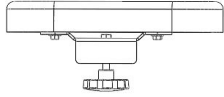
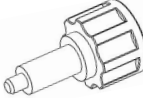
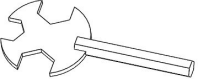

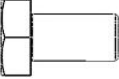
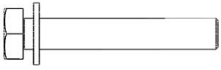
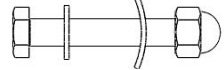
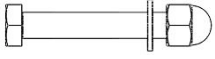
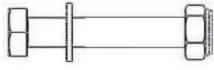
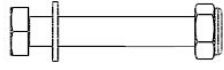


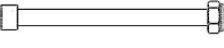


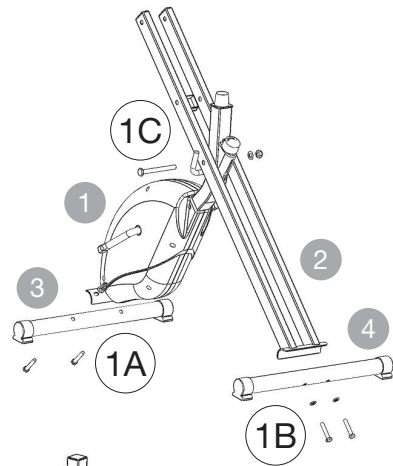
EN

**ASSEMBLY
INSTRUCTIONS**

PART LIST

- 1 Main frame tube (1 pc)
- 2 Rear frame pipe (1 pc)
- 3 Front stabilizer (1 pc)
- 4 Rear stabilizer (1 pc)
- 5 Foot tube (1 pc)
- 6 Foot tube pedals (2 pcs)
- 7 Bike pedals (2 pcs)
- 8 Upper foot tube (1 pc)
- 9 Vertical pipe (1 pc)
- 10 Handlebar L (1 pc)
- 11 Handlebar R (1 pc)
- 12 Seat tube (1 pc)
- 13 Large piece (1 pc)
- 14 Seat (1 pc)
- 15 Knob (1 pc)

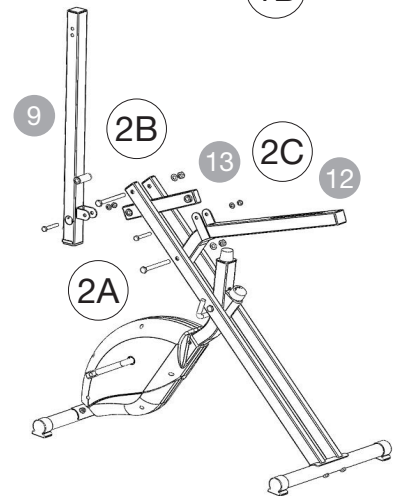
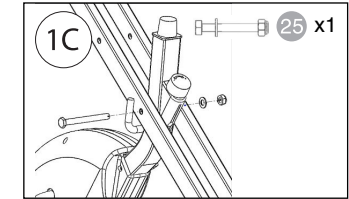
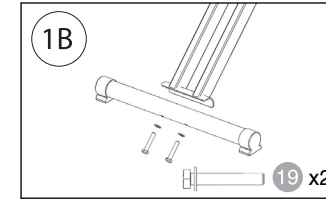
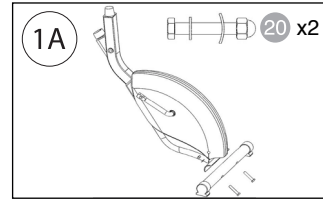
					
					
			 1 piece	 1 piece	 1 piece
 2 pieces	 2 pieces	 2 pieces	 1 piece	 1 piece	 1 piece
 3 pieces	 2 pieces				



STEP 1

- Fix the front stabilizer (3) to the main frame tube (1) (1A), using the screw 20 (2 pcs.).
- Fix the rear stabilizer (4) to the rear frame pipe (2) (1B), using the screw 19 (2 pcs.).
- Assemble the main frame tube with the rear frame pipe (1C), using the screw 25 (1 pc.).

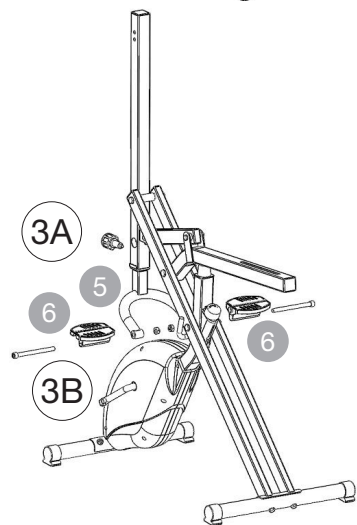
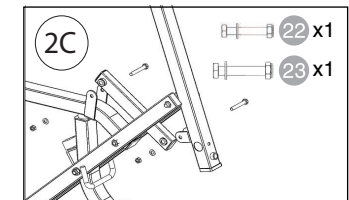
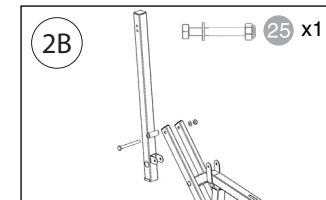
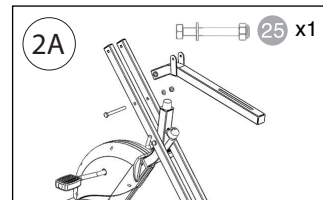
PARTS: 1 2 3 4 19 20 25



STEP 2

- Assemble the seat tube (12) to the rear frame pipe (2A), using the screw 25 (1 pc.).
- Assemble the vertical pipe (9) to the rear frame pipe (2B), using the screw 25 (1 pc.).
- Assemble the large piece (13) to the seat tube and the vertical pipe (2C), using the screw 22 (1 pc.) and 23 (1 pc.).

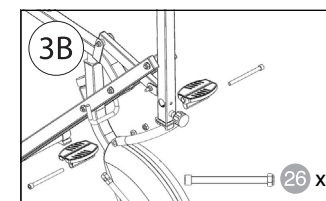
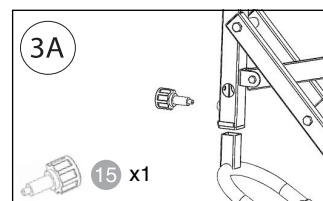
PARTS: 9 12 13 22 23 25

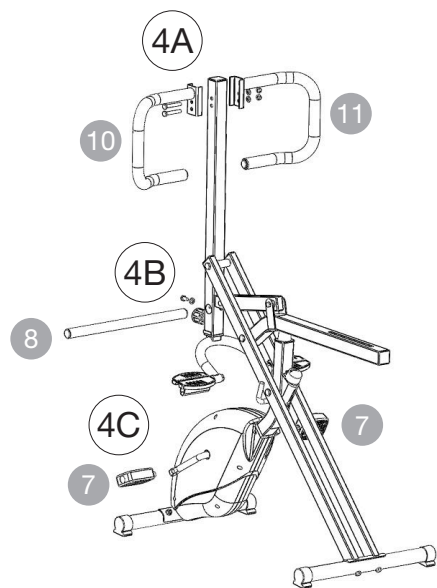


STEP 3

- Fix the foot tube (5) to the vertical pipe (3A), using the knob (15).
- Attach foot tube pedals (6) to the foot tube (3B), using the screw 26 (2 pcs.).

PARTS: 5 6 15 26

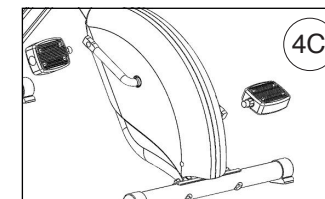
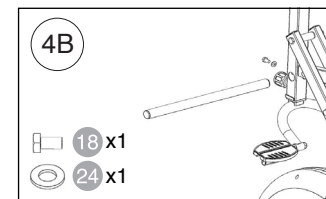
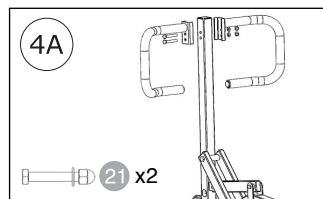




STEP 4

- Fix each handlebar (10 / 11) to the vertical pipe (4A), using the screw 21 (2 pcs.).
- Attach upper foot tube (8) to the vertical pipe (4B), using the screw 18 (1 pc.) and the washer 24 (1 pc.).
- Assemble bike pedals (7) to the main frame tube (4C); tighten the screws with a tool.

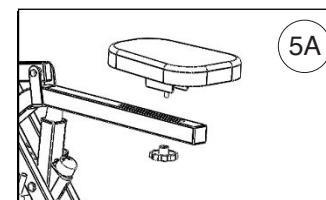
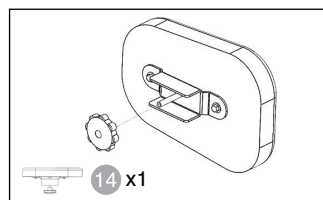
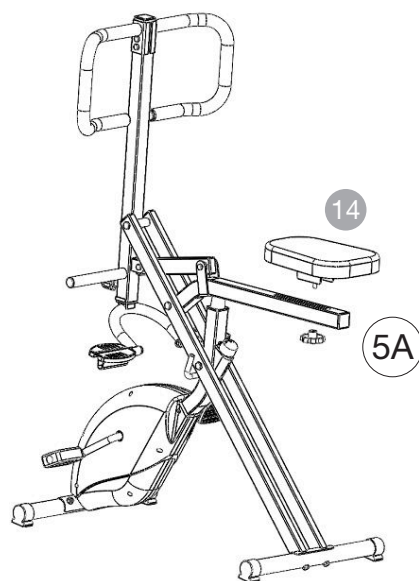
PARTS: 7 8 10 11 18 21 24



STEP 5

- Fix the seat (14) to the seat tube, using the knob (5A). You can adjust its position as per your convenience.

PARTS: 14



TRAINING GUIDE

Total Crunch Evolution is an innovative training system that helps shape your back, shoulders, pectorals, biceps, triceps, abs, glutes, hips, thighs and legs at the same time.

HOW IT WORKS

Total Crunch Evolution uses a compound movement system that exercises all your muscles at the same time. It combines four kinds of strength exercises (leg press, squats, back, and abs) with cardiovascular aerobic exercise for a complete and effective training system that burns calories and tones the body. With Total Crunch Evolution, you can work all the main muscle groups. The muscles are contracted, toned, and shaped through a simple movement that uses your own body weight to create resistance.

Total Crunch Evolution also includes a static bike with a resistance knob, to improve your performance and provide you an aerobic and anaerobic exercise. Its ergonomic and comfortable position helps to prevent injury, excessive fatigue and incorrect postures.

Exercise the body anaerobically to increase muscle mass and aerobically to burn calories.

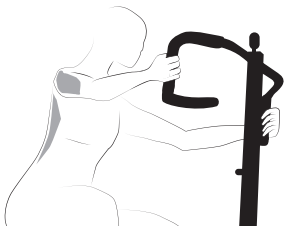
WITH TOTAL CRUNCH EVOLUTION, YOUR WHOLE BODY WORKS AT THE SAME TIME:

- Strengthens and shapes your legs and glutes
- Smooths your stomach
- Defines your abs
- Shapes your pecs, biceps, and back
- Burns calories
- Helps you lose weight
- Shapes your figure

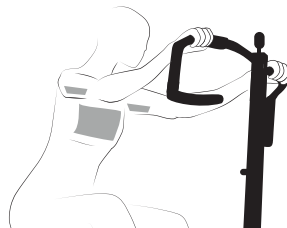
INSTRUCTIONS - CRUNCH MODE

Sit directly on the device and hold the handlebar firmly. Apply resistance with your legs. Pull the handlebar towards you and then push it back to its original position. You can perform different exercises by changing the position of your hands on the handlebar. Do 12 repetitions of the movement described in Step 1 for each different hand position on the handlebar.

A) Work your shoulders and back



B) Work your chest and triceps



C) Work your biceps



INSTRUCTIONS - BIKE MODE

To use the Total Crunch Evolution bike mode is necessary to remove first the foot tube from the vertical pipe, using the knob.

Sit directly on the device and hold the handlebar firmly. Start pedaling as in a conventional bike. Use the resistance knob to boost your performance, improve your physical resistance, and burn more calories.

TIPS FOR USING TOTAL CRUNCH EVOLUTION

Use Total Crunch Evolution half an hour a day, three times a week.

SAFETY WARNING

- Always read the instructions manual before using Total Crunch Evolution and keep the manual for future reference.
- Check all the parts for damage before use.
- To guarantee the stability of Total Crunch Evolution, check all the connections and make sure they are tightly screwed in place.
- As with any physical exercise machine, if you have any questions about your physical condition or if you suffer from asthma or any other ailment, always consult your physician before using Total Crunch Evolution.
- Always place Total Crunch Evolution on a flat surface.
- Make sure that children do not use Total Crunch Evolution without adult supervision.
- Do not use Total Crunch Evolution if you are pregnant.
- Do not drink alcoholic beverages when using Total Crunch Evolution.
- Drink water and/or an isotonic beverage after use.

This device has not been designed to be used by anyone (including children) with reduced physical, sensory or mental abilities, or by individuals without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device.

Children should be supervised to make sure that they do not play with the device.

Check Total Crunch Evolution before use and again at regular intervals. Make sure that all screws, bolts, nuts, and other connections are securely fastened and that all the training equipment is in safe operating condition.

The maximum weight for using the device is 100 kg.

WARRANTY

This product is covered by a warranty against manufacturing defects, as per the time periods stipulated by the legislation in force in each country. This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.

DISPOSAL OF MATERIALS



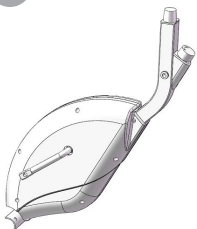
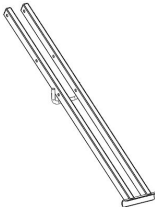


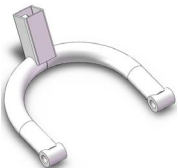
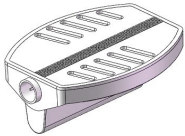


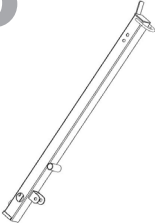
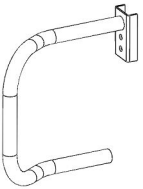
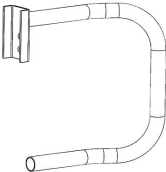
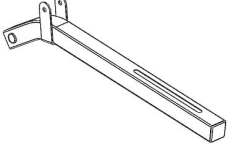
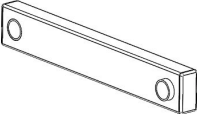
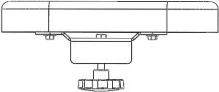
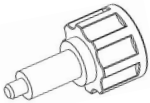
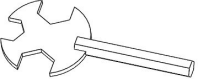

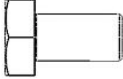
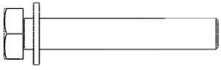
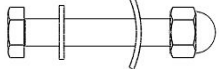
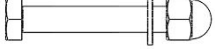

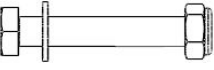


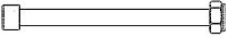
A symbol of a crossed-out wheeled bin means that you should obtain information about and follow local regulations regarding the disposal of this kind of product. Do not dispose of this product as you would other household waste. Dispose of this device in accordance with applicable local regulations. Electrical and electronic devices contain hazardous substances that could have harmful effects on the environment and/or human health, and therefore should be recycled properly.

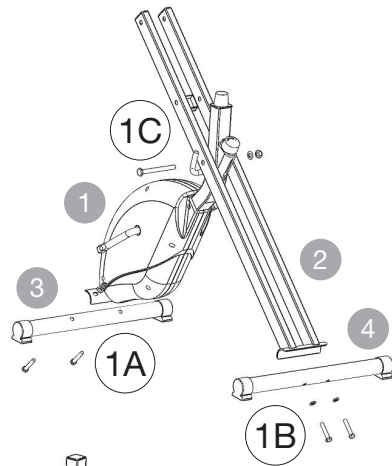


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ES**INSTRUCCIONES
DE MONTAJE****LISTA DE PIEZAS**

- 1 Soporte delantero (1 ud.)
- 2 Soporte trasero (1 ud.)
- 3 Estabilizador frontal (1 ud.)
- 4 Estabilizador trasero (1ud)
- 5 Tubo pedal crunch (1 ud.)
- 6 Pedal crunch (2 ud.)
- 7 Pedales bicicleta (2 uds.)
- 8 Tubo de pedal superior (1 ud.)
- 9 Barra vertical (1 ud.)
- 10 Manillar izquierdo (1 ud.)
- 11 Manillar derecho (1 ud.)
- 12 Tubo del sillín (1 ud.)
- 13 Pieza de unión (1 ud.)
- 14 Sillín (1 ud.)
- 15 Rueda de ajuste (1 ud.)

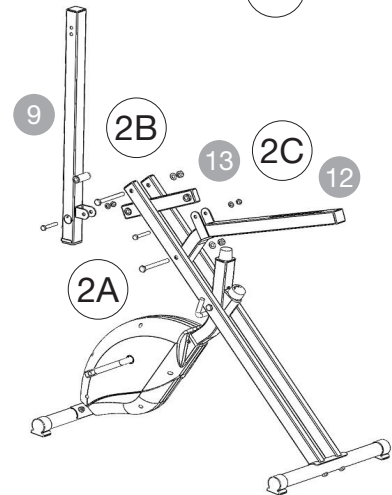
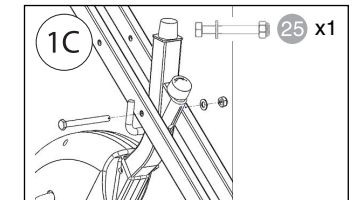
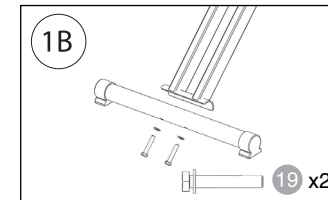
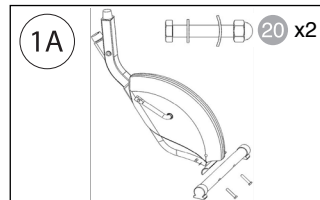
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13 	14 	15 	16  1 unidad	17  1 unidad	18  1 unidad
19  2 unidades	20  2 unidades	21  2 unidades	22  1 unidad	23  1 unidad	24  1 unidad
25  3 unidades	26  2 unidades				



PASO 1

- Fije el estabilizador frontal (3) al soporte delantero (1A) usando el tornillo 20 (2 uds.).
- Fije el estabilizador trasero (4) al soporte trasero (2) (1B) usando el tornillo 19 (2 uds.).
- Monte el soporte delantero al trasero (1C) con el tornillo 25 (1 ud.).

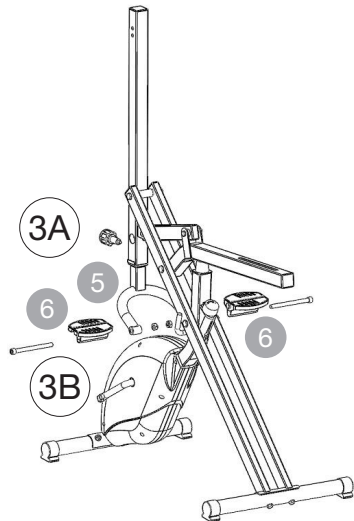
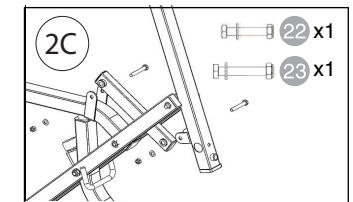
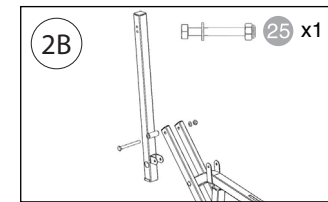
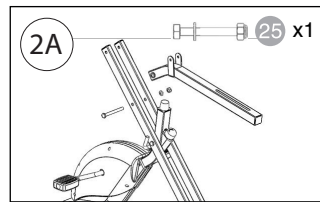
PARTES: 1 2 3 4 19 20 25



PASO 2

- Monte el tubo del sillín (12) al soporte trasero (2A) con el tornillo 25 (1 ud.).
- Monte la barra vertical (9) al soporte trasero (2B) con el tornillo 25 (1 ud.).
- Monte la pieza de unión (13) al tubo del sillín y a la barra vertical (2C) con el tornillo 22 (1 ud.) y el tornillo 23 (1 ud.).

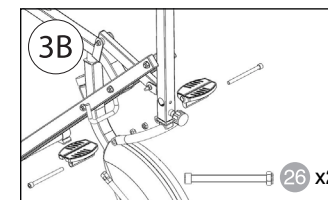
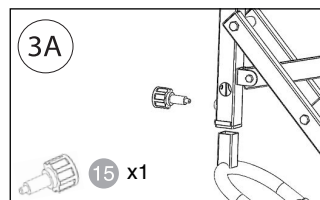
PARTES: 9 12 13 22 23 25

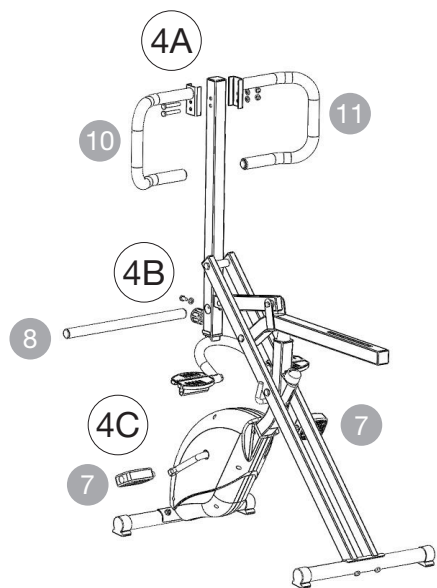


PASO 3

- Fije el tubo de pedal crunch (5) a la barra vertical (3A) con la rueda de ajuste (15).
- Monte los pedales crunch (6) al tubo de pedal crunch (3B) con el tornillo 26 (2 uds.).

PARTES: 5 6 15 26

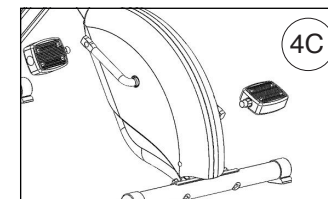
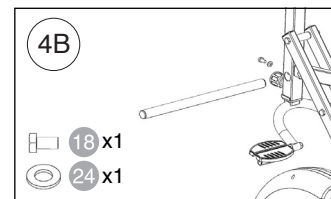
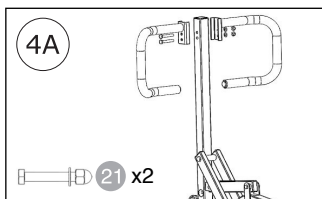




PASO 4

- Fije cada manillar (10 / 11) en la barra vertical (4A) con el tornillo 21 (2 uds.):
- Fije el tubo de pedal superior (8) a la barra vertical (4B) con el tornillo 18 (1 ud.) y la arandela 24 (1 ud.).
- Monte los pedales de la bicicleta (7) al soporte delantero (4C); apriete los tornillos.

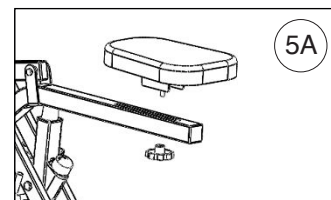
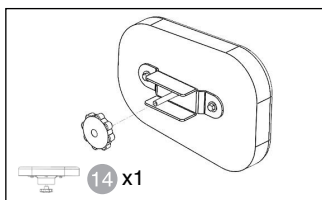
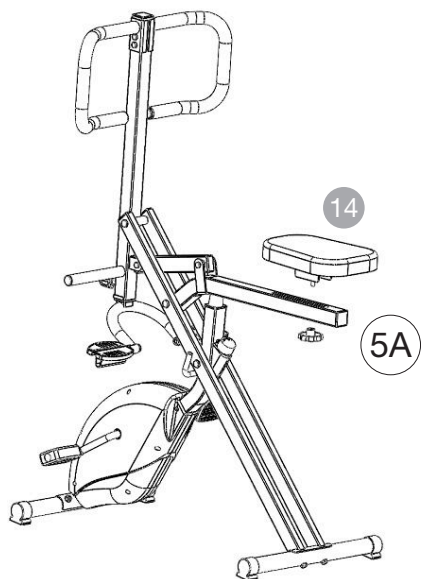
PARTES: 7 8 10 11 18 21 24



PASO 5

- Fije el sillín (14) al tubo del sillín, usando la rueda de ajuste (5A). Puede ajustar la posición según le resulte más cómodo.

PARTES: 14



GUÍA DE ENTRENAMIENTO

Total Crunch Evolution es un innovador sistema de entrenamiento que ayuda a modelar la espalda, hombros, pectorales, bíceps, tríceps, abdominales, glúteos, caderas, muslos y piernas al mismo tiempo.

¿CÓMO FUNCIONA?

Total Crunch Evolution utiliza un sistema de movimiento compuesto que ejercita todos los músculos al mismo tiempo. Combina cuatro tipos de ejercicios de resistencia: prensa de piernas, sentadillas, dorsales y abdominales con ejercicio aeróbico cardiovascular, lo que lo convierte en un completo y efectivo sistema de entrenamiento de quema de calorías y tonificación corporal. Con Total Crunch Evolution se trabajan todos los grupos de músculos principales. Los músculos se contraen, tonifican y esculpen mediante un fácil movimiento que usa el propio peso del cuerpo como resistencia.

Total Crunch Evolution incluye una bicicleta estática con una rueda de resistencia, para potenciar tu rendimiento y brindarte un entrenamiento aeróbico o anaeróbico. Su posición ergonómica y cómoda, evita cualquier riesgo de lesiones, fatiga excesiva y malas posturas.

Trabaja el cuerpo de manera anaeróbica para aumentar masa muscular y de manera aeróbica para quemar calorías.

CON TOTAL CRUNCH EVOLUTION, TODO EL CUERPO TRABAJA AL MISMO TIEMPO:

- Fortalece y moldea las piernas y los glúteos
- Alisa el vientre
- Marca los abdominales
- Da forma a los pectorales, bíceps y espalda
- Permite quemar calorías
- Ayuda a bajar de peso
- Modela la figura

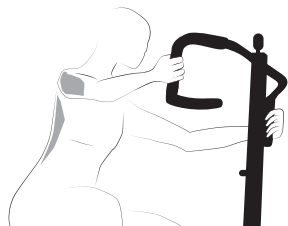
INSTRUCCIONES DE USO – MODO CRUNCH

Siéntese directamente sobre la máquina y sujete el manillar firmemente. Aplique resistencia con las piernas y tire del manillar hacia su cuerpo. Después, vuelva a la posición inicial.

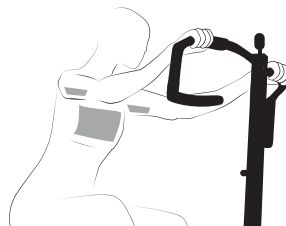
Variando la posición en el manillar realiza diferentes tipos de entrenamiento.

Haga 12 repeticiones del movimiento explicado en el paso 1 por cada posición de brazos en el manillar.

A) Trabaja hombros y dorsales



B) Trabaja pecho y tríceps



C) Trabaja bíceps



INSTRUCCIONES DE USO – MODO BICICLETA

Para utilizar el modo bicicleta del Total Crunch Evolution hay que retirar primero el tubo de pedal crunch de la barra vertical usando la rueda de ajuste.

Siéntese en la máquina y sujete el manillar con firmeza. Empiece a pedalear como si fuera una bicicleta convencional. Use la rueda de resistencia para potenciar su rendimiento, aumentar su resistencia física e incrementar la quema de calorías.

CONSEJOS DE UTILIZACIÓN

Utilice Total Crunch Evolution durante media hora al día, 3 veces por semana.

ADVERTENCIAS DE SEGURIDAD

- Lea siempre el manual de instrucciones antes de utilizar Total Crunch Evolution y guarde el manual para consultarlo en el futuro.
- Compruebe que ninguna pieza esté dañada antes de utilizarlo.
- Para garantizar la estabilidad de Total Crunch Evolution, verifique todas las conexiones y asegúrese de que esté firmemente atornillado.
- Al igual que con cualquier máquina de ejercicio físico, si tiene alguna duda acerca de su condición física o si sufre de asma o cualquier otra dolencia, consulte siempre a su médico antes de utilizar Total Crunch Evolution.
- Coloque siempre Total Crunch Evolution en una superficie plana.
- Asegúrese de que ningún niño utilice Total Crunch Evolution sin la supervisión de un adulto.
- No utilice Total Crunch Evolution si está embarazada.
- No tome bebidas alcohólicas cuando utilice Total Crunch Evolution.
- Ingiera agua y/o bebidas isotónicas después de utilizar Total Crunch Evolution.

Este aparato no fue pensado para su uso por personas (niños incluidos) con capacidades físicas, psíquicas y sensoriales reducidas o carentes de experiencia y conocimiento a menos que lo hagan bajo la supervisión e instrucciones de una persona responsable de su seguridad.

Supervise a los niños para asegurarse de que no jueguen con el aparato.

Compruebe Total Crunch Evolution antes de utilizarlo y verifique su estado regularmente. Asegúrese de que todos los tornillos, pernos, tuercas y otras conexiones estén bien apretados y de que todo el equipo esté en unas condiciones de funcionamiento óptimas.

El peso máximo admitido para la utilización del aparato es de 100 kg.

GARANTÍA

Este producto queda cubierto por una garantía contra defectos de fabricación sujeta a los plazos de tiempo estipulados por la legislación vigente en cada país. Esta garantía no cubre los daños resultantes de un uso inadecuado, uso comercial negligente, desgaste anormal, accidentes o manipulación indebida.

ATENCIÓN - CÓMO DESHACERSE DE MATERIALES



El símbolo de un contenedor sobre ruedas tachado, indica que vd. debe informarse y seguir las normativas locales de desecho de este tipo de productos. No se deshaga de este producto de la misma forma que lo haría con los residuos generales de su hogar. Debe hacerlo según las normativas locales correspondientes. Los productos eléctricos y electrónicos contienen sustancias peligrosas que tienen efectos nefastos sobre el medioambiente o la salud humana y deben ser reciclados adecuadamente.



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www.windirect.es

TOTAL CRUNCH EVOLUTION

BODY REVOLUTION SYSTEM

MADE IN CHINA