

# MULTIFUNCTIONAL TRAINING BOARD

## INSTRUCTIONS



### INSTRUCTIONS FOR USING TIMERS

1. Press the Start/Stop button to turn on the device.
2. Press the start/stop button again to start the timing mode.
3. Press the MS key simultaneously to reset and reset the timer to zero.
4. The M key is for setting minutes, and the S key is for setting seconds. Continuously pressing the M or S key allows you to freely set the time. After setting the time, press the Start/Stop key to activate the countdown mode.
5. After resetting to zero, the system will automatically shut down after 10 minutes.



### Vertical Abdominal Exercise



First pull up on the slider's plug to combine the sliders. Remain standing with your legs slightly wider than your shoulders. Bend over and place your hands on the slider.  
Bend over and place your hands on the slider.



Lean your body forward to push the slider forward, keeping your legs upright. When you push to the tops use your abdominal force to pull the slider back.

### Traditional Abdominal Exercises



Kneel on the complimentary kneeling pad and bend down to grab the handle.



Power your hands forward, keeping your back straight and working your core muscles.



Briefly hold on a fully extended position, Slowly pull the slider back to your body. Return the slider to the starting position by pulling it back to your knees. Repeat the movement, making sure it's smooth and organized.

### Alternate Slide



The slider is first partially separated and then pushed out in the traditional position.



Hold the pose and swing your arms in quick alternating movements.(15-30 repetitions as a set)



### Back Stretch



First pull up on the slider's plug to combine the sliders. Start by kneeling on a kneeling mat placing your palms on the slider.



Lower your back, keep your hips still, and push your arms forward.



Finish by stretching your entire back completely for a stretch

### **Plank Support**



Finish by stretching your entire back completely for a stretch

Bring your knees up as you push to the top and support your body with your feet instead

### **Mountaineering**



Start by separating the slider and turning your back to the unit. Brace your hands shoulder-width apart on the mat to support your body, then place your feet on the slider.



Just like doing Mountain Climbers exercise, alternate sliding both legs.( 15-30 repetitions per set)