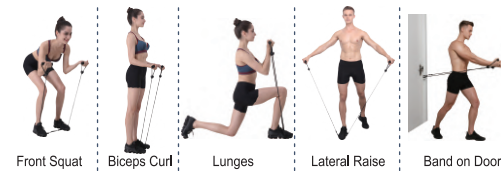


Getting Started

Fundamental Exercises



Band-Only Exercises



Combined Exercises



Maintenance & Storage

Maintenance

It's important to do regular inspections to make sure the machine and band do not have any loose screws or bolts, or any damage or abnormality. Always make sure screws and bolts are properly tightened before use. Stop exercising immediately if parts come loose.

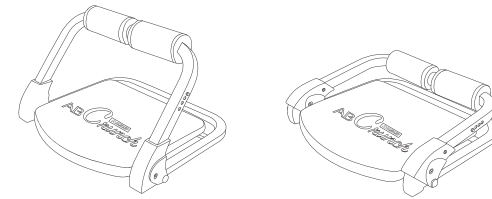
Cleaning

Always clean the machine and band before and after each exercise session.

Clean the machine using a soft cloth with mild soap and warm water. Be sure to remove all residue and water and allow to dry completely before using again.

Storage

To store the machine, collapse it completely by pressing in the pop-out buttons on the side of the machine and following the instructions on the first **Setting Up** page of this manual.



- The machine should be stored in a cool, dark place.
- Store away from sunlight.
 - Store away from extreme temperatures.
 - Store away from sources of wind, water and heat.

The machine is best stored in an airtight box or bag (not included).

Warranty Information

90-day Limited Warranty

Territory: United States/Canada

LIMITED WARRANTY TO ORIGINAL CONSUMER

This product (including any accessories included in the original packaging) as supplied and distributed new by an authorized retailer is warranted by Southern Telecom, Inc. to the original consumer purchaser against defects in materials and workmanship ("Warranty") as follows:

To obtain warranty service:

- Visit our website at www.southerntelecom.com
- Click on **Product Support**
- Select the **Brand** of your device
- Select **Service Request** and fill out the form to begin your inquiry

Your product will be repaired or replaced, at our option, for the same or similar model of equal value if examination by the service center determines this product is defective. Products received damaged as a result of shipping will require you to file a claim with the carrier.

Warranty service not provided

This warranty does not cover damage resulting from accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized modification including software modifications such as the installation of custom firmware. This warranty is voided in the event any unauthorized person opens, alters or repairs this product. All products being returned to the authorized service center for repair must be suitably packaged.

NO WARRANTIES, WHETHER EXPRESS OR IMPLIED, INCLUDING, BUT NOT LIMITED TO, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN THOSE EXPRESSLY DESCRIBED ABOVE SHALL APPLY. DISTRIBUTOR FURTHER DISCLAIMS ALL WARRANTIES AFTER THE EXPRESS WARRANTY PERIOD STATED ABOVE. NO OTHER EXPRESS WARRANTY OR GUARANTY GIVEN BY ANY PERSON, FIRM OR ENTITY WITH RESPECT TO THE PRODUCT SHALL BE BINDING ON DISTRIBUTOR. REPAIR, REPLACEMENT, OR REFUND OF THE ORIGINAL PURCHASE PRICE - AT DISTRIBUTOR'S SOLE DISCRETION - ARE THE EXCLUSIVE REMEDIES OF THE CONSUMER. IN NO EVENT WILL DISTRIBUTOR OR ITS MANUFACTURERS BE LIABLE FOR ANY INCIDENTAL, DIRECT, INDIRECT, SPECIAL, PUNITIVE OR CONSEQUENTIAL DAMAGES (SUCH AS, BUT NOT LIMITED TO, DAMAGES FOR LOSS OF PROFITS, BUSINESS, SAVINGS, DATA OR RECORDS) CAUSED BY THE USE, MISUSE OR INABILITY TO USE THE PRODUCT EXCEPT AS STATED HEREIN. NO OTHER WARRANTIES SHALL APPLY. NOTWITHSTANDING THE FOREGOING, CONSUMER'S RECOVERY AGAINST DISTRIBUTOR SHALL NOT EXCEED THE PURCHASE PRICE OF THE PRODUCT SOLD BY DISTRIBUTOR. THIS WARRANTY SHALL NOT EXTEND TO ANYONE OTHER THAN THE ORIGINAL CONSUMER WHO PURCHASED THE PRODUCT AND IS NOT TRANSFERABLE.

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MÄHLI WORKOUT

CORE CRUNCH AB REBOUND MULTI-WORKOUT MACHINE



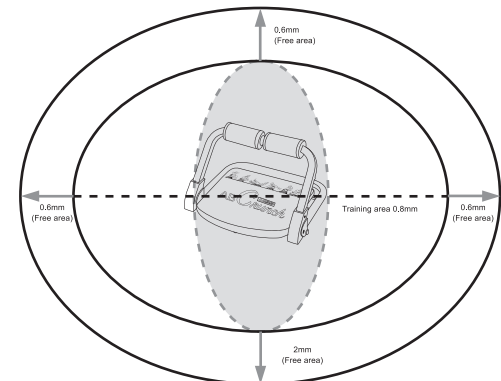
Instruction Guide MDW1001

Before You Begin...

READ CAREFULLY AND SAVE THIS MANUAL

WARNING

1. Before beginning this or any exercise program, consult a physician or health professional who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 65 or have pre-existing health problems. We assume no responsibility for personal injury or property damages sustained by or through the use of this product.
2. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter all-around free space.

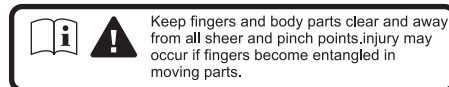


3. It is important to keep children, pets, furniture and other objects away from this equipment during its use.
4. Check your equipment before each use to ensure that all parts are assembled, and all nuts, bolts, knobs, and pins are in their proper places and tightened.

Warnings continued on the next page.

WARNING (Continued)

5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. Do not allow children to play on or around it.
6. Always warm up and stretch before each training session. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heartbeat, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Do not place your hands or fingers underneath the unit while it is being used. Keep hands away from moving parts.
8. Be sure to keep longer hair tied up to avoid getting it caught in equipment.
9. Always wear proper workout clothing and shoes when using the product. Do not wear loose clothing. Do not wear shoes with leather soles, or high heels.
10. Work out an appropriate amount. Do not work out to exhaustion. If you feel any pain or experience any abnormality, stop your workout immediately. Consult your physician immediately.
11. This equipment is designed and intended for indoor home and consumer use only, not for commercial use.



In the Box

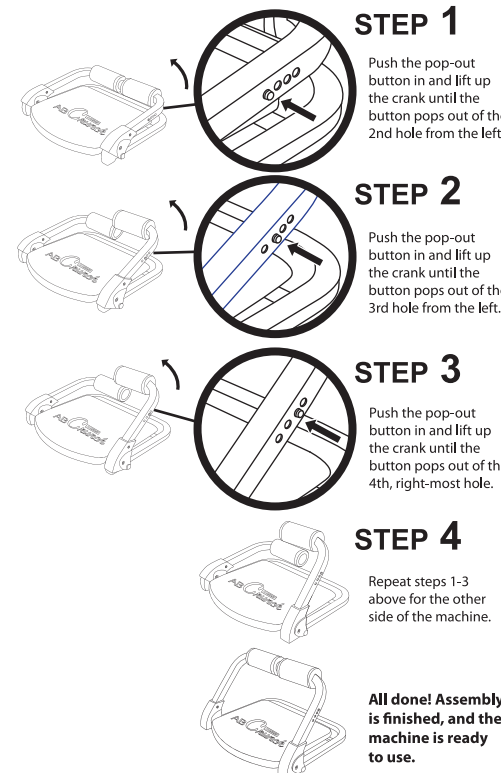
- MDW1001 - Multi-Workout Machine (x1)
- Resistance Band (x1)
- Poster (x1)
- Instruction Manual (x1)

Questions & Support

If you have any questions or problems concerning this product, please visit our website at SouthernTelecom.com and click on **Product Support**.

Setting Up

It is important to follow the step-by-step setup instructions below for proper usage.



STEP 1

Push the pop-out button in and lift up the crank until the button pops out of the 2nd hole from the left.

STEP 2

Push the pop-out button in and lift up the crank until the button pops out of the 3rd hole from the left.

STEP 3

Push the pop-out button in and lift up the crank until the button pops out of the 4th, right-most hole.

STEP 4

Repeat steps 1-3 above for the other side of the machine.

All done! Assembly is finished, and the machine is ready to use.

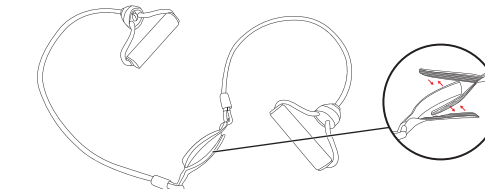
Setting Up (cont'd)

Installing the Band

The band can be used by itself, or in combination with the machine. To attach to the machine, follow the instructions below.

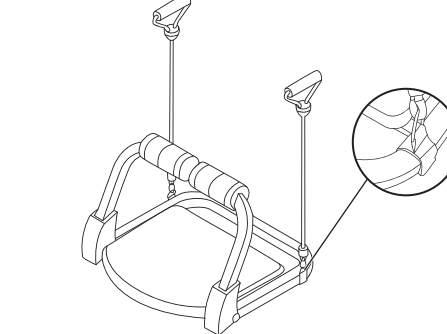
STEP 1

Unstick the hook-and-loop fasteners as shown below.



STEP 2

Fasten the band to the machine using its hook-and-loop fasteners, as shown below.



Setting Up (cont'd)

Installing the Band

The machine can be adjusted to 3 different angles.

To adjust, push in the pop-out button on the side of the machine, and press the crank up or down until the button pops back out in the next hole, as explained in the first Setting Up page of this manual.

Be sure that the button is completely popped out before using, so that the machine is securely locked at the desired angle.

