



# **WAVERTONE™ 180°**

Instructional Manual and Workout Guide

Model # : AB2360



Dear **WAVERTONE™ 180°** Customer,

Thank you for purchasing the revolutionary **WAVERTONE™ 180°** and congratulations on making an important investment in your health and wellbeing!

Targeting your entire core with laser-focus precision, the **WAVERTONE™ 180°** will help you slim and shape your upper, middle and lower abs. In 3 minutes a day, 4-5 times per week, you can lose fat and get a toned and chiseled body you have always dreamt of.

Unlike floor crunches where you only work abs on the way up, **WAVERTONE™ 180°**'s breakthrough Wave Flex design creates dynamic resistance in both directions for double the impact, double the muscle activity! Simply sit and lean back, blasting away excess fat.

We know losing weight and staying in shape is hard so we have put together a customized nutritional guide which will make meal preparation fun and easy.

So have fun using the **WAVERTONE™ 180°** exercise and nutritional program and get ready to feel amazing inside and out!

**WAVE YOUR BODY TO A FIT NEW YOU!**

## IMPORTANT SAFETY NOTICE

Please read the User's Guide completely before using your **WAVERTONE™ 180°** machine. Keep this guide in an accessible place and make sure everyone who uses the **WAVERTONE™ 180°** machine also reads this guide.

Have a safe and enjoyable workout.

### IMPORTANT MEDICAL WARNING

Carefully review this User's Guide and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this User's Guide are in no way intended to be a substitute for medical counseling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Certain training programs and types of exercise equipment, as well as eating plans, may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medications that affect your heart rate or cognitive functions, you must seek professional medical advice before starting this program.

1. THE MAXIMUM WEIGHT CAPACITY OF THE **WAVERTONE™ 180°** MACHINE IS 120 KG / 264.5 LBS. Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.

3. Use this machine EXCLUSIVELY for the purpose intended and described in this User's Guide. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
4. Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during use.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipments out of the reach of children.
6. Handicapped or disabled persons should not use the WAVERTONE™ 180° machine without prior consultation with a qualified healthcare professional or physician.
7. Position the WAVERTONE™ 180° unit on a clear, level surface. Place non-slip mat under the unit to help keep the machine stable and protect flooring and note that it should not be pushed across delicate floor coverings (laminated, parquet, carpet, etc.) in order to avoid damage.
8. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.
9. Always warm up before each training session by doing stretches.
10. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
11. Please review this User's Guide and/or the instructional DVD routines prior to using your WAVERTONE™ 180° machine to understand the correct use of this machine.
12. Check pins and bolts and tighten if loose.
13. Begin slowly and get used to the unique movement of the WAVERTONE™ 180° unit prior to starting your routine.
14. DO NOT use any accessories not recommended by the manufacturer.
15. Do not place your hands or fingers underneath the unit while it is being used. Please do not use in the presence of children.

16. If you have long hair, please tie it up to avoid getting caught in the roller or other moving parts of this unit.
17. Do not place this machine in direct sunlight.
18. The WAVERTONE™ 180° machine should be installed on a stable and leveled base.
19. For home use only.

**Warning:** The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.

Replace defective components immediately and/or keep the equipment out of use until repair.

Pay special attention to components which are most susceptible. The free shall be 2 m / 78.7 in greater than the training area in the directions from which the equipment is accessed.

**Warning:** Injuries of health may result from incorrect or excessive training.

### SAVE THESE INSTRUCTIONS

# WAVERTONE™ 180° PARTS LIST

Part#	Part Name	Spec.	Materials	Qty	Remark
1	seat cushion	430*300*30		1	black+green
2	arch with back cushion	515*160*20		1	black
3	fixing bolt	M6*10	ABS+Q235	2	black
4	bolt	M8*50,black	Q235+soft PVC	2	black
5	Bands		latex	3	green

**Optional Tools:**

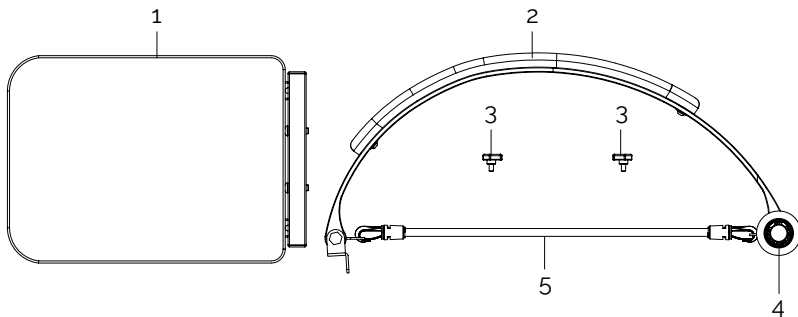
**Ab Stretch Front Roller/Wavertone Max Roller**

6	Wavertone Max Roller		Q235	1	black
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**Wave and Flex Bands**

7	Wave & Flex Bands	8*2*390	latex	2	black+green	
Length when Wave & Flex Band is stretched			120cm	140cm	160cm	185cm
Measure of Force			33N	38.7N	43N	50.5N
8	Extra Strong Bands		latex	3	red	

No tools needed for assembly. Users can assemble the knob by hand.



Dimension: 1160 x 300 x 335mm  
Weight: 5.1 KG / 11.2 LBS

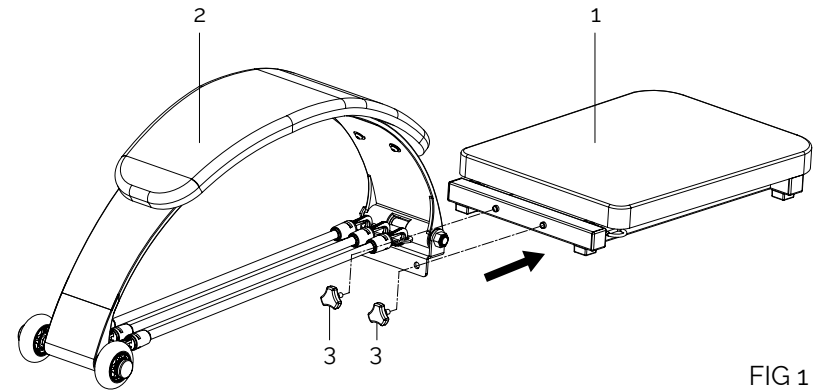


FIG 1

**1. Main Unit assembly:**

**STEP 1:** Align the holes on the seat cushion (#1) with the holes on the arch back cushion (#2), insert the two fixing bolts and tighten by hand.

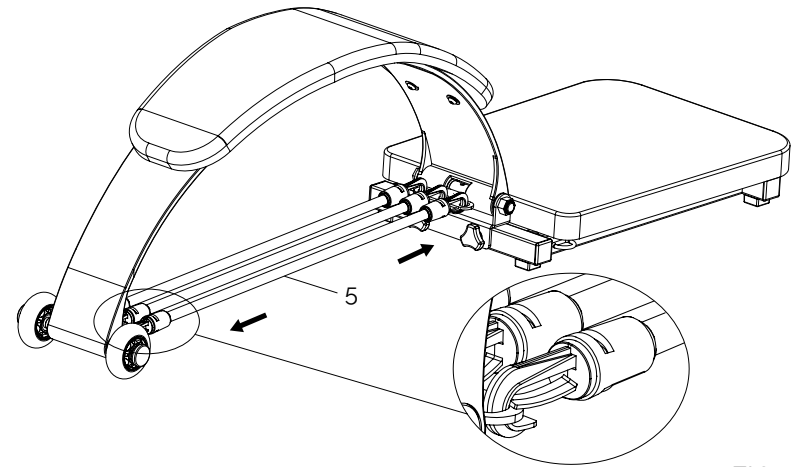


FIG 2

**STEP 2:** Attach the 3 resistance bands to the arch with back cushion unit using hooks.

## 2. Optional Items Assembly

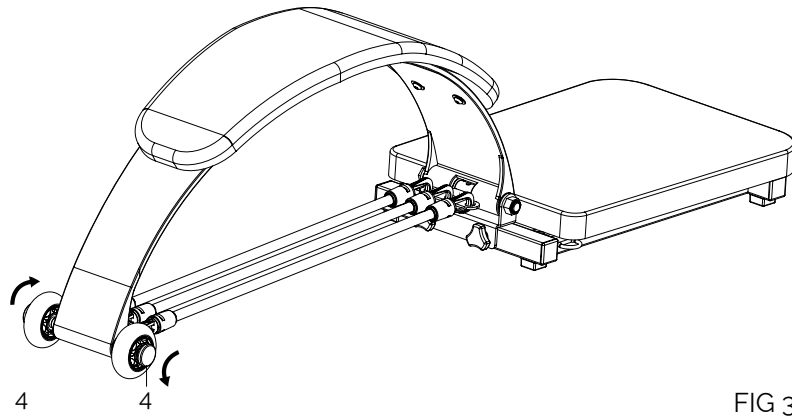


FIG 3

### Wavertone Max Roller assembly:

**STEP 1:** Loosen the bolts (#4) in the opposite direction of this arrow label on the bolt as illustrated.

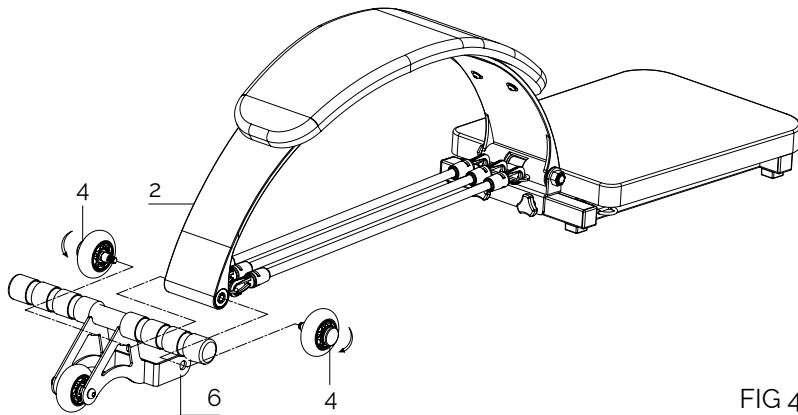


FIG 4

**STEP 2:** Align the Wavertone Max Roller (#5) with the hole at the end of the arch back cushion (#2). Insert the two bolts (#4) in the hole and tighten according to the arrow direction on the bolt.

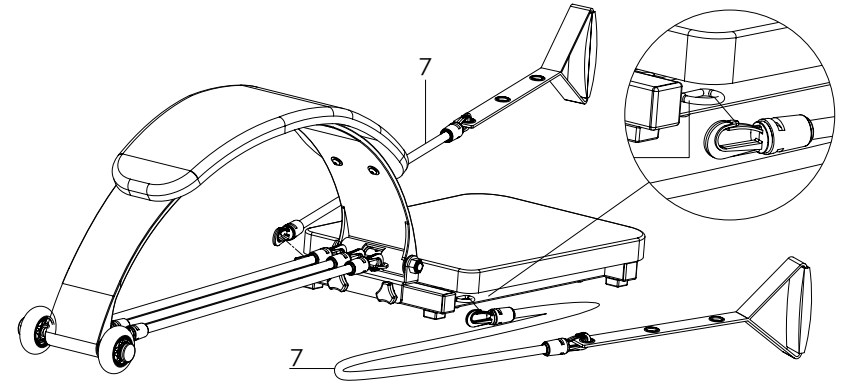


FIG 5

### 3 Wave & Flex Band assembly

Attach the Wave & Flex Bands (#7) to the hooks located under the seat cushion (#1).

To adjust the length/resistance, choose different holes on the handle strap.

### Exercise Chart



### Wave & Flex Bands



### Wavertone Max Roller





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