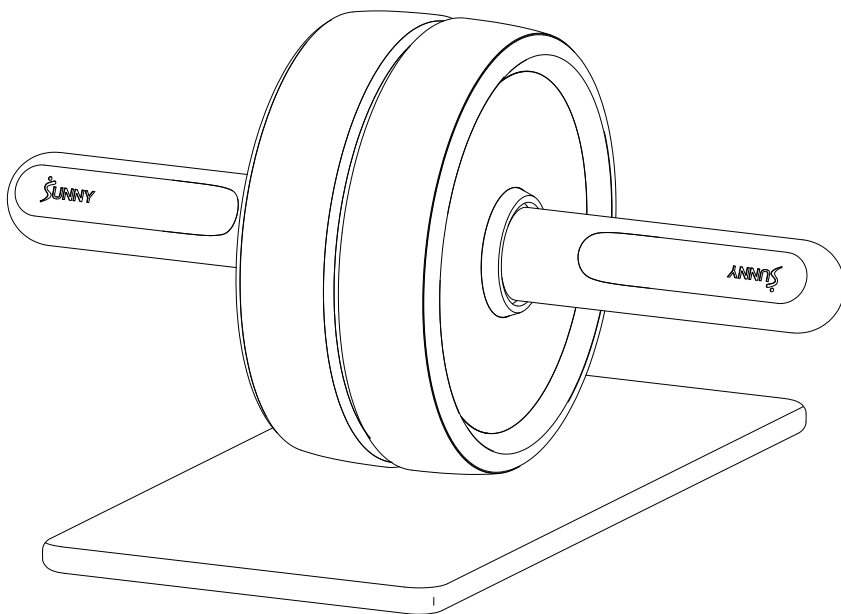




# AB ROLLER NO. 090 USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

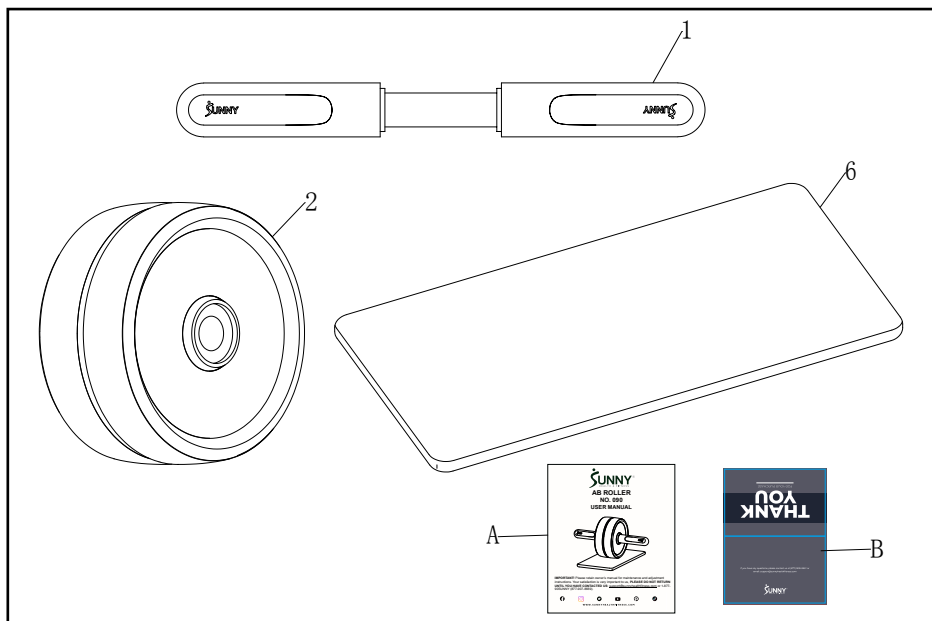
# **IMPORTANT SAFETY INFORMATION**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The equipment is not suitable for therapeutic use.
10. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor and home use only! It is not intended for commercial use!

# PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Stainless Steel Tube		1	A	Manual		1
2	Roller	Φ168*41	1	B	Thank You Card		1
6	Knee Pad	335*165*11	1				

## Ordering Replacement Parts (U.S. and Canadian Customers only)

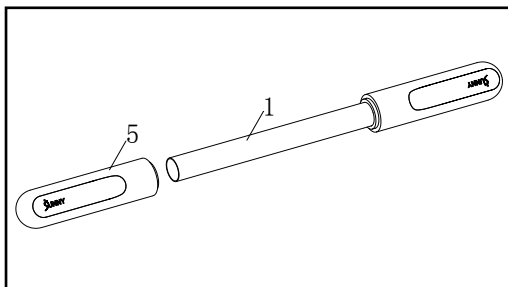
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (pages 6) and “PARTS LIST” (page 6)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

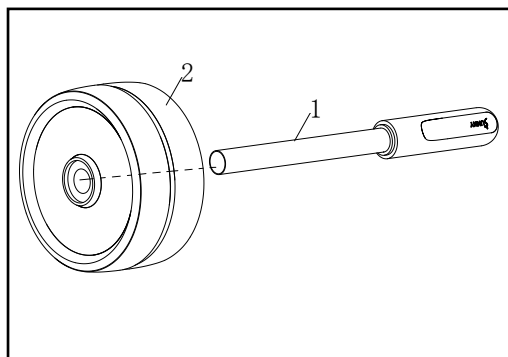
# ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1

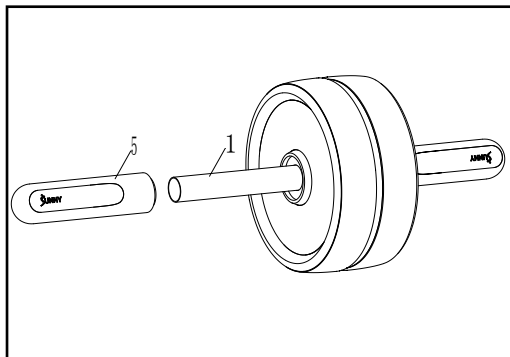
Remove the **Handle (No. 5)** from one side of **Stainless Steel Tube (No.1)**.



## STEP 2

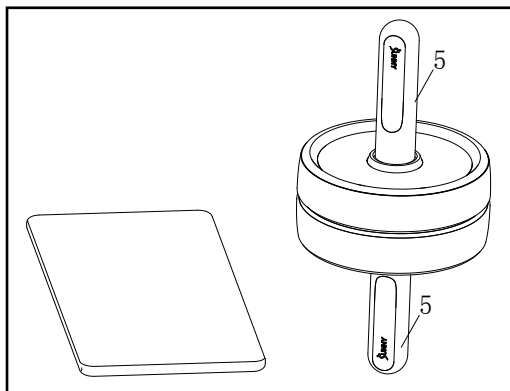
Insert the **Stainless Steel Tube (No.1)** into the center hole on the **Roller (No. 2)** as shown in the picture on the left.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 3

Attach the **Handle (No. 5)** that was removed back onto the **Stainless Steel Tube (No.1)**.



### STEP 4

Place one end of the **Handle (No. 5)** on the ground and press down from the other end to tighten the **Stainless Steel Tube (No.1)**.

*The assembly is complete!*

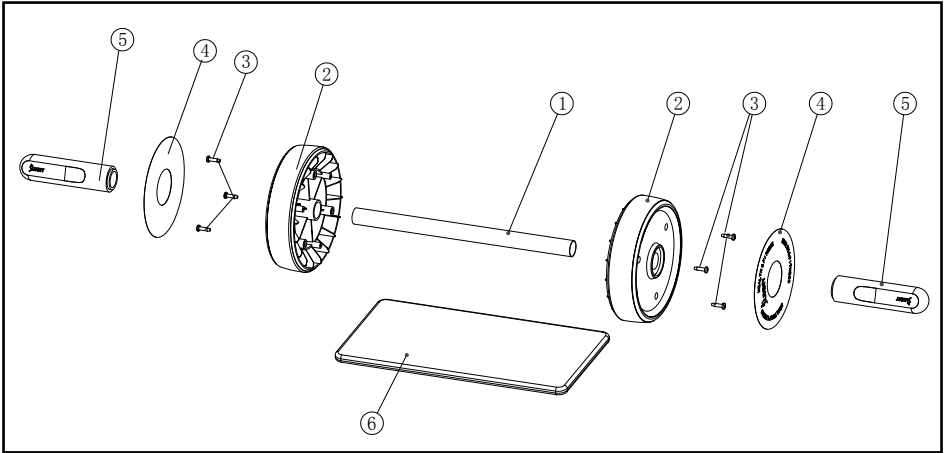
# **USAGE GUIDE**

## **Download SunnyFit - For Home Fitness:**



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Stainless Steel Tube		1	4	Roller Cover	Φ136*0.1	2
2	Roller	Φ168*41	2	5	Handle	Φ35*135	2
3	Screw	M4*0.7	6	6	Knee Pad	335*165*11	1

Version: 1.0

CONNECT  
with us

## DOWNLOAD

Track your fitness progress & join  
**FREE** workout courses!

Download  **SUNNYFIT** today!



---

## FOLLOW

Find us on social media @sunnyhealthfitness



@sunnyhealthfitness



@sunnyhealthandfitness



@sunnyhealthfit



/sunnyhealthfitness



/sunnyhealthfitness



/sunnyhealthandfitness

[www.sunnyhealthfitness.com](http://www.sunnyhealthfitness.com)