

MÄHLI WORKOUT

MDW2002
11-in-1 CORE TONE
Total Multi-Workout Machine

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SAFETY ADVICE & WARNINGS

Please be sure to read over the following contents before use to avoid possible serious accidents, damages or injuries. Please use the product correctly in accordance with the instructions. Please note our company is immune to any complaints for accidents, damages or injuries caused by user's inattention.

As with any piece of exercise equipment, you should take sensible precautions before use. Please consult your doctor if you have any concerns about your physical fitness or health. Always choose the workout level which best suits you. Always use common sense, know your limits and train within them.

- The MAHLI MDW2002 Total Multi-Workout Machine, referred to as the "5 SECS SHAPER" in this manual, is not suitable for children under the age of 14. Keep out of the reach of unaccompanied children.
- 5 SECS SHAPER is for home use only. DO NOT use in a school, gymnasium, and other commercial places.
- The "C" legs and bubble bags are not toys. To avoid danger of suffocation, keep away from children, keep away from cribs, beds, or carriages.
- For your own safety, check 5 SECS SHAPER before use for any damage or wear. If in any doubt, do not use.
- Please use the 5 SECS SHAPER on level ground. If the 5 SECS SHAPER is a little shaky you may adjust it by rotating the 4 anti-slip/adjustable foot sleeves. To appropriate positions.
- DO NOT use the 5 SECS SHAPER soon after eating. Leave at least one hour before exercising.
- DO NOT use after drinking alcohol.
- Incorrect posture can cause injury. To prevent injury, make sure you follow the instructions in this manual carefully.
- Remember to be very careful when sitting down, kneeling down and standing up. To avoid overturning and possible dislocation or injuries.
- Discontinue use if you experience any discomfort during exercise.
- DO NOT use the 5 SECS SHAPER for any other purpose not detailed in this manual.
- Estimated Max. Load: 100 KGS. Overweight people are forbidden to use 5 SECS SHAPER.
- WARNING: Please wear tight gym suit when exercising to avoid clothes being stuck by the machine. If you wear loose clothes, remember to wrap up the clothes tightly into the trousers.

Recommendations

- Before using the 5 SECS SHAPER, perform some warm-up exercises to prepare your body for the training.
- You have fun to have fun before you begin exercising.
- After using the 5 SECS SHAPER, perform some cool-down exercises to stretch the muscles that you have exercised to avoid possible discomfort later.

ACCESSORY LIST

- Monitor Shell: 1 PC
- Monitor: 1 PC
- Front Bracket: 1 PC
- Rear Bracket: 1 PC
- Foam Rollers in bulk: 2 PCS
- Screws: 2 PCS
- Screwdriver: 1 PC
- Wrench: 1 PC
- Rotary Knob: 1 PC

YOUR 5 SECS SHAPER

- Handle
- Roller Group A
- Roller Group B
- Roller Group C
- Front Bracket
- Rear Bracket
- Monitor
- Anti-slip/adjustable foot sleeves

NOTE: Accessories may differ from the illustration above and should be subject to the real product.

ASSEMBLING 5 SECS SHAPER

- STEP 1: Install the foam rollers
- STEP 2: Fix the rear bracket
- STEP 3: Assemble the main frame
- STEP 4: Install the monitor
- STEP 5: Adjust the height

ASSEMBLING 5 SECS SHAPER

- Install the foam rollers
- Fix the rear bracket
- Assemble the main frame
- Install the monitor
- Adjust the height

NOTE: To disassemble the 5 SECS SHAPER, operate in reverse order, from Step 5 to Step 1, then fold the 5 SECS SHAPER and put it into the carton.

ASSEMBLING MULTIFUNCTIONAL MONITOR

- Install the "AAA" 1.5V battery into the back of the monitor.
- Fasten the monitor to the monitor shell, insert the rear of the monitor into the hole of the monitor shell.
- Button up the wire from monitor and wire from main frame together.
- Attach the monitor shell onto the main frame.
- Fix the monitor on the monitor shell by screwing in the short screws with the monitor cover.

NOTE: To disassemble the monitor, operate in reverse order, from Step 5 to Step 1, then put it into the accessory box.

MULTIFUNCTIONAL MONITOR

FEATURES

5 DISPLAY ITEMS

REPS/MIN
The estimated value of minutely exercising speed.

SCAN
Display the value of 3 items: TIME, CALORIES and REPS/MIN automatically in sequence.

CALORIES
Approx 7 reps can burn 1 calorie.

TIME
Exercising time.

COUNT
The accumulative exercising reps, 1 rep is counted when an input is detected from the speed sensor.

KEY
Press the key to select or shift displayed data in following sequence: TIME - CALORIES - REPS/MIN - SCAN

HOW TO USE

Auto Sleep Mode & Activation:
The monitor will go into auto sleep mode when speed sensor has no signal input or the key is not pressed for 4 minutes.

Displayed item selection:
The item COUNT will be displayed all the time. Press the key to select or shift exercising by time: TIME - CALORIES - REPS/MIN - SCAN.

Reset:
The display of all values can be reset by either pressing the key for 3 seconds or changing battery.

SPECIFICATIONS:
The Maximum Value each item can display:
COUNT: 0 - 9999 TIME: 0:00 - 99:59 CALORIES: 0.0 - 9999 REPS/MIN: 0 - 9999

NOTE: The design of package is for reference only and should be subject to the real product inside. Counting tolerance will be unavoidable. Displaying data is not entirely accurate and is for reference only.

WARNING: 1. The monitor contains small parts. Keep away from children. 2. The monitor requires 1 x "AAA" 1.5V mercury battery (included) to power it. Please insert the battery correctly. Please handle the battery at the end of life to the applicable collection site for the recycling of waste batteries. For more detailed information, please contact your local "AAA" battery household waste disposal service or the retailer where you purchased the product.

11 EXERCISING WAYS AND HOW TO USE

1. Horse riding exercise

Works your arm, pectoral, abdominal, back, bottom, pelvic and thigh muscles.

- Stand between beam roller group A and B. Grip the horizontal part of handle lightly with both hands. Squat slowly and rest your bottom lightly in the middle of beam roller group A. Lift both legs and put them on the beam roller group B.
- Put your body upward to an appropriate position so that your feet rest on the beam roller group C with legs straight.
- Work out: Push up and lift the pelvis. Put your body upward further to an appropriate position while legs straight and bumping into the steel tubes. Slide down to the starting position and repeat just like horse riding.
- NOTE: your legs are not long enough, you can swing your legs up and down during the motion rather than putting them on the beam roller group C.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your bottom rests in the middle of beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip the handle firmly and make sure the hip slides down slowly. If the beam roller group A rests at the bottom, put down your legs slowly and stand up.

2. Slide AB crunch

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Grip the fixed handle with both hands with elbows resting on the active beam roller group A and put the knees between the beam rollers of group A.
- Work out: Push up your body and let your legs slide down to the original position and back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip the handle firmly and make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

11 EXERCISING WAYS AND HOW TO USE

3. Slide chin up

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Grip beam roller B with both hands. Bend your legs and put the knees between the beam rollers of group A.
- Work out: Push up your body upward to an appropriate position, keeping your arms straight. Then relax your arms and your legs with feet on the ground.
- NOTE: 1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the beam roller group B firmly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
4. To end the motion safely, grip the beam roller group A firmly and make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up.

4. Sit-ups

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Stand between beam roller group A and B. Grip the handle lightly with both hands. Squat slowly and rest your bottom lightly in the middle of beam roller group A. Lift both legs and put them on the beam roller group B.
- Put your body upward to an appropriate position so that you can swing your legs down and hook the beam roller group C lightly with both feet.
- Work out: Push up your body and put them on the back of the beam roller group A.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip the handle firmly and make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

5. Sit-ups

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Grip the handle with both hands with elbows resting on the active beam roller group A and put the knees between the beam rollers of group A. Lift both legs and put them on the beam roller group B.
- Put your body upward to an appropriate position so that you can swing your legs down and hook the beam roller group C lightly with both feet.
- Work out: Push up your body and put them on the back of the beam roller group A.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip the handle firmly and make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

11 EXERCISING WAYS AND HOW TO USE

5. Push-ups

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Stand between beam roller group A and B. Put your feet on the ground about 20cm from the foot beam and hold the top two beam rollers of group A with both hands.
- Work out: Move your legs backward until one leg is directly in front of the other. Strengthen your back and do push-ups.
- NOTE: 1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping into the steel tubes.
3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping into the steel tubes.

6. Oblique crunch

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Grip the handle with both hands with elbows resting on the active beam roller group A and put the knees between the beam rollers of group A. Lift both legs and put them on the beam roller group B.
- Put your body upward to an appropriate position so that you can swing your legs down and hook the beam roller group C lightly with both feet.
- Work out: Push up your body and put them on the back of the beam roller group A.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip the handle firmly and make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

11 EXERCISING WAYS AND HOW TO USE

7. Single-leg AB crunch

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Grip the handle with both hands with elbows resting on the active beam roller group A and put one knee between the beam rollers of group A. Lift the other leg backward.
- Work out: Push up your body upward to an appropriate position then relax your arms and let your leg slide down to the original position and back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

8. Leg crunch

Works your abdominal and leg muscles.

- Stand between beam roller group A and B. Put your feet on the ground about 15cm from the foot beam. Put your palms flat on the ground behind your back and put your feet between the two beam rollers of group A. Lie down slowly flat on your back. Cross your hands and put them on the back of your head.
- Work out: Push up the beam roller group A. If the two legs are straight, then relax, bend your legs and let the group A slide down slowly to the starting position and then back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

11 EXERCISING WAYS AND HOW TO USE

9. Leg raise

Works your leg muscles.

- Stand between beam roller group A and B. Put one foot in the middle of beam roller group A.
- Work out: Push up the beam roller group A. Lie down slowly flat on your back. Cross your hands and put them on the back of your head. Let the group A slide down slowly to the starting position and then back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

10. Fade-away leg raise

Works your arm, abdominal, back, bottom, and thigh muscles.

- Stand between beam roller group A and B with your back to the product. Grip the fixed handle with both hands and raise your body in the air slightly so that you can put your feet between the beam rollers of group A with heels hooking the top beam rollers lightly.
- Work out: Push up your body and let your legs slide down to the original position and then back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, make sure your legs slide down slowly. If the beam roller group A rests at the bottom, then stand up slowly.

11 EXERCISING WAYS AND HOW TO USE

11. Prostrate stomach crunch

Works your arm, pectoral, abdominal, back, bottom, and thigh muscles.

- Stand between beam roller group A and B. Put your palms flat on the ground about 20cm from the foot beam. Put your knees between the beam rollers of group A.
- Work out: Push up your body upward to an appropriate position then relax your legs and let the group A slide down slowly to the starting position and then back again.

NOTE:
1. 5 SECS SHAPER features 5 levels of resistance by adjusting the support tube height. The higher the support tube is, the more difficult this motion is. Try to locate the most suitable height that fits you before exercising. If you find it difficult to complete the motion with current level of resistance, stop immediately and try another level. If you find the most suitable one in case none of the 5 levels works for you, just abandon this motion and try others.
- 2. To avoid overtraining or bumping into the steel tubes, make sure your hands grip the handle lightly and your knees sit in beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 3. Remember to control the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.
- 4. To end the motion safely, grip your body firmly with your hands on the top beam roller group A. Adjust the motion range, strength, frequency and keep balance all through to avoid overtraining or bumping.

SPECIFICATIONS & WARRANTY INFO

SPECIFICATIONS

Materials:	steel, ABS, PU foam
Product Weight:	9.1 KGS
Extended Size:	Aprr.101-114x40x61-81 CM

WARRANTY INFORMATION
90-day Limited Warranty
Germany-United States/Canada

LIMITED WARRANTY TO ORIGINAL CONSUMER
This product including any accessories included in the original packaging is supplied and distributed new by an authorized retailer or manufacturer. The manufacturer's warranty is limited to the original purchaser and is not transferable. The manufacturer's warranty is limited to the original purchaser and is not transferable. The manufacturer's warranty is limited to the original purchaser and is not transferable.

Warranty service not provided
The 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. The 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 and accompanied by a copy of this document.

WARRANTY SERVICE REQUEST
- Visit our website at www.southernelite.com
- Click on Product Support
- Select the product you wish to return
- 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 an equal value of equipment by the service center. The service center determines this product is defective. Products returned damaged as a result of shipping will require you to file a claim with the carrier.

Warranty service not provided
The 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. The 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 and accompanied by a copy of this document.

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 TO THIS PRODUCT. THE MANUFACTURER'S WARRANTY IS LIMITED TO THE ORIGINAL PURCHASER. PRICE - AT DISTRIBUTOR'S SOLE DISCRETION - ARE THE EXCLUSIVE REMEDIES OF THE CONSUMER. IN NO EVENT WILL DISTRIBUTION OR THE 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 REPUTATION, CAUSED BY THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. EXCEPT AS SET FORTH 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.

Some countries, states or provinces do not allow the exclusion or limitation of incidental or consequential damages or other limitations on warranties, so production or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights that vary from state to state or province to province. Contact your authorized retailer to determine if any other warranty applies.

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