

ABS HERO

USER MANUAL

AVIRON ACTIVE

END BORING WORKOUTS

We're thrilled you've chosen the Aviron Abs Hero. For the best experience, please review the instruction manual before use.

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BEFORE STARTING

Safety Instructions

Please read all instructions before using the equipment to ensure safety and protection. The owner is responsible for ensuring all users are informed of the warnings and precautions. Use the equipment only as instructed. Improper use may lead to serious injuries or damages to the product. Aviron is not liable for any damage or injury resulting from misuse.

⚠ Intended Use and Supervision Requirements: This device may be used by users of all ages, as well as by individuals with reduced physical, sensory, or cognitive capabilities, or those lacking experience and knowledge - only if they have been properly instructed and are supervised by a responsible person to ensure safe operation and full understanding of the potential risks involved.

Consult Your Physician: Consult your physician before using the equipment. If you feel faint, dizzy, or experience pain, stop and seek medical attention immediately. It's recommended to consult with a fitness professional for proper use of equipment.

⚠ Usage Warnings:

- **⚠ DO NOT STAND ON THE ABS HERO ⚠**
- This product is designed only for plank exercises.
- Abs Hero is designed as an unstable surface to increase core engagement. Use caution and maintain control at all times.
- Place the device on a flat, dry, and stable surface while using.
- Ensure the area around the device is clear of obstacles before beginning your workout.
- Keep hands, feet, and other body parts away from the underside while the device is in use.

Weight Capacity: The maximum user weight capacity for the equipment is 300 lb (136 kg).

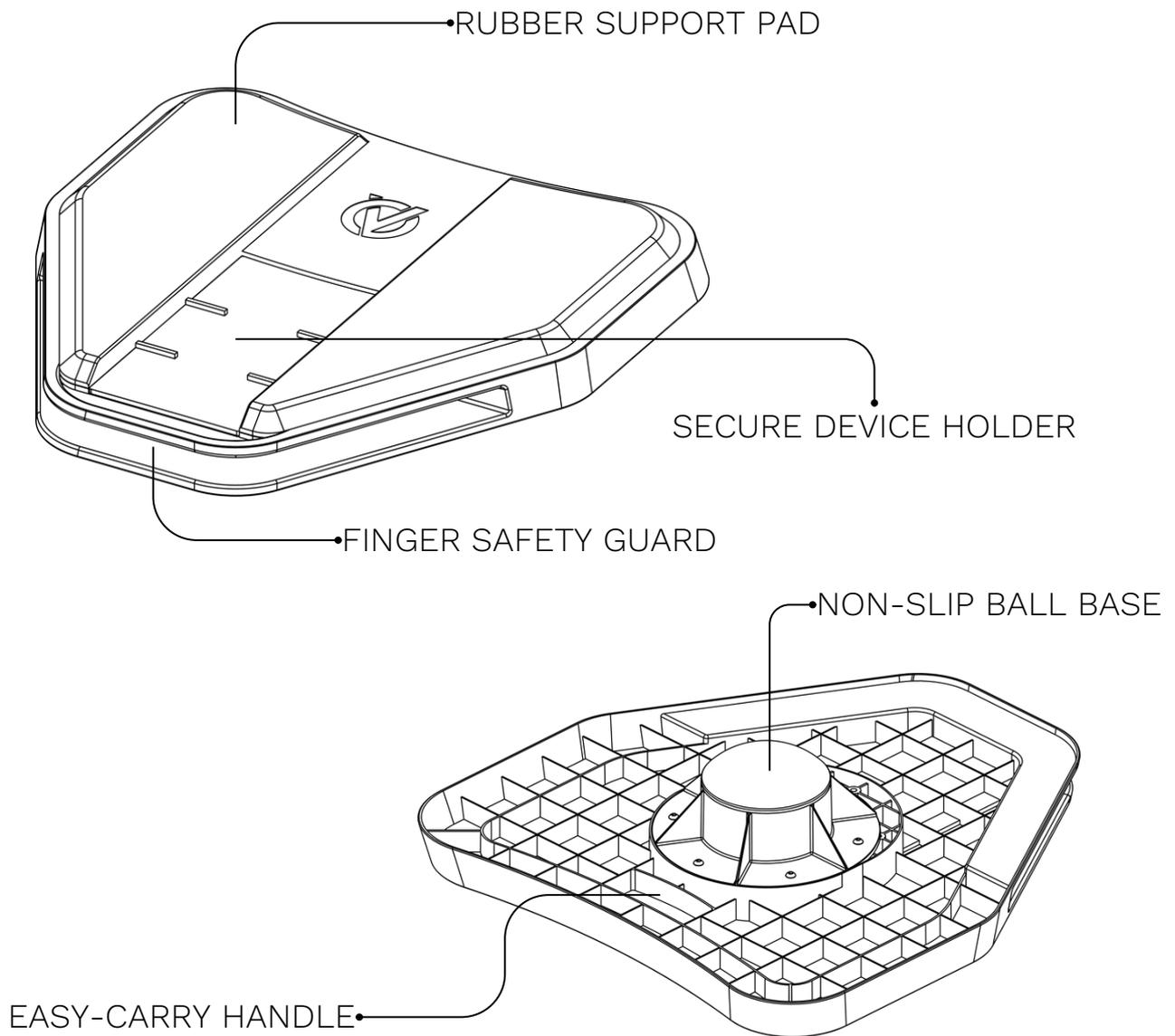
PRODUCT OVERVIEW AND SPECIFICATIONS

Product Dimensions and Specifications

Product (L x W x H): 23.6 x 23.6 x 5.8 inches / 600 x 600 x 149 mm

Total Weight: 7.7 lb / 3.5 kg

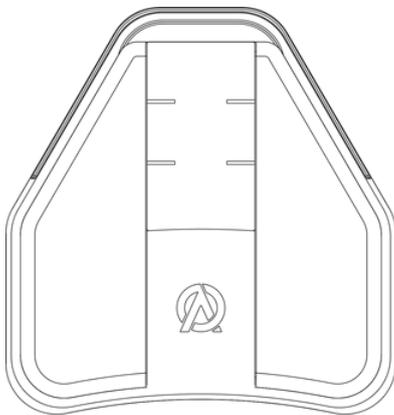
Product Details



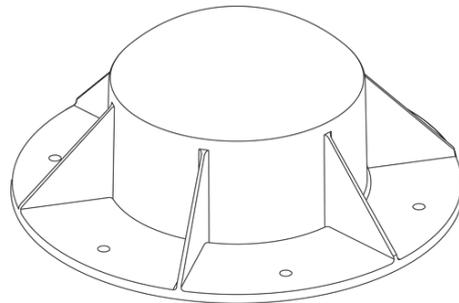
PARTS AND TOOLS

PARTS	A	PLANK SURFACE
	B	BOTTOM BASE
TOOL	1	M4 ALLEN KEY
FASTENER	F1	BUTTON HEAD HEX SCREW M6 X 10MM

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Ⓑ



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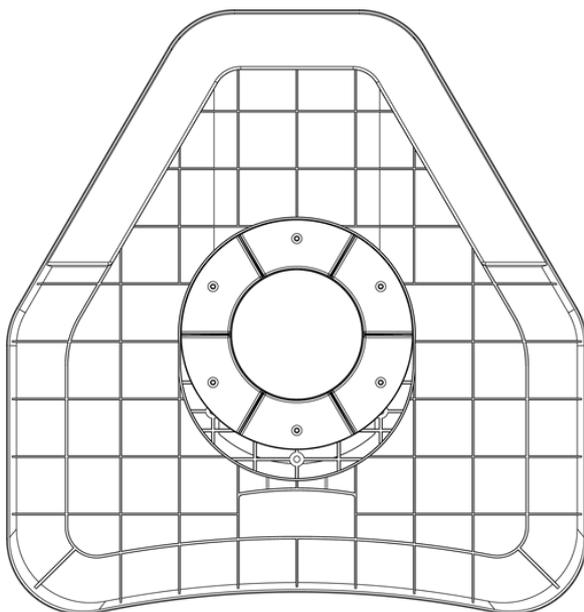
ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY

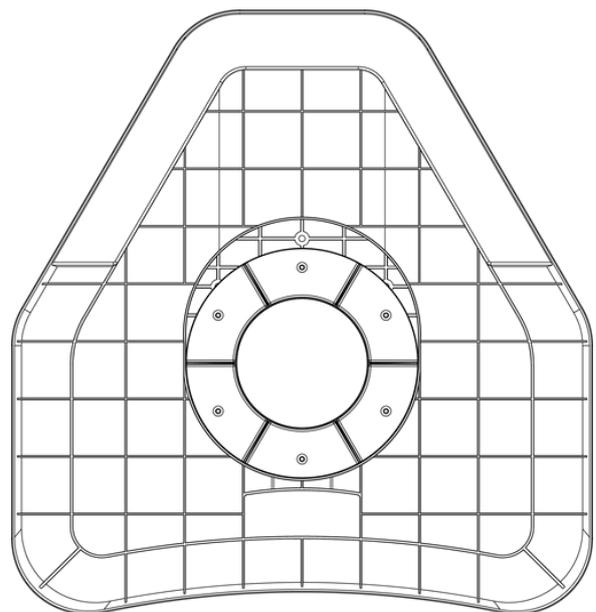
Abs Hero can be assembled with the Bottom Base (B) in two different positions, as shown in the diagrams below. This adjustment changes the center of gravity of the device, which directly affects balance and stability.

- **Lower Position (Recommended):** Best suited for most users. The lower placement of the ball provides a more stable base while still offering the benefits of an unstable surface for core training.
- **Upper Position (Optional):** Designed for smaller users or those with shorter arm reach who may find balancing on the lower position too difficult. Moving the ball to the upper position raises the center of gravity, making the platform easier to stabilize.

When choosing a position, start with the lower setting. If you find it difficult to maintain balance, especially at the beginner stage, adjust to the upper position for added control.



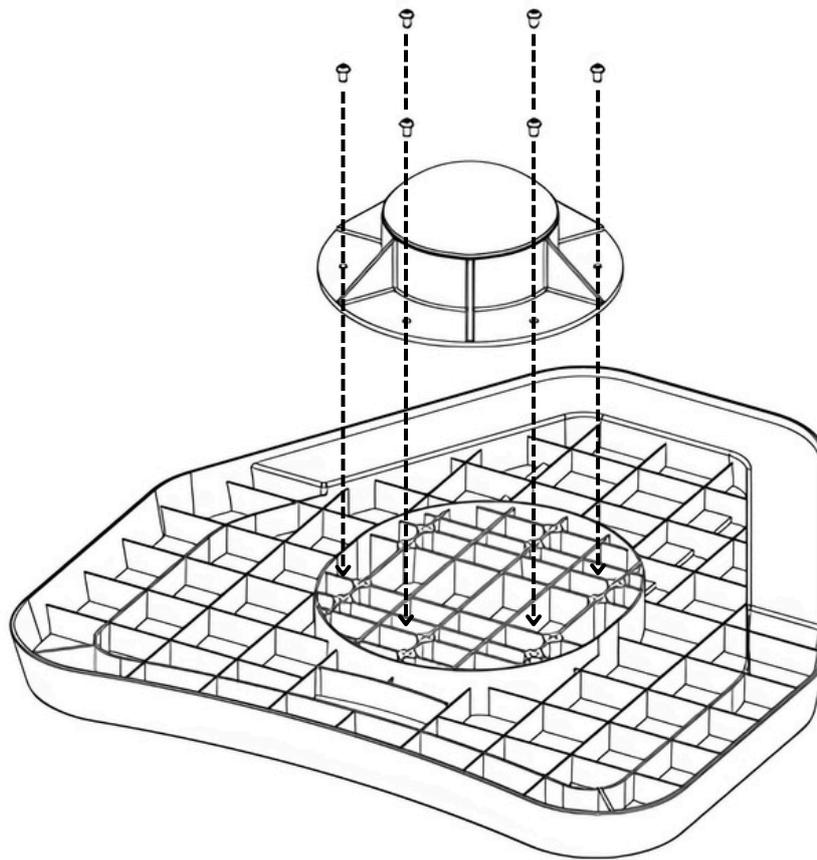
Upper Position



Lower Position

ASSEMBLY INSTRUCTIONS

STEP 1



Parts:

(A) (B)

Tools:

(1)

Fasteners:

(F1)

Place the Plank Surface (A) upside down on a flat surface. Position the Bottom Base (B) over the plank, keeping the domed section facing upward and aligning the screw holes. Using the M4 Allen Key, fasten 6x M6x10MM screws (F1) to secure the base. Tighten all screws firmly to ensure stability, but do not overtighten to avoid damage.

USING THE PRODUCT

Aviron App Download

Download the Aviron App to unlock exclusive workouts for your Abs Hero.

- Scan the QR code below for a direct link to the app store for your device.
- Or visit www.avironactive.com/support/download to find the download page and follow the links.

Once installed, open the app and follow the on-screen instructions to set up your account and start using your Abs Hero.



USING THE PRODUCT

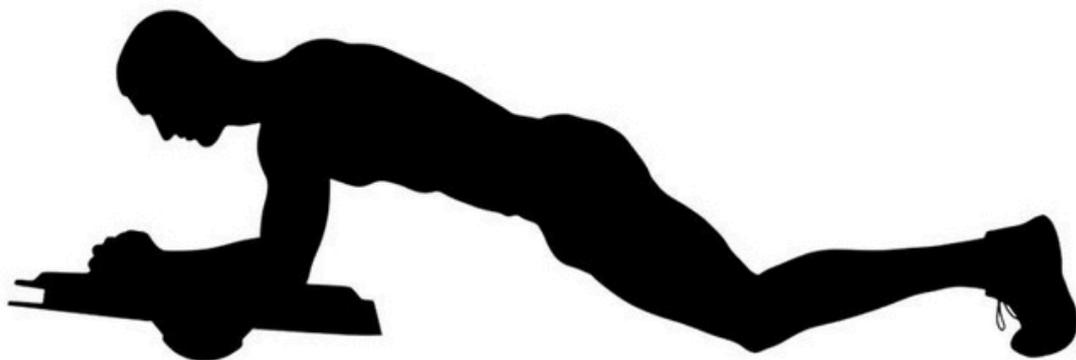
How to Use Abs Hero for Planks

Abs Hero is designed for core training while you engage with Aviron entertainment options. Place your phone or tablet securely in the holder, open the Aviron App, and select your preferred activity. Choose the plank variation that matches your fitness level and progress gradually.

Using the Aviron App helps you stay engaged and ensures you perform planks with proper timing and guidance. Always exercise with control, and stop immediately if you feel pain, dizziness, or instability.

Knee-Supported Plank (Beginner Variation)

- Place Abs Hero on a flat, stable surface.
- Position your forearms or hands on the Support Pad, keeping elbows under shoulders.
- Lower your knees to the floor behind you, with hips in line with shoulders.
- Engage your abdominal muscles and follow the instructions or game displayed in the app

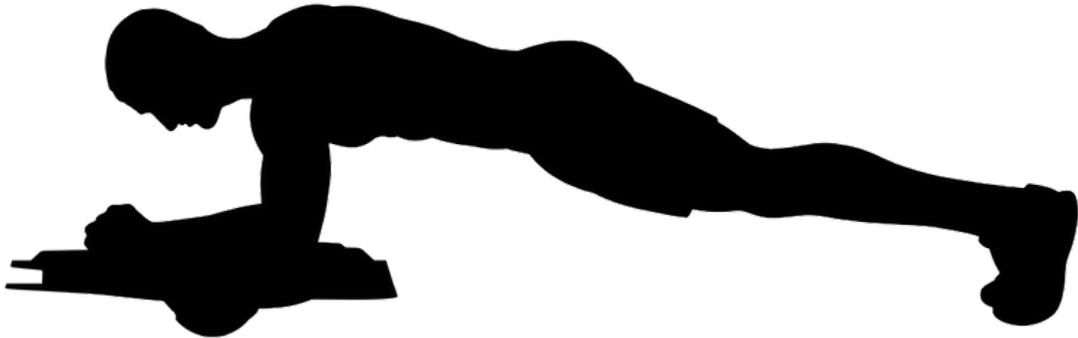


USING THE PRODUCT

How to Use Abs Hero for Planks

Toe-Supported Plank (Standard Variation)

- Place Abs Hero on a flat, stable surface.
- Position your forearms or hands on the Support Pad, keeping elbows under shoulders.
- Extend your legs straight back, balancing on your toes.
- Keep your body in a straight line from head to heels, avoiding sagging or raising the hips too high.
- Engage your abdominal muscles and follow the instructions or game displayed in the app.



CARE AND MAINTENANCE

Before Each Workout

1. Check the entire unit for any signs of wear or damage.
 - a. If cracks are encountered, stop the usage immediately and contact Technical Support.
2. Check and tighten all screws.
3. Check Aviron App for software updates.
4. Ensure the unit is on a stable, dry and leveled surface.

Cleaning the Abs Hero

Regular cleaning is essential to maintain the plank's performance and extend its lifespan. Follow these guidelines for safe and effective cleaning:

1. Remove the phone or tablet from the plank before performing any cleaning or maintenance.
2. Before and after each workout, wipe down the plank's top surface using a dry cloth.
 - a. Clean and disinfect the top surface with alcohol-free and ammonia-free solutions.
3. DO NOT use abrasive cleaners, as they can damage the product's finish.
4. DO NOT spray or pour liquids directly onto the plank.
5. DO NOT allow sweat to sit on the device, as prolonged exposure to moisture and salt can cause material degradation.

TERMS AND CONDITIONS

General Policies

Aviron Interactive Inc. (“Aviron”) aims to satisfy you (the “customer”) completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron reserves the right to accept or refuse any order as part of its policy of continuous equipment improvement. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

Exclusion of incidental, consequential, and certain other damages

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive, or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software, and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron's liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

Disclaimer

The information contained in this user manual is for reference only. The product described above may be subject to modifications of the manufacturer's continuous research and development plans. The manufacturer is not obligated to announce it in advance.

We shall not bear any legal liability for any direct or indirect, accidental, special damages, losses, and expenses derived from or associated with this manual or the product contained.

Warranty

Your *Abs Hero* is covered by a limited warranty. For detailed terms and conditions, please visit our website:

www.avironactive.com/support/general/warranty/

Support

If you need help or run into any issues, please visit our support page:

www.avironactive.com/support/general/

ENDING BORING WORKOUTS



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