

**crane**<sup>®</sup>

# Core Trainer

Quick Guide

fitness



#### AFTER SALES SUPPORT

☎ 0800 046 5805    🌐 [www.envivo.nu](http://www.envivo.nu)  
☎ 1890 823 835    📧 [support@envivo.nu](mailto:support@envivo.nu)

MODEL: I545    PRODUCT CODE: 8I3I5    01/2019

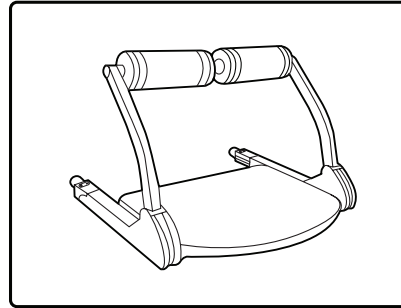
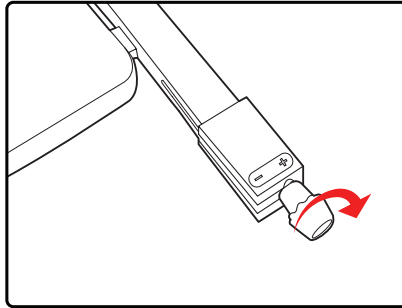
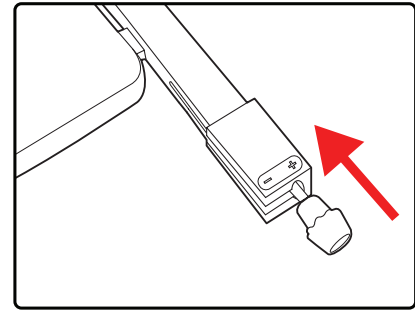
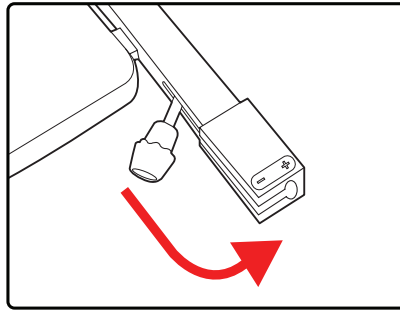
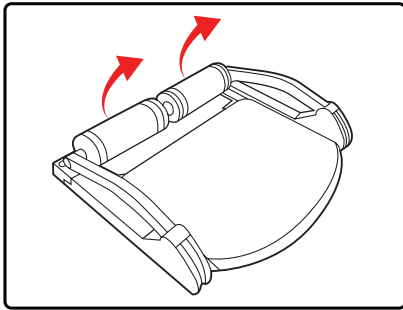
**3**  
YEAR  
WARRANTY



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Visit us at [www.aldi.com](http://www.aldi.com)

01/2019    8I3I5

## HOW TO ASSEMBLE THE CORE TRAINER



## HOW TO ADJUST THE HARDNESS LEVEL

Make sure to adjust the yellow knob to a hardness level that suits you. Turn the knob left to lower the hardness level, or turn the knob right to increase the hardness level.

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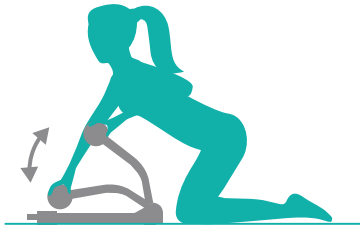
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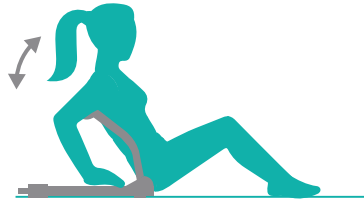


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## HOW TO USE THE CORE TRAINER - EXAMPLE



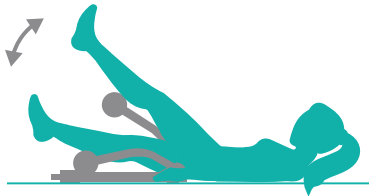
**Forearm & Biceps**



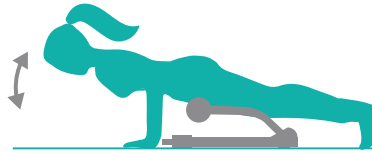
**Sit up**



**Triceps**



**Scissor kicks**



**Push up**



**Bicycling**

For more examples on how to use the Core Trainer, please visit our support website: [www.envivo.nu](http://www.envivo.nu)

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## Risk of injury!

If you are not in proper health, working out with the Core Trainer could damage your health. Improper use of the Core Trainer could also damage your health.

- Before you start your first workout, have a doctor check your general level of fitness.
- Consult with your doctor before your first workout if there is a history of heart, circulatory, orthopedic or other health problems.
- Discontinue workout immediately if dizziness, nausea, chest pain or other unusual symptoms arise. Immediately consult a doctor.
- Perform all exercises with the middle of your trunk stable. Your spine (especially your lumbar region) must be kept straight to protect your spinal disks from incorrect strain.
- Always start your workout with a warm-up.
- Always wear suitable sports clothing and footwear when working out with the Core Trainer.
- Always be aware of your body tension during your workout.
- Check your product for faults and damaged parts before use. If the product is in any way damaged, discontinue use immediately until replaced or repaired.
- The safety level of the equipment can only be maintained if it is examined regularly for damage and wear. Pay special attention to the knob, spring, foam and connection points.
- For indoor use.
- Free standing equipment shall be installed on a stable and levelled base.
- This product is in compliance with the International Standard: ISO 20957 H.



# CORE TRAINER

### Your details

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 \_\_\_\_\_ E mail \_\_\_\_\_

Date of purchase\* \_\_\_\_\_

\* We recommend you keep the receipt with this warranty card

Location of purchase \_\_\_\_\_

### Description of malfunction:

### In case of malfunction, return your completed warranty card to:

Accession Ap5

Vandmanden 34

9200 Aalborg SV

Denmark

E-mail: support@envivo.nu

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Phone lines available Monday to Friday, 9am - 14pm.  
Calls cost 5p per minute from a landline, calls from mobiles may vary.

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