

BACK2CRAWL™

CRAWLING MACHINE

Owner's & Service Manual



Model Number BC-628

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GENERAL

This crawling machine is for use only at home, and has been designed for a maximum weight capacity of 242 lbs. Incorrect use of this device may lead to health complications (e.g. excessive training, abrupt movements without warming up, false settings, etc.).

A general fitness test should be carried out with your doctor before beginning any workout regimen, and possible heart, circulation or orthopedic problems attended to.

1.SAFETY INSTRUCTIONS

To avoid accidents we request your observation of the following instructions:

- Consult a physician before beginning any exercise program with this equipment.
- Read through this manual and follow it carefully before operating the device. Make sure that it is properly assembled and tightened before use.
- If you wish to disassemble the device, reverse the procedure given in the assembly instructions.
- Only use the device as described in the instructions.
- DO NOT use the CRAWLING MACHINE if it is damaged.
- Be sure to include the user manual when passing on the CRAWLING MACHINE.
- High temperatures, dust, humidity, and water spray are to be avoided.
- Place no liquid on the device.
- DO NOT place the device on or near easily inflammable materials.
- External substance is prohibited to fallen into the moving parts, such as tracks or wheels
- Please ensure that there is sufficient free space available in all directions when setting up the device. Please ensure that there is a minimum of at least 3.5 ft on all sides for safe access, operation and passage
- Please ensure that the device is stable when setting up and sits evenly on the floor.
- The device is intent for home use and may only be used in enclosed spaces (not outside).
- Put the machine on a mat, if necessary.
- Use the machine only for the intended use. Obtain instruction and DO NOT modify the machines.
- Regular control of the device for damage and wear and tear maintains level of safety. Defect parts, such as connections and knee pads are to be replaced immediately. The device is not to be used until repaired.
- Inspect all resistance bands and connections prior to use. DO NOT use if any components are worn, frayed, or damaged.
- Inspect the CRAWLING MACHINE prior to use. DO NOT use if damaged or inoperable.
- Use only BACK2CRAWL supplied components to maintain or repair the

CRAWLING MACHINE.

- The weight limit is 242 lbs.
- **DO NOT stand on the arm rests, knee bowl, the front, middle and rear covers.**
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- DO NOT wear loose or dangling clothing while using the CRAWLING MACHINE. Keep away from all moving parts.
- False and excessive training can endanger your health.
- Children under 10, physically challenged and/or elderly individuals are not recommended to use this machine.
- This machine is in no way suitable for playing.

***NOTE:** It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

1.1 Warning/Precaution

Warning labels indicate a potentially hazardous situation, which, if not avoided, could result in serious injury.

The caution labels are shown as follows (see Fig.1) . The diagrams following the labels show where each label is located.

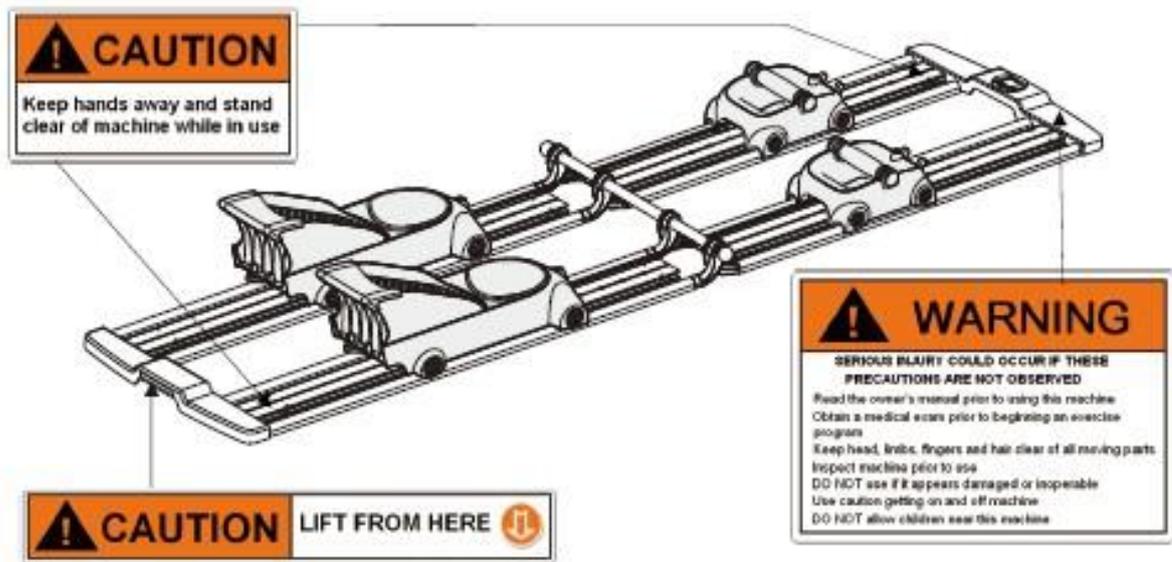
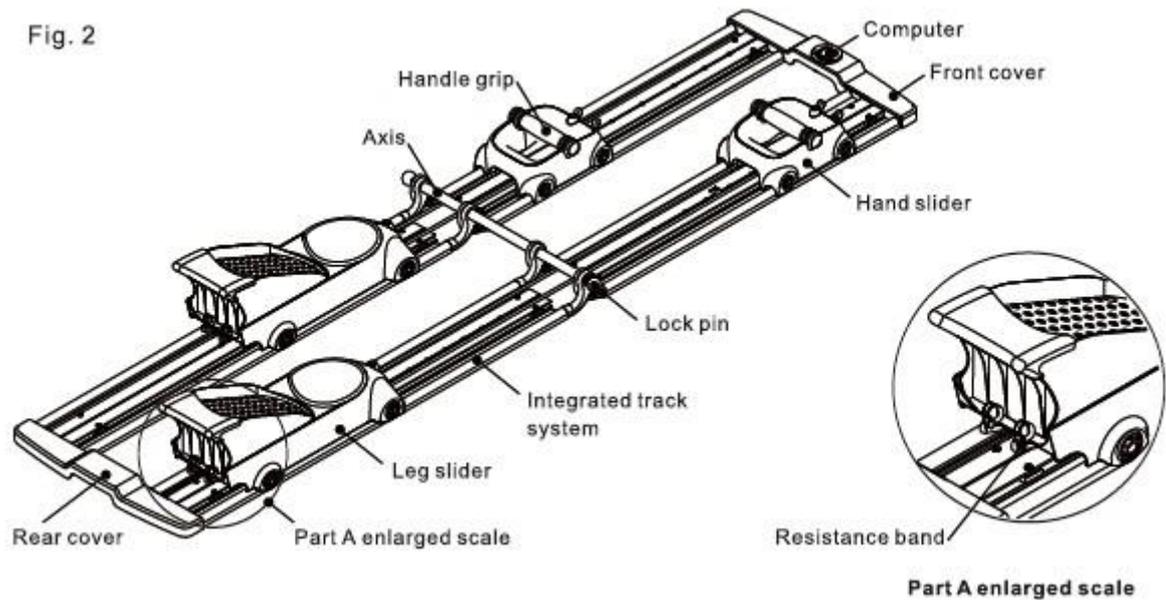


Fig.1

2 THE CRAWLING MACHINE

2.1 Featured Parts:



2.2 Parts list

2.2.1 Parts Check List:

- Parts according to parts list
- Assembly tools
- Instruction manual
- Nutrition & meal plan

IMPORTANT

Carefully read the user manual for assembly, operation and training before working out. If you pass your device on to someone else, please enclose the user manual.

For further information with regards to this crawling machine, please call our service hotline or send us an email.

Phone: 800-317-1688

Email: service@ilivingusa.com

Web: www.ilivingusa.com

2.2.2 Parts drawing

Please take a look at the drawing illustrated below and make yourself familiar with the marked individual parts before starting to assemble the device.

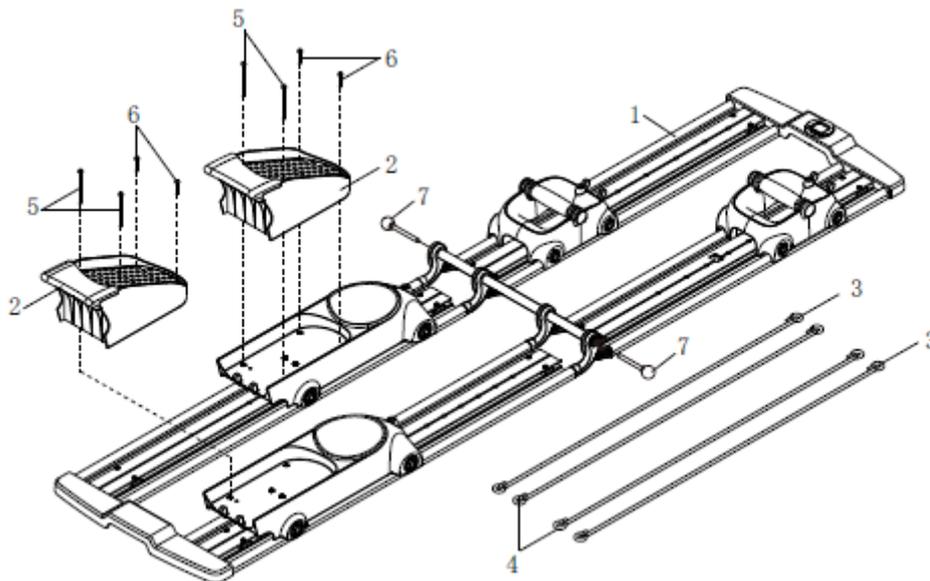


Fig. 3

2.2.3 Parts list (not to scale)

No.	Parts	Description	Qty (pcs)
1		Frame (Integrated track system)	1
2		Pedals	2
3		Ø7 resistance bands	2
4		Ø5 resistance bands	2

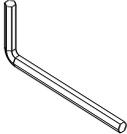
5		Button head bolts (M6X85mm)	4
6		Button head screws (M6X35mm)	4
7		Lock pins	2
8		5mm Hex Keys	1

Fig.4

3 ASSEMBLY

The most important parts have been pre-assembled for your convenience.

Please read the instructions before assembling the device and continuing step by step as described.

3.1 Checking Parts List

- Unpack all parts and put them on the floor next to each other (see Fig.3& Fig.4 above)
- Place the base structure (integrated track system) on a plain surface and make sure that the frame stands firm.
- Mind the fact that you will need sufficient space in all directions during the assembly (at least 3.5 ft)

3.2 Installation

Step 1. Install the pedals (2) into the base of the frame(1) (see Fig.5)

1. Put the frame (1) on a level surface
2. Fasten the pedals (2) into the leg sliders by using 4 M6X85mm button head bolts mm (5) and 4 M6X35mm button head screws (6).

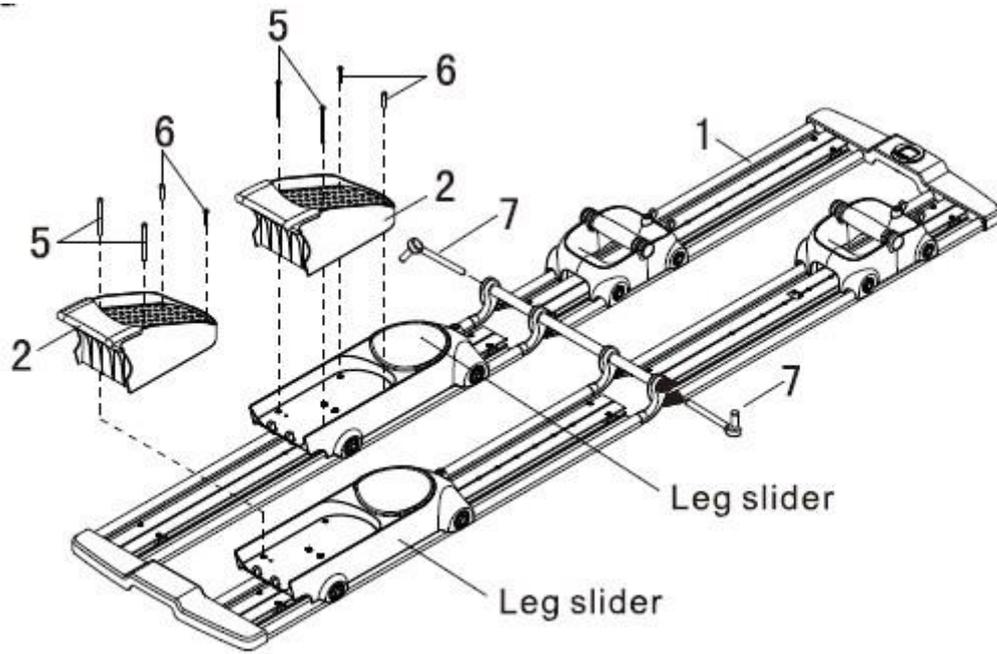


Fig.5

4. THE CALORIE COUNTER

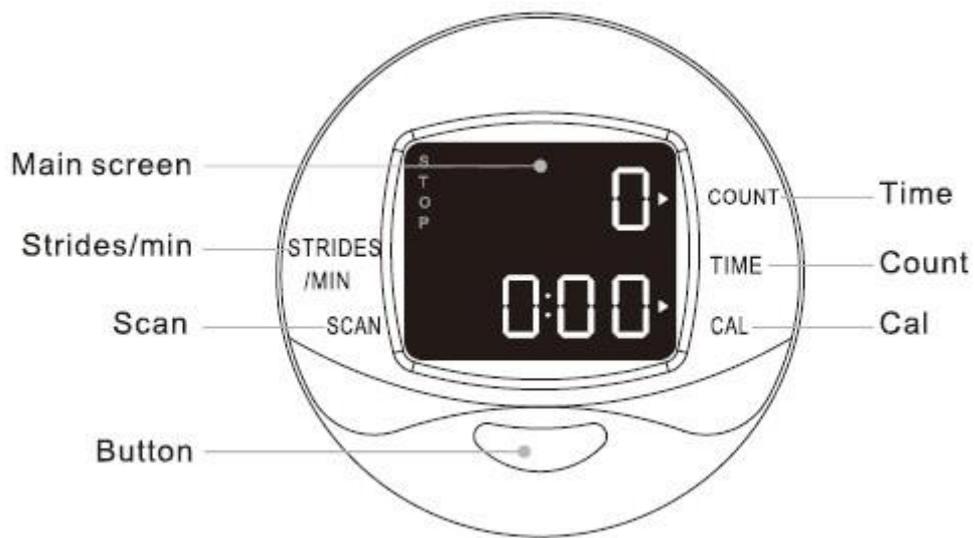


Fig.6

Main screen size: 1.22x0.98 in

4.1 Specification:

TIME-----	00:00–99:59 MIN:SEC
COUNT-----	0 – 9999 TIMES
CALORIES-----	0 – 9999 KCAL
REPS /MIN (if any)-----	0 - 9999 TIME/MIN
TOTAL COUNT(if any)-----	0 – 9999 TIMES
PULSE(if any)-----	40-200 BEATS/MIN

4.2 Key function:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to have all function values reset (total reset)

SET (if any): To put the target value by the key

RESET/CLEAR (if any): To let the value reset

4.3 Operation procedures:

AUTO ON/OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when using the machine or a key is pressed.

4.4 Function:

1. TIME (TMR): Auto-memorized the workout time while exercising
2. COUNT (CNT): Accumulate the steps while exercising
3. CALORIES (CAL): Auto-memorized calories amount consumed while exercising
4. REPS/MIN (SPD)(if any): Display the steps per minute while exercising
5. TOTAL COUNT (TOTAL) (if any): Display the total counts while exercising. When the signal input, it start the count up on the original data. The TOTAL COUNT can't be reset (by RESET key) except you replace battery once.
6. PULSE (PUL) (if any): Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.
7. SCAN: Automatically scan through each function between TIME, CALORIES, REPS/MIN(if any), T-COUNT(if any) ,PULSE(if any)

REMARKS: The calorie counter stops working when leg sliders work independently

4.5 Battery: The calorie counter uses two “AA” batteries.

5. WORKOUT INSTRUCTIONS

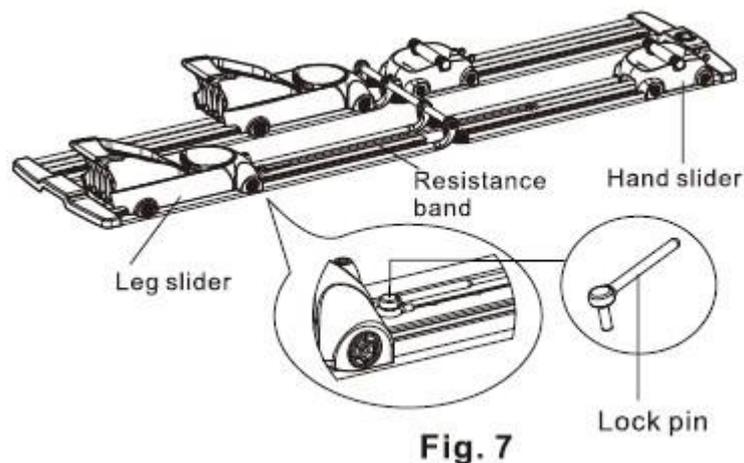
General:

Physical fitness, endurance and a feeling of well-being can be achieved through appropriate exercise. **It is important to adopt an exercise regimen suitable to your own body and not to over-exert yourself. Remember, sport should be fun.**

Important!

- Regular and long-term workout.
- Wear comfortable clothing.
- Wear shoes with slip-free rubber soles. Never workout barefoot (high risk of injury)!
- Eat no meals 1 hour before or after working out. Drink plenty of water.
- Do not work out when tired or exhausted.

5.1 Adjustments before working out



1. Resistance bands available:

The user can choose suitable resistance bands according to his/her needs:

Band 3: Ø7 mm, max tension: 16.5 lbs

Band 4: Ø5 mm, max tension: 7.5 lbs

Option A: No resistance bands

Option B: Use bands 3

Option C: Use bands 4

Option D: Use bands 3 and bands 4 together at the same time

2. Installing resistance bands:

- A. Move the leg sliders to the cover end, and then fix the resistance bands (3) and/or (4) on the terminal hole of the track with the head of the lock pin, and get the bands straight (see Fig.8)
- B. Move the leg sliders back to the middle axis, take the bands and lock pin out and hang the bands (3) and/or resistance bands(4) on the hooks of leg sliders respectively and symmetrically (see Part enlarged scale A)

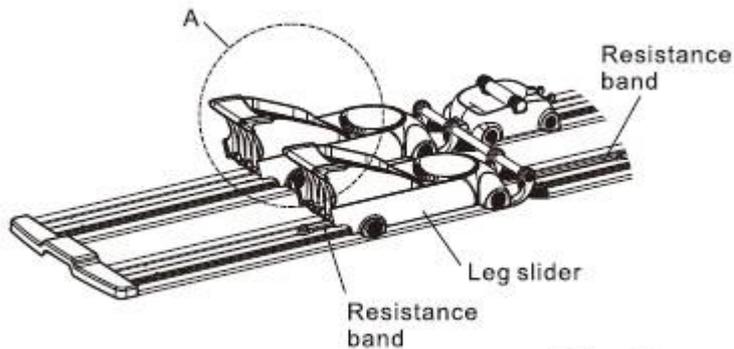
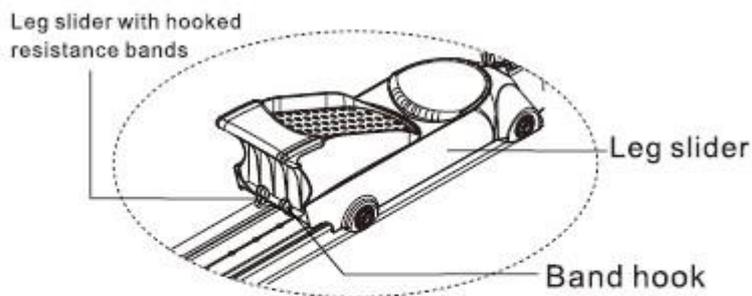


Fig. 8



Part enlarged scale A

- C. Stretch out the resistance bands, and get them through the middle axis. Move the hand sliders to the axis as close as possible, then get the bands through the hand sliders and hand them on the hooks of hand sliders respectively and symmetrically (see Fig. 9, and Part enlarged scale B)

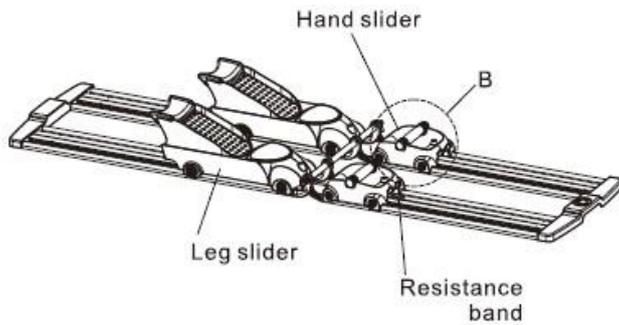
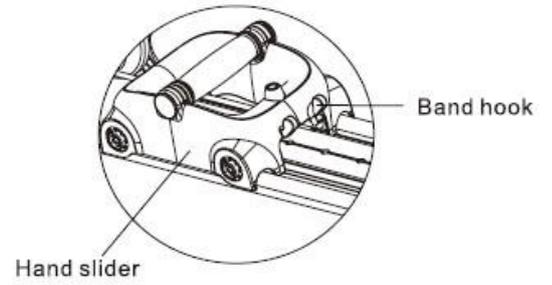


Fig. 9



Part enlarged scale B

3. Lock pin adjustment

How to adjust?

- A. Pull out the lock pins installed inside of each end of the rotational axis for workouts 1 and 2, and lock the leg sliders into the suitable track holes according to needs. (see Fig.10)

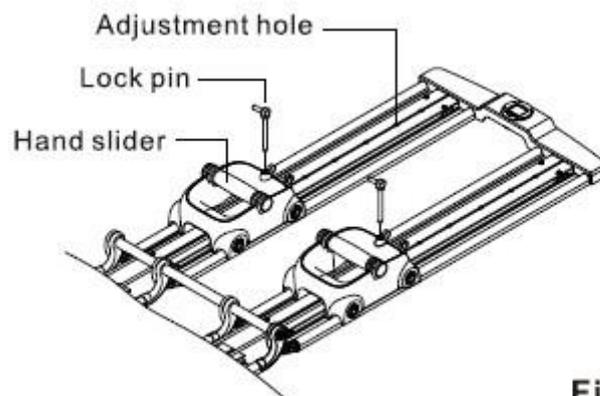


Fig. 10

- B. Pull out the lock pins installed inside of each end of the rotational axis for workouts 3,4 and 5, and lock the hand sliders into the suitable track holes according to needs. (see Fig.11)

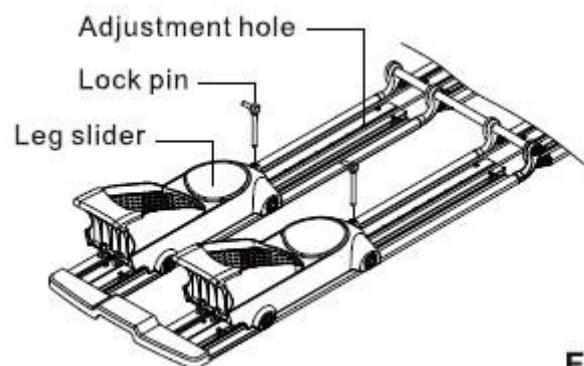


Fig. 11

- C. For workouts 6.7 and 8, or not in use of the machine, just insert the lock pins into the rotational axis.(see Fig.12)

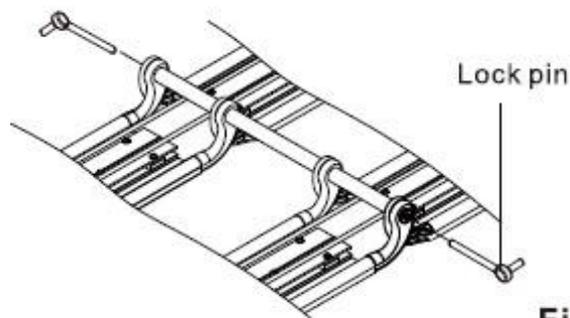


Fig. 12

5.2 Workouts:

1. Upper Body Workout 1

Kneel down onto the knee pads, and lock the leg sliders into the suitable track holes according to your needs. Hold onto the handle grips, and move your right and left hands alternately back and forth. (Resistance bands are optional). (see arrow moving direction as Fig.13)

Forearms & Shoulder workout

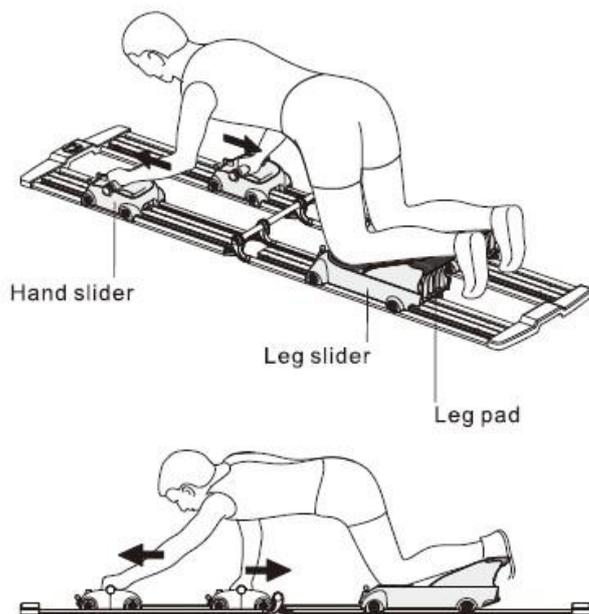


Fig. 13

2. Upper Body Workout 2

Kneel down onto the knee pads, and lock the leg sliders into the suitable track holes according to your needs. Then move your right and left hands simultaneously back and forth. (Resistance bands are optional). (see arrow moving direction as Fig.14)

Forearms, Biceps, Shoulder, Chest & Upper Back workout

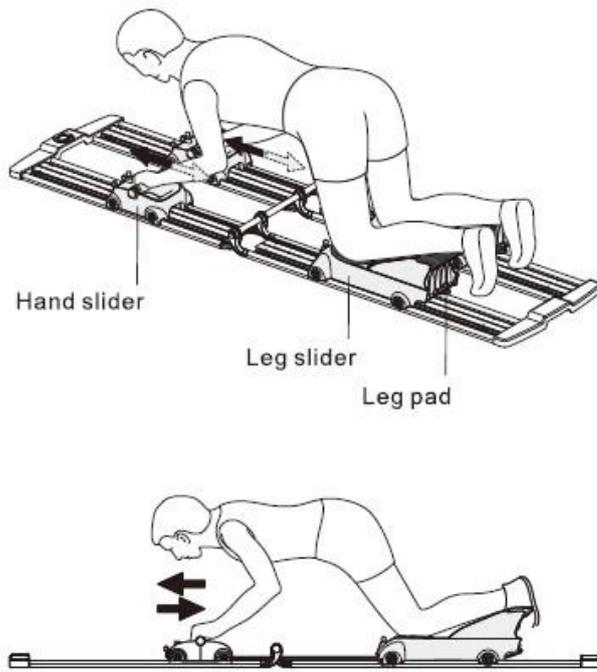


Fig. 14

3. Lower Body Workout 1

Kneel down onto the knee pads, and lock the hand sliders into the suitable track holes according to your needs. Hold onto the handle grips and begin moving your right and left legs alternately back and forth. (Resistance bands are optional). (see arrow moving direction as Fig.15)

Buttocks, Thighs, Calves & Lower Legs workout

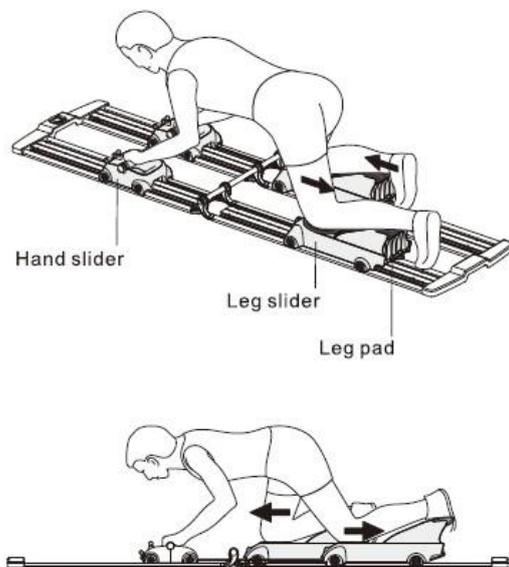


Fig. 15

4. Lower Body Workout 2

Kneel down onto the knee pads, and lock the hand sliders into the suitable track holes according to your needs. Hold onto the handle grips and begin moving your right and left legs simultaneously back and forth. (Resistance bands are optional). (see arrow moving direction as Fig.16)

Thighs & Waist workout

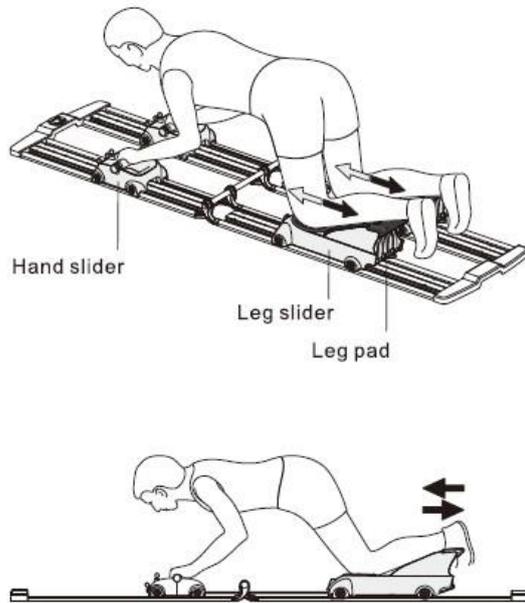


Fig. 16

5. Abs & Push Ups

Kneel down onto the knee pads, and lock the hand sliders into the suitable track holes according to your needs. Then move your legs together back & forth while bending your hands in push-up workout simultaneously. (Resistance bands are not available). (see arrow moving direction as Fig.17)

Lower ABS, Biceps & Chest workout

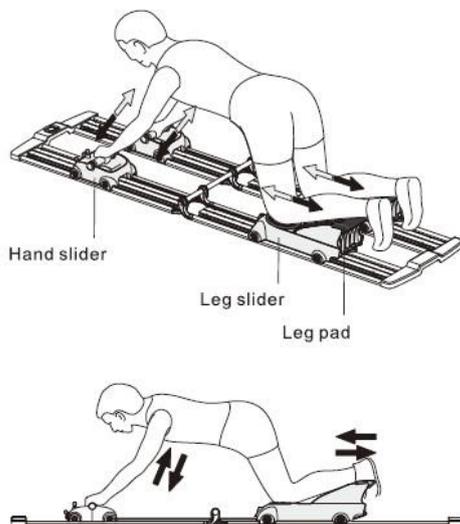


Fig. 17

6. Intense Abs Workout

Allowing the hand and leg sliders to remain unlocked, kneel down onto the knee pads, and hold onto the hand grips. Just simply stretch out your hands and legs simultaneously back and forth. (Resistance bands are not available). (see arrow moving direction as Fig.18)

Total ABS & Waist workout

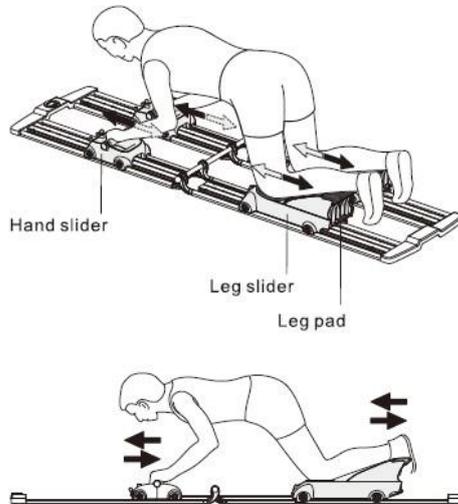


Fig. 18

7. Free Crawl

Free crawl is the basic movement of this exercise. Allowing the hand and leg sliders to remain unlocked, just kneel down onto the knee pads, and hold onto the hand grips. Then move your left hand and leg towards the middle axis, while stretching out your right hand and leg respectively towards the ends, and vice versa. (Resistance bands are optional). (see arrow moving direction as Fig.19)

You can get an overall workout in your legs, arms, hips, back, and upper body muscles. It is also good for both the lumbar region of your spine and your neck.

Basic Warming Up Entire Body

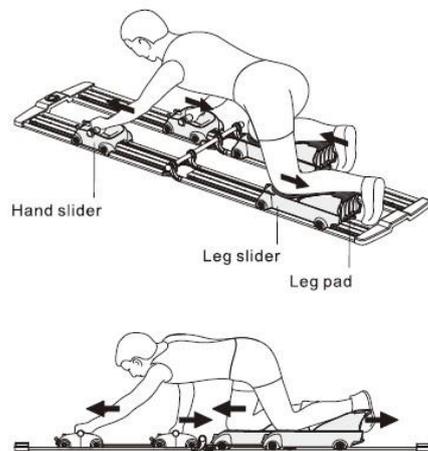


Fig. 19

8. Bear Crawl

Allowing the hand and leg sliders to remain unlocked, in the appropriate position, stand on the pedal of the leg sliders with your head forward, and hold onto the handle grips. In this position, you have to support 20% more weight with your arms than in the other 7 positions. This posture is more difficult than the previous workouts. Just like the Free Crawl exercise, begin moving your left hand and leg towards the middle axis, while stretching out your right hand and leg respectively towards the ends, and vice versa. (Resistance bands are optional). (see arrow moving direction as Fig.20)

Quadrupedal movement helps develop coordination and agility while also increasing cardio-vascular endurance

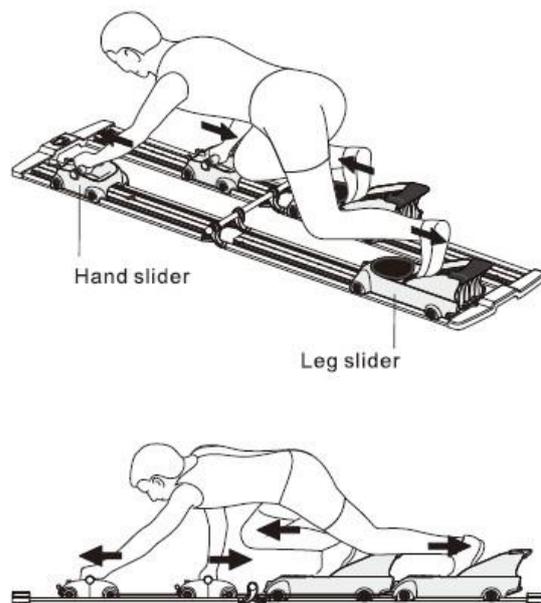


Fig. 20

Natural way.

During crawling workout, relax your body with your waist sagging naturally. Raise your head slightly with your eyes focusing forward. Make your hands and feet coordinate with the mechanical movements of this CRAWLING MACHINE to enjoy your workout. This workout way is particularly suitable for the elderly, and it's very helpful to prevent stroke, heart and lung system disease.

a. Nodded way

During crawling workout, nodding your head up and down accordingly is effective to exercise your cervical spine and neck muscles, and also helps to prevent cervical disease, and improve the efficiency of study and work. This way is especially suitable for those who suffer from cervical pain.

b. AB Twist:

During crawling workout, when the left hand moves forward, the head and upper body shift to the right, and vice versa. And the waist will swing accordingly and naturally, this twist crawling way not only works out the neck, lower back, hips but also helps to get rid of toxin, and shapes the body. Meanwhile, it also softens

cardio-cerebra vessels, improves the spinal flexibility, stretching and balance, as well as improves blood circulation and metabolism. The stomach is also massaged to promote digestion and absorption as well as improves immunity etc.. This workout way is very helpful for those who suffer from lumbar vertebrae disease, spine disease and gastrointestinal problems.

5.3 Folding & storage

5.3.1 Folding

Remove the resistance bands, lock the leg sliders into the end holes of the track by using the lock pins, while sliding the hand sliders to the middle axis, then fold away the machine. (see Fig.21)

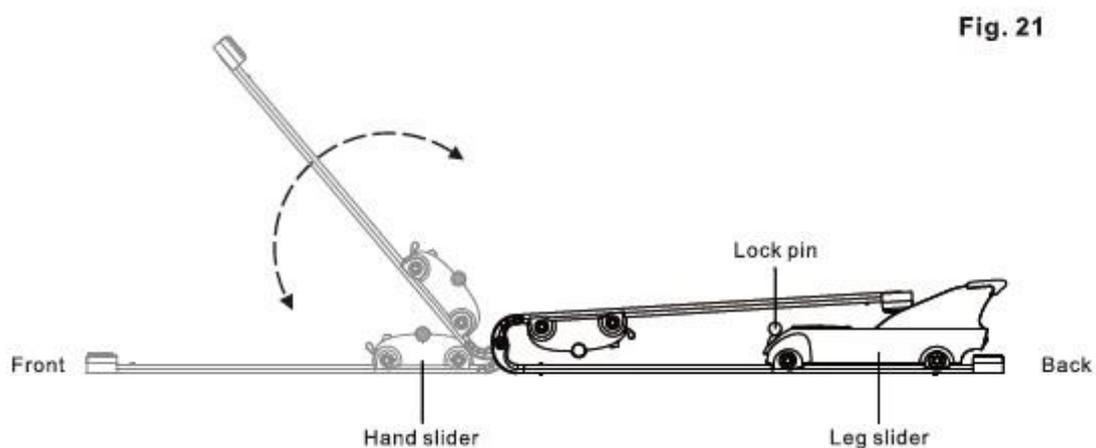


Fig. 21

5.3.2 Storage

You may lift the crawling machine and store it. (see Fig.22)



Fig.22

6. MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the CRAWLING MACHINE as described here could void the CRAWLING MACHINE Limited Warranty.

Inspection

Inspect the CRAWLING MACHINE.

Look and listen for loose fasteners, unusual noises, worn or frayed resistance bands, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the CRAWLING MACHINE. However, for efficient operation, the CRAWLING MACHINE relies on low friction. To keep the friction low, the unit's friction frame, and internal mechanisms must be as clean as possible. The CRAWLING MACHINE should be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces or by using vacuum cleaner. This helps remove any dust or dirt.

CAUTION: *Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the CRAWLING MACHINE Limited Warranty. Never pour water or spray liquids on any part of the CRAWLING MACHINE. Allow the CRAWLING MACHINE to dry completely before using.*

7. TROUBLESHOOTING

Most errors can be remedied with the help of the following tips. For additional questions, please contact customer service at 800-317-1688.

ERROR	CASE	WHAT TO DO
Workout failure	Pulley worn or damaged	Replace the pulley
	Something stuck in the pulley or the transport wheels	Remove the objects

The integrated track system emits loud noise during workout	Pulley worn or damaged	Replace the pulley
	Lock hook deformed	Replace the lock hook

8. SPECIFICATIONS:

Model	BC-628
Stretch max length	22 in
Overall size(L*W*H)	81×21×8.3 in
Folding size(L*W*H)	45.3×20×8.3 in
Package size(L*W*H)	48.5×21×6.1 in
Crawling size(L*W)	81×21 in
N.W./G.W.	26 lbs/34 lbs
Max user weight	242 lbs
Calorie Counter	Scan/ Time/Count/ REPS/Calories

9. CUSTOMER SERVICE & WARRANTY

9.1 Customer service & warranty

Should you have further questions or any difficulty with assembly, please contact us. This product comes with ONE (1) year warranty. We warrant that this product is free from defects.

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 239 Harbor Way
 South San Francisco, CA 94080
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