

11. ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarters in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.



AB BLASTER ROLLER WHEEL WITH KNEE MAT



- ✓ High Quality
- ✓ Improves Abs & Lower Back Strength
- ✓ Single Wheel
- ✓ Portable & Easy to Assemble

**USER
INSTRUCTIONS**

Thank you for purchasing the Dr Trust AB Blaster Roller Wheel with knee Mat. For continued health benefits of this product and your safety, always read the instructions manual carefully before start using it.

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1. INTRODUCTION

Dr Trust, a well-known brand of fine quality health and fitness products, introduces the AB Blaster Roller Wheel with knee Mat to make daily exercising routine easier. It is a small size anti slip wheel that is rubberized with traction grips. It is simple; use at home or take it to the gym; pack it for your next vacation or business trip so you don't lose muscles when unable to follow your usual exercise routine. The unit comes with a thick & soft knee mat and two easy-grip handles for exercising and stretching safely. Moreover, the Wheel with knee Mat is an advanced training tool that burns fat and helps to maintain toned abs and strong muscles throughout the body.

2. PRODUCT FEATURES

- Rubberized with traction grips.
- Highly portable with well built.
- Anti-slip wheel increase stability.
- Works on upper and lower abs.



- For home and gym use.
- Easy to Assemble for immediate use.
- Helps in building shoulders, back, biceps, triceps and much more.

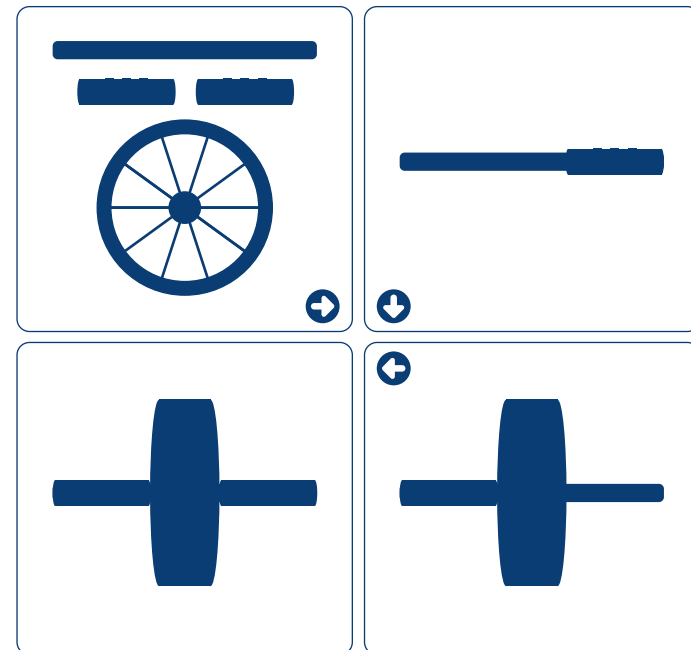
3. ASSEMBLY PARTS

- 1) Foam HandlesX2
- 2) Rubber WheelX1
- 3) Metal RodX1
- 4) Knee PadX1
- 5) Black CapX2

4. HOW TO ASSEMBLE



ASSEMBLE





1. Slide one of the foam handles onto the metal (steel) axle.
2. Slide the wheel onto the same metal axle.
3. Slide the remaining handle onto the same metal axle.
4. Push the both sides' handles inside to make them and wheel a tight fit.

5. HOW TO DISASSEMBLE THE ROLLER WHEEL

To disassemble the roller wheel, firmly grip one of the handles by one hand and push the wheel with the other hand. This will push the other side foam handle off the metal axle and allow you to remove the wheel and handles from the axle.

Important Guidelines

- Must inspect the equipment thoroughly before each use.
- Do not use it if it is not working properly
- Consult your physician before start using this equipment for exercising.
- Do not use the roller wheel if there are damaged or worn parts.
- Always use it on a non-skid surface only.
- Do not use attachments not recommended by the manufacturer.

CAUTION

1. The edges of the steel pipe are sharp, they might cut your hand when you install the ab wheel, if the provided black caps are fallen off.
2. When you install the ab wheel, please keep the black caps on the both sides of the bar to prevent your hand from being hurt by the steel pipe.
3. Place the abdominal roller wheel vertically on the floor and push down on one of the handles.

Before beginning your first workout, become familiar with the Dr Trust Blaster Roller Wheel. Wrong use of this product can result in serious injury or death. However, risk of injury can be lessened when safe techniques and common sense are practiced.



6. INSTRUCTIONS FOR SAFE USE

1. To begin kneeling, please hold the Dr Trust AB Roller with both hands firmly and go down on your knees on the knee mat by holding the both sides of AB Roller.
2. Place the roller on the floor in front of you, so that you are on all your hands and knees (as in a kneeling push up position). This will be your starting position.
3. Slowly roll the AB Roller straight forward, stretching your body into a straight position.
4. After a pause at the stretched position, start pulling yourself back to the starting position as you breathe out.

7. IMPORTANT TIPS

- ✓ Make sure you use less range of motion in the beginning until your core becomes stronger and you master the correct form.
- ✓ Your spine and hips should not move, and your abs should remain tight during the entire motion.
- ✓ Go down as far as you can control without touching the floor with your body and keeping your back straight. Breathe in during this portion of the movement.
- ✓ Always go slowly and keep your abs tight.
- ✓ Based on your fitness level – please refer to the 4 positions given in the picture below.



Level 1 - Beginner

Level 2 - Intermediate

Level 3 - Advanced

Level 4 - Expert

8. VARIATIONS



If you are advanced, you can perform the exercise moving the Dr Trust Ab Roller to the sides in a diagonal fashion as opposed to straight forward. This version places more emphasis on the obliques.

⚠ CAUTION

- ✓ Exercising with Dr Trust AB Roller is not advised for people with lower back problems or hernias.
- ✓ Consult your doctor before engaging in an exercise program.
- ✓ If you feel unwell or injured, discontinue exercising until you confirm that
- ✓ you are healthy enough to continue.
- ✓ Do not allow children to use the roller unsupervised.

9. PRODUCT SPECIFICATIONS

AB Wheel Weight:	450g
Wheel Material:	TPR+PP+STEEL+NBR
Wheel Dimensions:	29*18*18cm
Mat Dimensions:	45*20*1cm
Mat Material:	EVA
Mat Weight:	70g

10. CUSTOMER SUPPORT



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