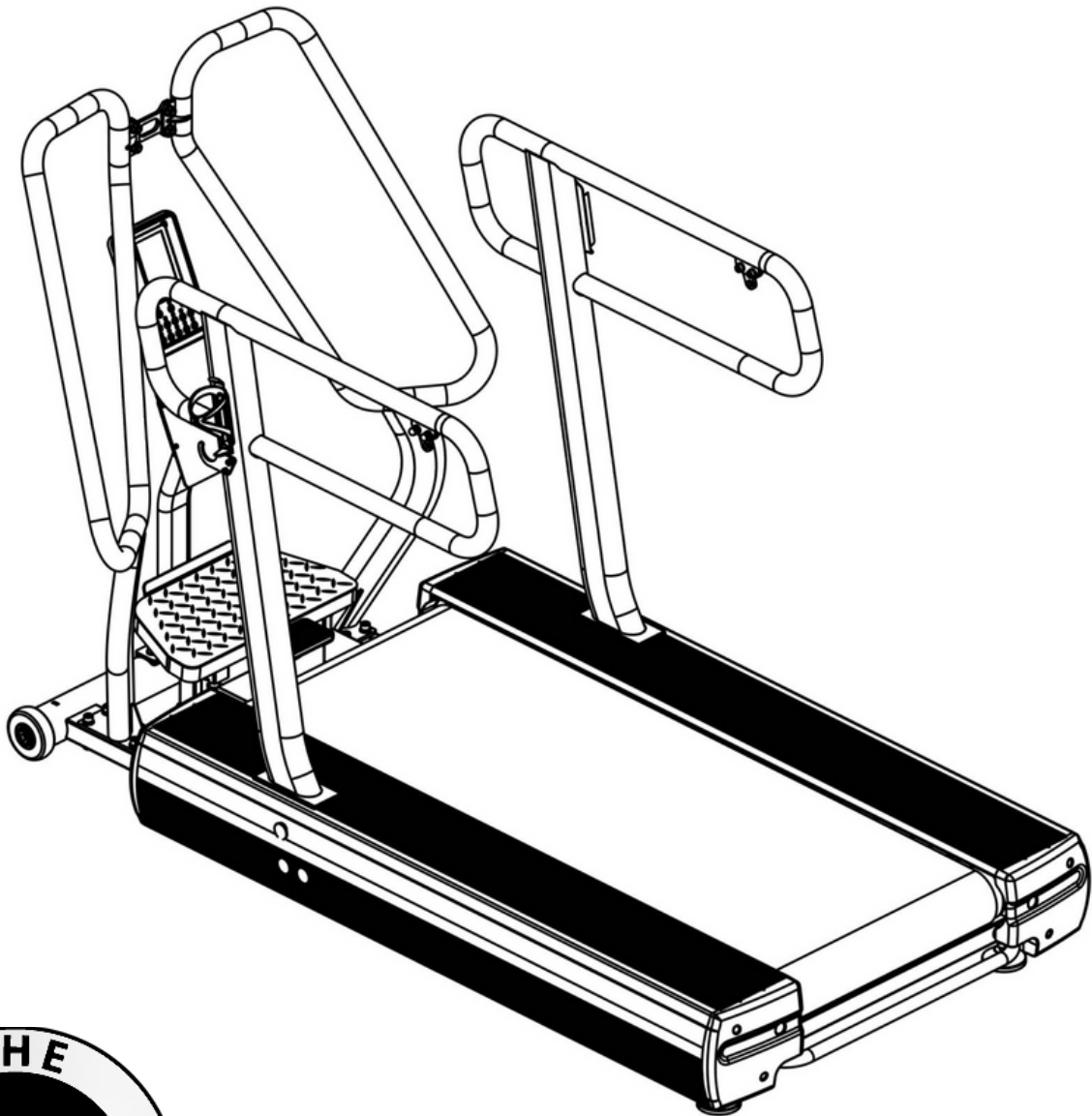


Owners

Manual

Model #ABS1010-01

SLEDMILL



We Change Lives from the Core

Warranty information inside



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CAUTION Read all precautions and instructions in the manual before using this equipment.

IMPORTANT SAFETY INSTRUCTIONS



Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments might cause injuries.
3. The product should only be used on a level surface and with 0.5 meters space around the product. Do not store the equipment outdoors.
4. The equipment is not intended for use by children under the age of 16. Children over the age of 16 should use the equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion. Do not attempt to lift more weight than you can control safely. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not intended to be used as or with medical apparatus/instruments.
7. Never operate the unit when it has been dropped or damaged. Never drop or insert anything into any opening in the equipment. Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment, and by following these precautions, we believe you will enjoy your new equipment and the many benefits it will provide.



INSTRUCTIONS

Before beginning assembly, please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. If parts are found to be missing, please contact either your authorized dealer or us directly and reference the part name and number from the parts list. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer or contact us directly to continue troubleshooting. Be sure to have the serial number, related part names and numbers and your manual handy when calling. Do not continue assembly, or use the equipment until all parts have been accounted for and troubleshooting is complete.

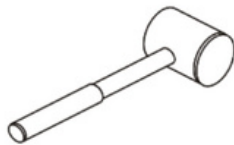
Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench set



Phillips Screwdriver

PARTS LIST



NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	28	Right Side Strip	1
2	Roller Frame	1	29	Left-Up Strip	1
3	Sliding frame	1	30	Right-Up Strip	1
4	Front Roller	1	31	Left End Cap	2
5	Back Roller	1	32	Right End Cap	2
6	Small Roller	25	33	Bumper (83X44.5)	2
7	Running Belt	1	34	Support Feet Pad	3
8	Left Frame Upright	1	35	Side Strip Panel	14
9	Right Frame Upright	1	36	Belt Guide Post	4
10	Left Handle Assbly	1	37	Z Fixed Plate	1
11	Right Handle Assbly	1	38	The Front Slot	1
12	Console Frame	1	39	The Back Slot	1
13	Pedal	1	40	Foot Cover Welder	1
14	Motor Fixing Frame	1	41	Pin shaft	2
15	Motor Cover	1	42	Pin Bolt	2
16	Switch Pipe	1	43	Φ14*Φ1.5*55 Spring	2
17	Guide Bar Assbly	1	44	Φ33*Φ3*100 Spring	1
18	Long Strip	2	45	Counterweight Copper Bushing	2
19	Bumper Pad	6	46	4" Roller Without Casing	2
20	Shaft	1	47	75 x40 Φ Roller	2
21	Guide Bar	2	48	Decorative Sheet	2
22	Φ20 short bearing Stop Collar	1	49	Stand Seal ring	2
23	Φ25 bearing Stop Collar	1	50	Φ100*Φ42*Φ20*57 Big Pulley	1
24	Φ25*6 bearing Stop Collar	1	51	Φ75*Φ25*32 Pulley	1
25	Φ38 Big Bumper	2	52	Connection Board	1
26	Φ38 Bumper	2	53	Φ38 Aluminum End Cover	2
27	Left Side Strip	1	54	Tight Frame	1

PARTS LIST



NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
55	Φ30*Φ8.2*18 Guide Pulley	2	82	Cup Holder	1
56	Cable	1	83	Pipe Stopper (J20X40)	2
57	Spring Regulating Rod	1	84	Φ32 Curved Pipe Plug	6
58	Tension Spring	1	85	Electric Generator	1
59	Guard Board	2	86	Controller	1
60	Pulling Ribbon	1	87	Console	1
62	Attachment Hook		88	Power Resistor	2
63	Hook Board	2	89	linear Bearing	4
64	Small Collar	2	90	Deep Groove Ball Bearing	2
65	Strong magnet with holes	1	91	Deep Groove Ball Bearing	3
66	The rectangular Foot Pad	1	92	Plummer Block	2
		1	93	The Retaining Ring Φ 15 Openings	1
67	poly V-belt (8PJ660)		94	Circlip For Hole	4
68	poly V-belt (10PJ610)	1	95	Flat Key	1
69	Handle Combination	1	96	Flat Key	1
70	Sensor Plate	2	97	The Security Hook (Φ8)	3
71	Cable Clamp	1	98	Electromagnetic Resistance Line	2
		1	99	M5*8 Cross Recessed Countersunk Head Screw	8
72	Rotary liner		100	M5*10 Cross Recessed Countersunk Head Screw	13
73	Bearing Liner	2			
74	Foot Switch Board		101	M5*15 Cross Recessed Countersunk Head Screw	2
75	Pedal Flap		102	M3*10 Socket Head Cap Bolt	2
76	Phone Holder	1	103	M5*10 Socket Head Cap Bolt	68
77	Low Control Line	1	104	M5*15 Socket Head Cap Bolt	3
78	Column Control Line	1	105	M10*35 Socket Head Cap Bolt	5
79	Directional Stop	1	106	M6*15 Socket Head Cap Bolt	19
80	The Training Board Fixing Frame	1	107	M6*15 Hex Pan Head Bolt	10
81	The Training Board	1	108	M6*40 Socket Head Cap Bolt	3
		1			

PARTS LIST

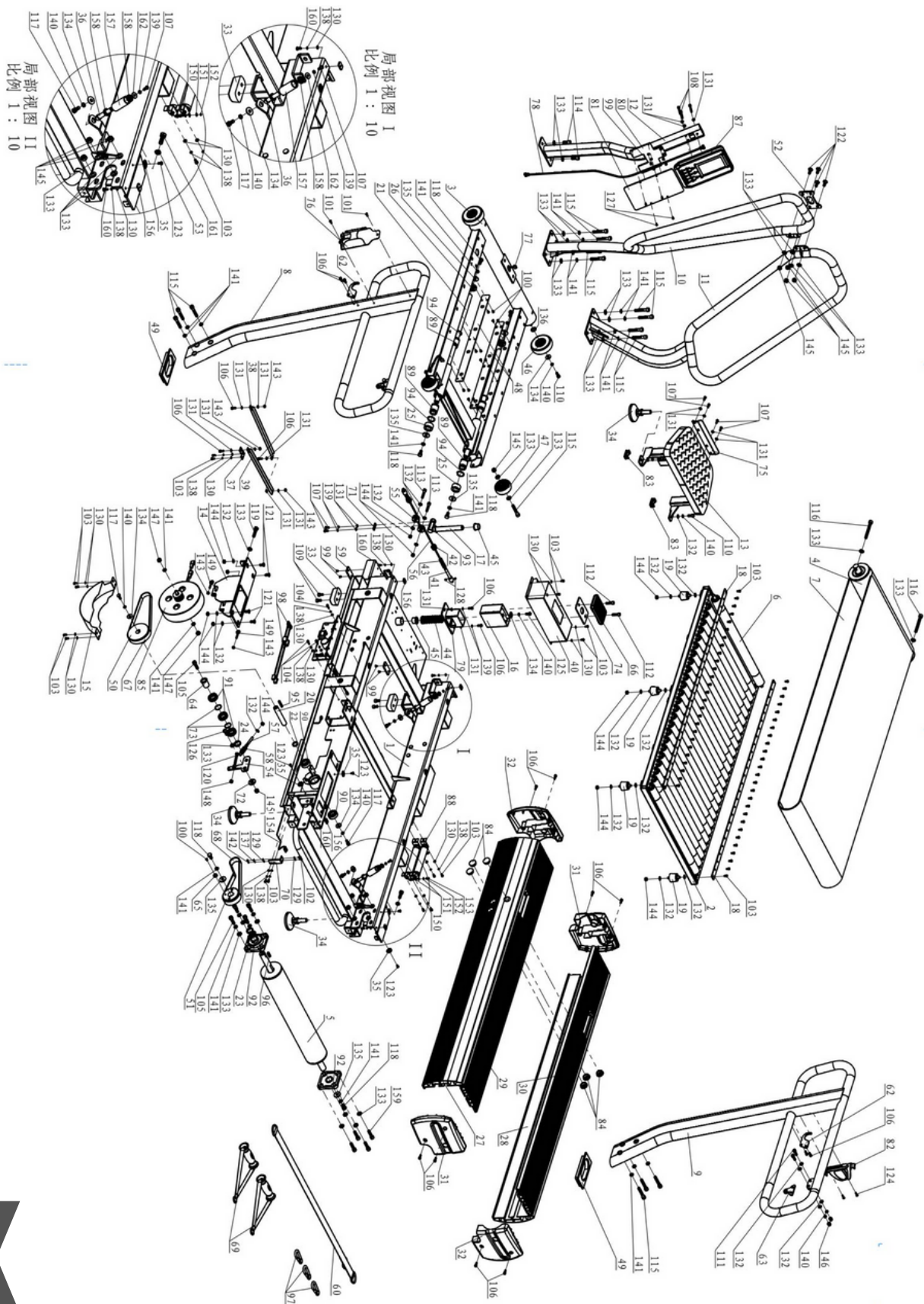


NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
109	M8*15 Socket Head Cap Bolt	4	137	Φ3 Spring Washer	2
110	M8*20 Socket Head Cap Bolt	4	138	Φ5 Spring Washer	14
111	M8*25 Socket Head Cap Bolt	4	139	Φ6 Spring Washer	8
112	M8*30 Socket Head Cap Bolt	2	140	Φ8 Spring Washer	15
113	M8*40 Socket Head Cap Bolt	2	141	Φ10 Spring Washer	26
114	M10*25 Socket Head Cap Bolt	2	142	M3 Flat Nut	2
115	M10*60 Socket Head Cap Bolt	16	143	M6 Nut	5
116	M10*90 Socket Head Bolt With Full Thread	2	144	M8 Nut	13
117	M8*20 Hex Bolt	6	145	M10 Nut	11
118	M10*20 Hex Bolt	6	146	M8 Block Shot	4
119	M10*45 Socket Bolt With Full Thread	1	147	M10*1 Serrated Nut	2
120	M8*55 Socket Bolt With Full Thread	1	148	M8 Flat Nut	1
121	M8*20 Hex Plow Bolt	4	149	18*45*M6 Adjusting Screw	2
122	M10*25 Hex Plow Bolt	4	150	M4*10 Cross Pan-Headed Screw	4
123	M5*10 Cross Pan-Headed Bolt	14	151	M4(Φ4.5*Φ9*0.8) Flat Washer	8
124	M5*15 Cross Pan-Headed Bolt	2	152	Φ4 Spring Washer	4
125	M8*20 Hex Pan-Headed Bolt	1	153	M4 Flat Nut	4
126	M10*25 Hex Pan-Headed Bolt	1	154	Inductor Connector	1
127	M4*10 Hex Pan-Headed Bolt	4	155	Resistance Wire	1
128	M6*8 Hex Socket Set Screw With Flat End	4	156	Side Strip Fixing plate	4
129	Φ3.4*Φ7*0.5 Flat Washer	4	157	Guide Sleeve	4
130	M5(Φ5.5*Φ10*1) Flat Washer	22	158	Deep Groove Ball Bearing	8
131	Φ6.6*Φ12*1.6 Flat Washer	18	159	M10*40 Socket Head Cap Bolt	4
132	Φ9*Φ16*1.6 Flat Washer	30	160	M5*12 Cross Pan-Headed Bolt	4
133	Φ11*Φ20*2 Flat Washer	34	161	M10*30 Hex Bolt	1
134	Φ9*Φ24*2 Big Washer	9	162	Φ6.6*Φ18*1.6 Big Washer	4
135	Φ10.5*Φ30*2.5 Flat Washer	6	163	M10 Thinner Nut	1
136	Φ13.5*Φ24*2.5 Flat Washer	2			

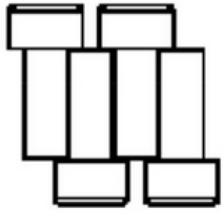


EXPLODED VIEW

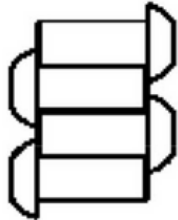




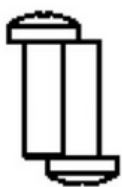
HARDWARE KIT



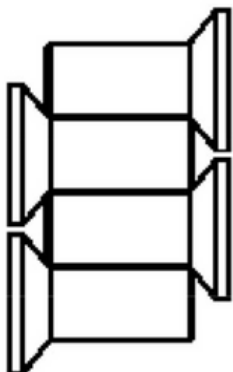
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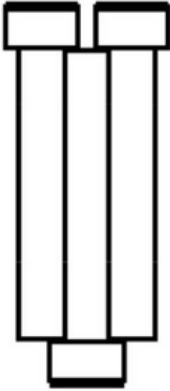
No. 107 M6X15 (4)



No. 124 M5X15
(2)



No. 122 M10X25 (4)



No. 108 M6X40 (3)



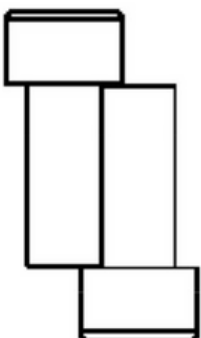
No. 99 M5X8
(4)



No. 101 M5X15
(2)



No. 127 M4X10
(4)



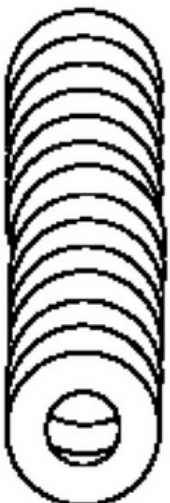
No. 114 M10X25 (2)



No. 141 ø10 Spring Washer (14)



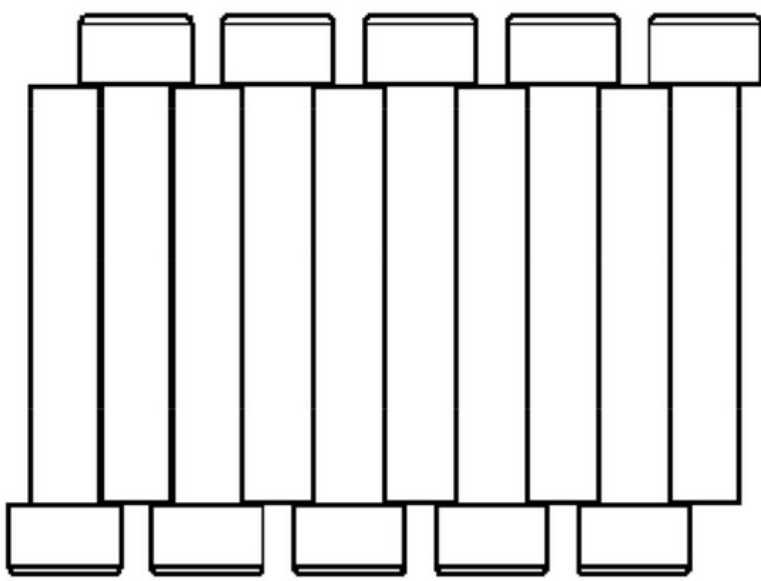
No. 131 ø6 Washer
(7)



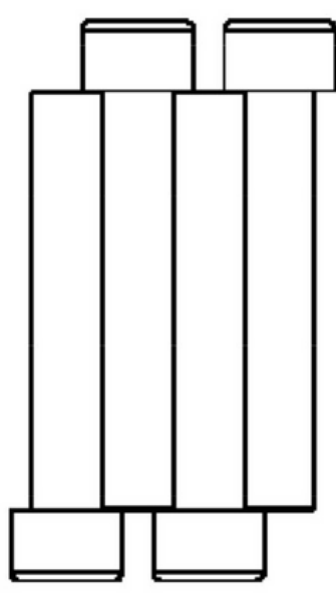
No. 133 ø10 Washer (14)



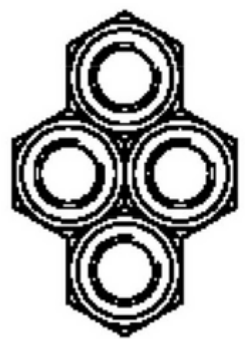
HARDWARE KIT



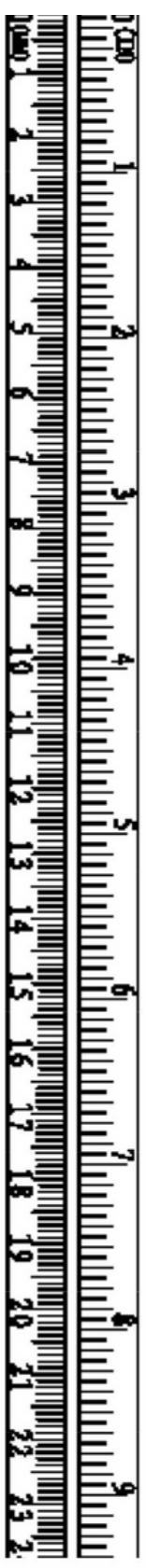
No. 115 M10X63 (14)

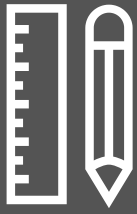


No. 145 M10 Nut (4)

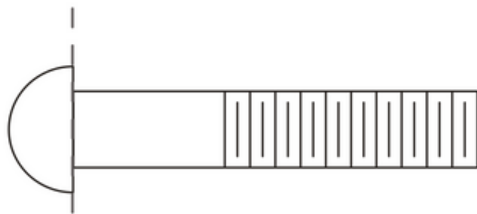


Allen Wrench 4mm
Allen Wrench 5mm
Allen Wrench 6mm
Allen Wrench 8mm





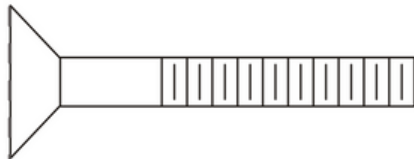
MEASUREMENT GUIDE



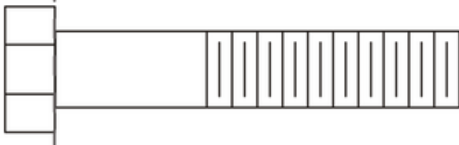
BHCB = Button Head Cap Bolt



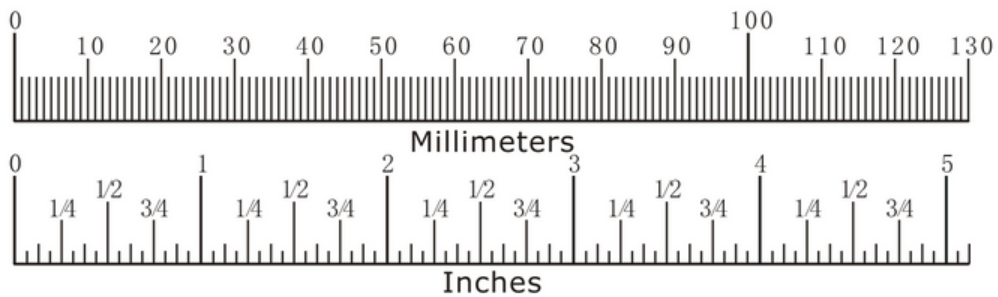
SHCB = Socket Head Cap Bolt



FHCB = Flat Head Cap Bolt



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for an adult	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

ASSEMBLY INSTRUCTIONS



Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. If you are in doubt about any part of this assembly, we recommend you contact a professional installer to complete the assembly. You may find it quicker, safer, and easier to assemble this equipment with the help of an assistant, as some components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly or damage to the area or equipment.

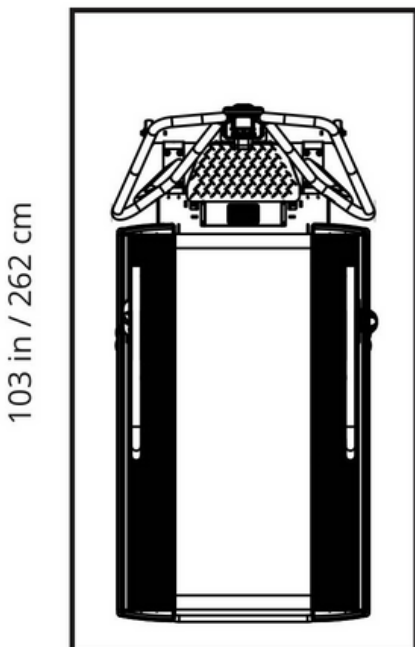


Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Training Area and Free Area

46 in / 117 cm



Free Area

Please allow for free area beyond the training area of 24 in / 60 cm on all sides of the unit to ensure that the training area is not impeded.

Specifications

Maximum Wt Capacity: N/A

Maximum User Weight: 400 lbs / 180 kg

Product Total Surface: 40.25*79.25 in / 102*201 cm



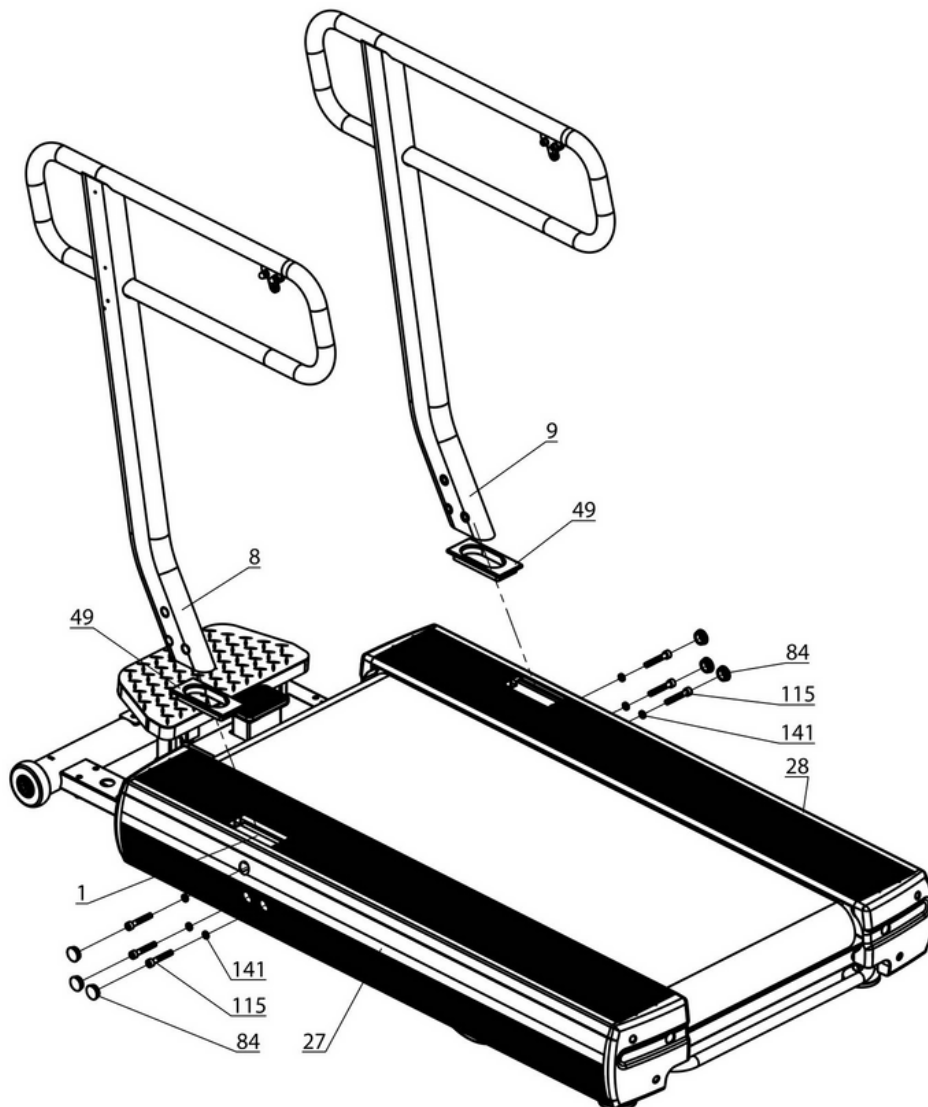
ASSEMBLY

● STEP 1

1. Attach the Left Frame Upright (#7) & Right Frame Upright (#8) to the Main Frame (#1) using:

- two Stand Seal Rings (#49)
- six M10*60 Socket Head Cap Bolts (#115)
- six 910 Spring Washers (#141)
- six \$32 Curved Pipe Plugs (#84)

Note: Tighten all connections from Step 1 prior to inserting the Curved Pipe Plugs.



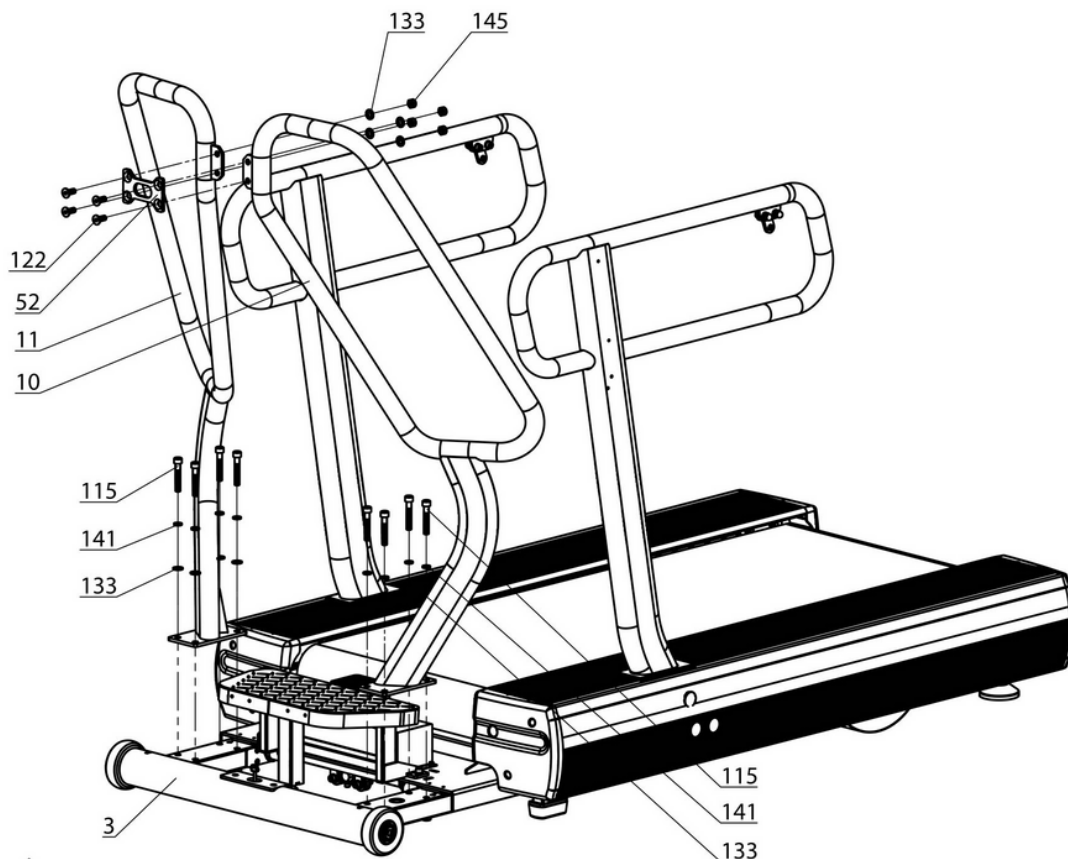


STEP 2

1. Attach the Left Handle Frame (#10) & Right Handle Frame (#11) to the Sliding Frame (#3) using:
 - eight M10*60 Socket Head Cap Bolts (#115)
 - eight \$11**20*2 Flat Washers (#133)
 - eight 10 Spring Washers (#141)
2. Connect the top of the Left Handle Frame (#10) & Right Handle Frame (#11) with the Bridge Plate (#52) using:
 - four M10*25 Flat Head Cap Bolt (#122)
 - four \$11*\$20*2 Flat Washers (#133)
 - four M10 Lock Nuts (#145)

Now go back and tighten screws from step 1 & 2.

Note: Tighten all connections from Step 2. Machine is now ready to be moved into place and can be used safely.



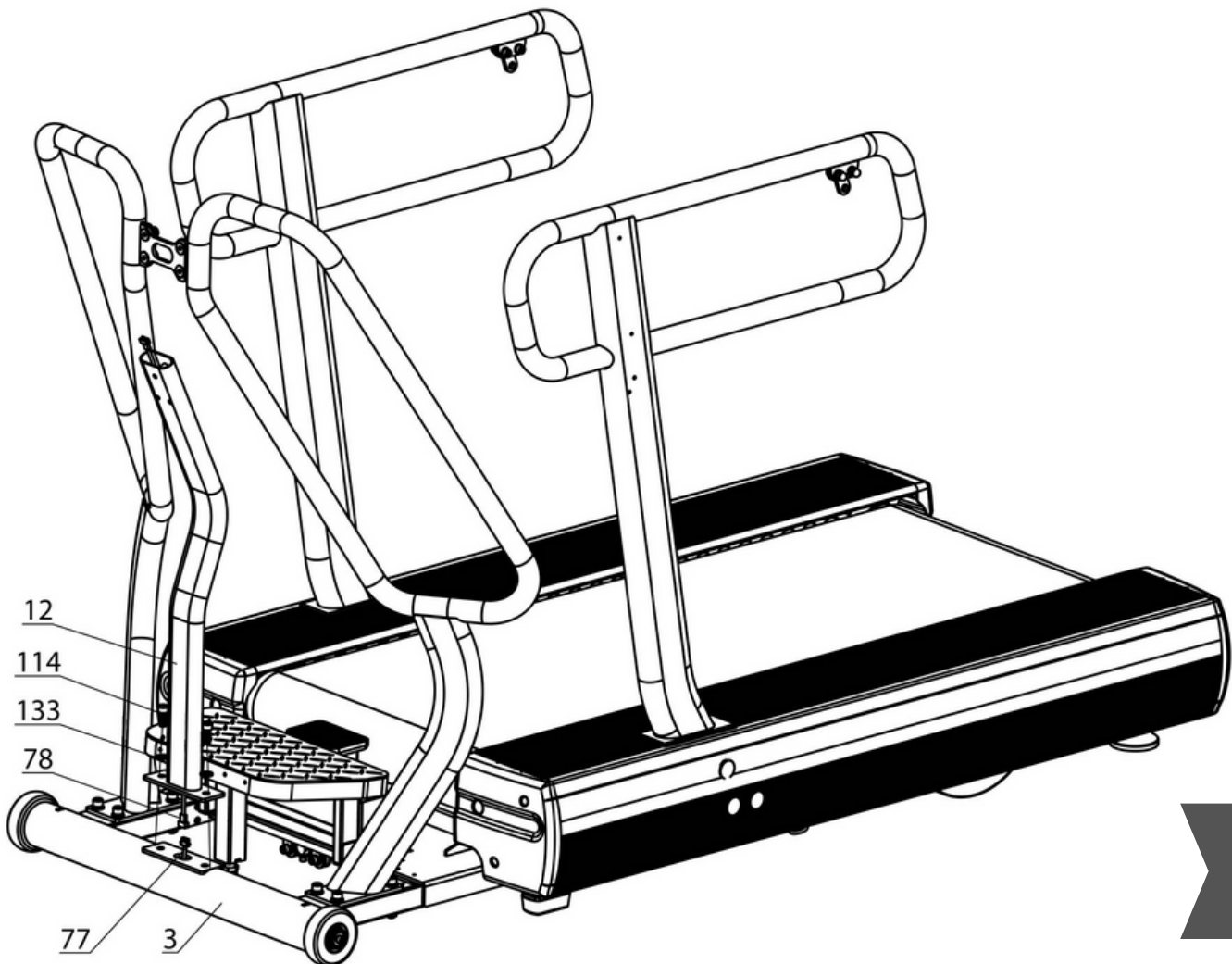


ASSEMBLY

● STEP 3

1. Connect the Upper Control Line (#78) in the Console Frame (#12) to the Lower Control Line (#77) and safely tuck the connection into the Sliding Frame (#3) before proceeding to part 2.
2. Attach the Console Frame (#12) to the Sliding Frame (#3) using:
 - two M10*25 Socket Head Cap Bolts (#114)
 - two \$11*\$20*2 Flat Washers (#133)

Note: Taking care not to catch the wires in the connection, tighten all connections from Step 3.



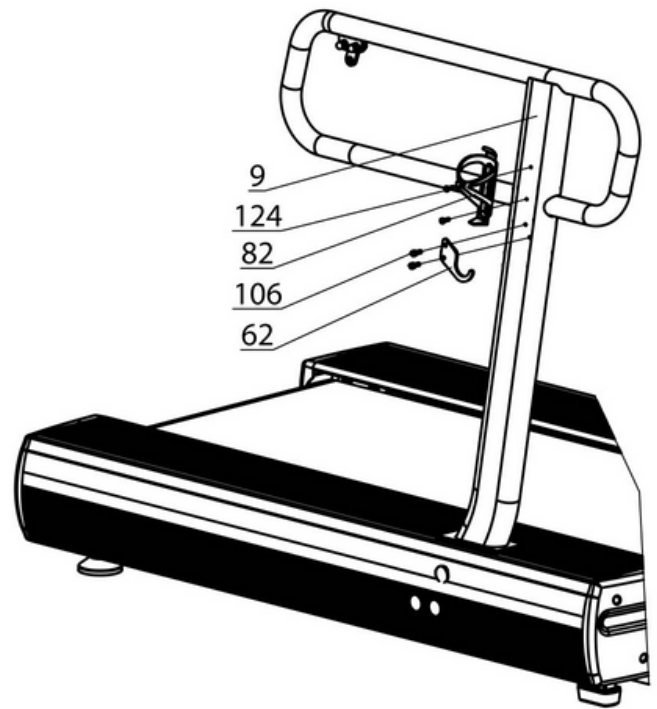
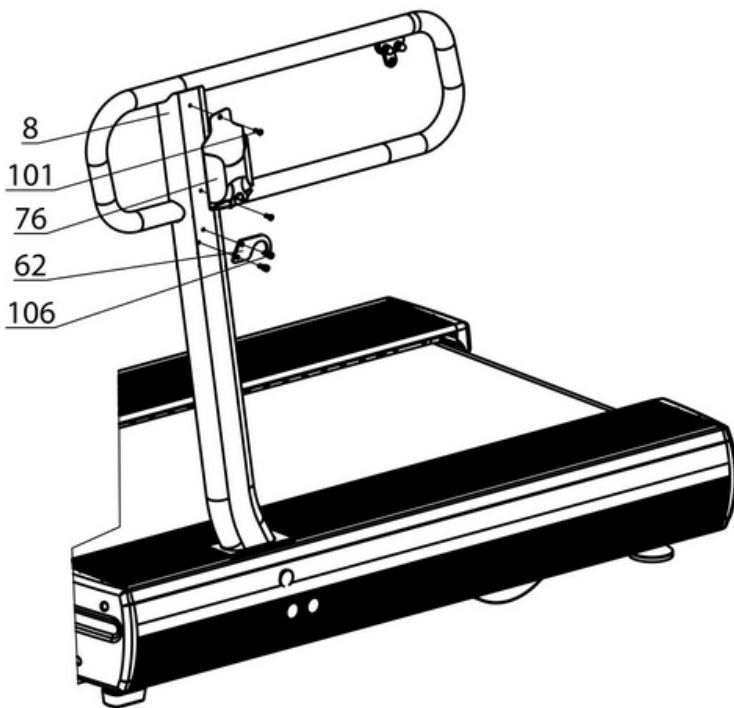
ASSEMBLY



● STEP 4

1. Attach the Attachment Hooks (#62) to the Left Handle Frame (#8) & Right Handle Frame (#9) using:
 - four M6*15 Socket Head Cap Bolts (#106)
2. Attach the Phone Holder (#76) to the Left Handle Frame (#8) using:
 - two M5*15 Cross Flat Head Cap Bolts (#101)
3. Attach the Cup Holder (#82) to the Right Handle Frame (#9) using:
 - two M5*15 Cross Button Head Cap Bolts (#124)

Note: All accessory hooks and holders should be on the outside of the unit so as not to impede the user in any way while exercising.



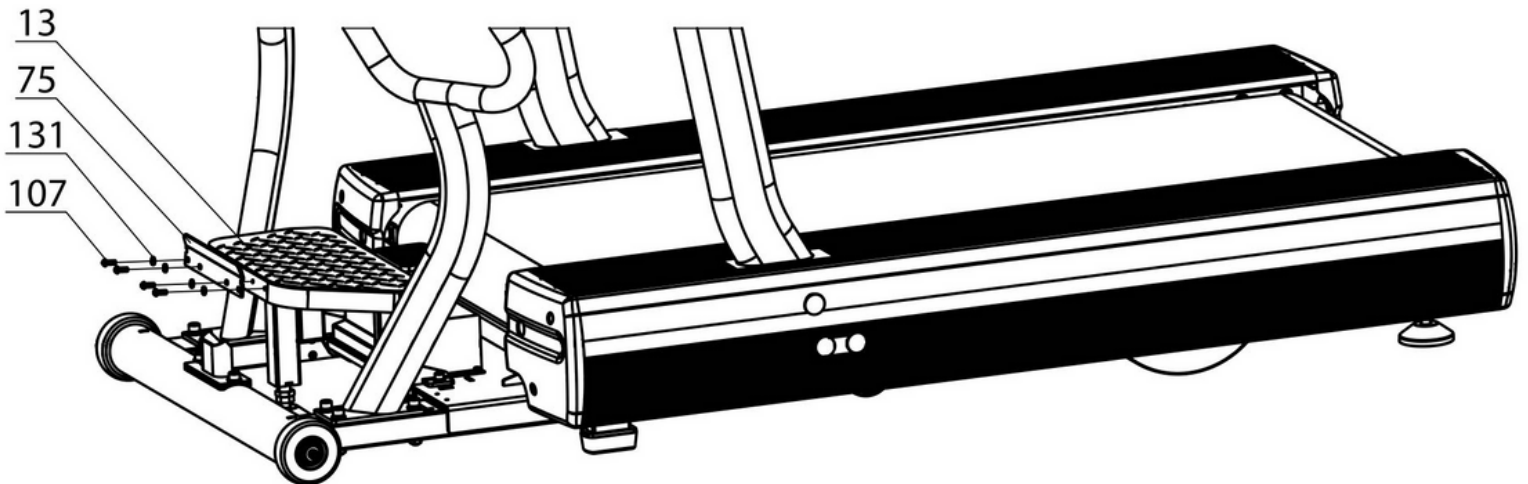


ASSEMBLY

● STEP 5

1. Attach the Pedal Flap (#75) to the Pedal (#13) using:
 - four M6*15 Button Head Cap Bolts (#107)
 - four \$6.6*©12*1.6 Flat Washers (#131)

Note: Tighten all connections from Step 5.

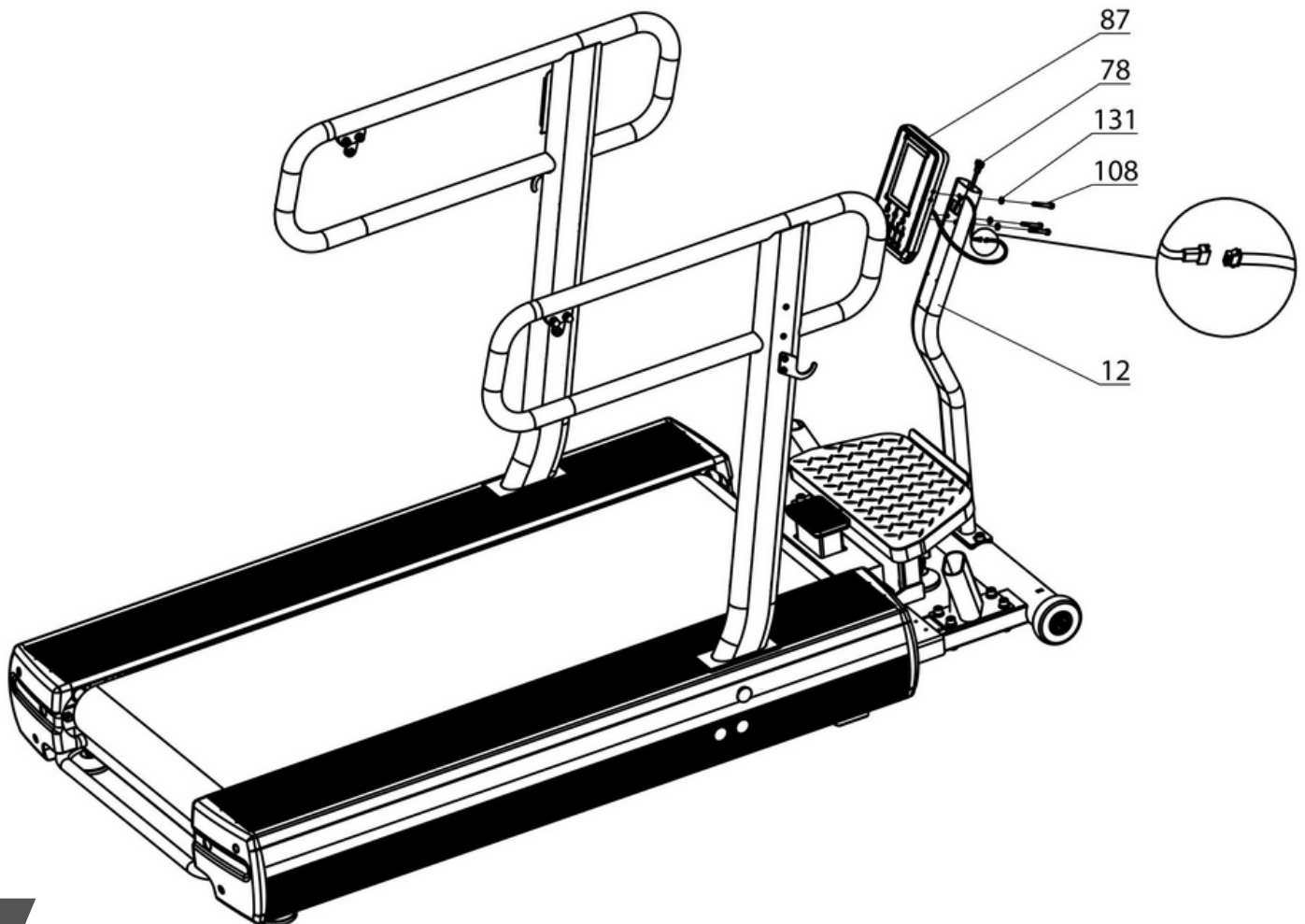




● STEP 6

1. Connect the Upper Control Line (#78) to the Console (#87) and safely tuck the connection into the Console Frame (#12).
2. Attach the Console (#87) to the ConsoleFrame (#12) using:
 - three Socket Head Cap Bolts (#108)
 - three Flat Washers (#131)

Note: Tighten all connections from Step 6.



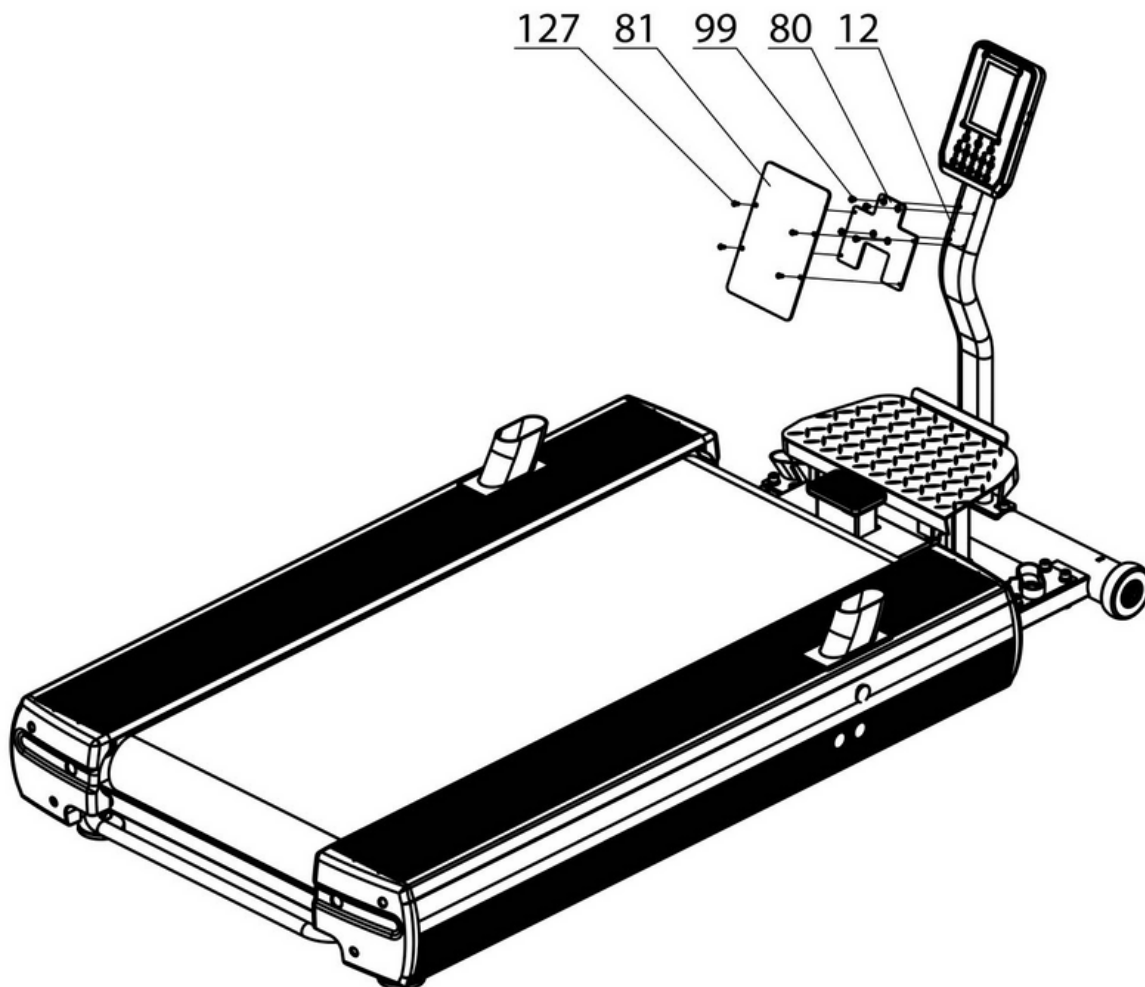


ASSEMBLY

● STEP 7

1. Fix Instruction Fixing Plate (#80) on Console Supporting Frame (#12) using:
 - Four M5*8 Cross Countersunk Head Screw (#99).
2. Fix Instruction Plate (#81) on Instruction Fixing Plate (#80) using:
 - Four M4*10 Pan-headed Bolt (#127).

Note: Tighten all connections from Step 5.

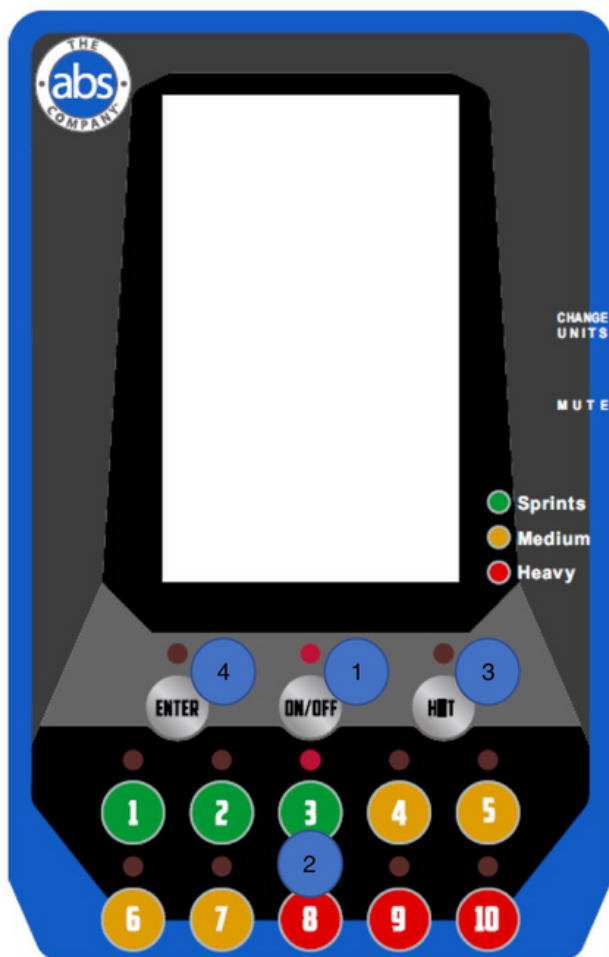


Display Console



The SledMill display console is the area in which the user views workout feedback and can adjust or modify workouts and display settings.

The SledMill display console utilizes an LCD screen and simple selection buttons that sit flush to the console. To activate the display, the user may either press the ON/OFF button (#1 located in the lower center of the console) or simply begin physical activity that moves the belt which will then turn the unit on.



KEYS

Operation of the console is simple with clearly laid out buttons for the most common activities.

- 1. ON/OFF key** – switches on or off the display console.
- 2. RESISTANCE LEVEL selection keys** – the key pad consists of 10 keys with each providing a set resistance level. Levels scale upwards from Level 1 to Level 10.

Levels 1 to 3 are resistances designed for Sprint style exercises.

Level 4 to 7 are resistances designed for medium exercises.

Level 7 to 10 are resistances designed for heavy exercises.

This chart indicates the equitable weight added to the sled for each level (in Lbs).

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10
0	10	25	50	75	100	150	250	350	450



Display Console

HIIT TIMER key - by pressing this key, the user is taken to 1 of the 3 HIIT training timer programs. Each program runs for 4 minutes. The programs are:

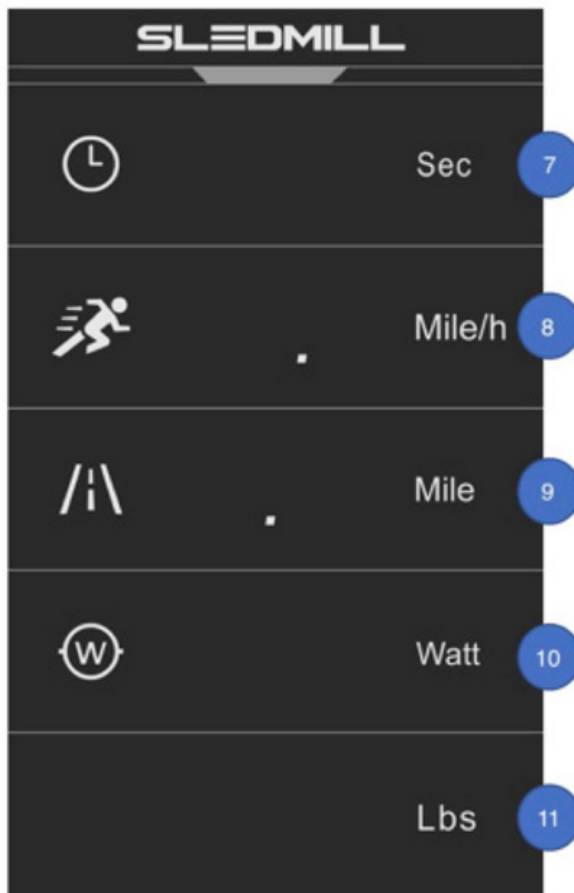
- Level 1: 10:20 seconds intervals (work:rest)
- Level 2: 20:10 seconds intervals (work:rest)
- Level 3: 30:30 seconds intervals (work:rest)

During the timer program, a beep will sound as each interval is completed. A longer beep will go off when the entire timer program is completed.

ENTER key - this key is used to select the desired HIIT timer program.

CHANGE UNITS key - this key is used to change the distance and speed units between English units and Metric units. The units are set in English as default.

MUTE key - this key switches the beep signal sound on and off.



READOUTS

- 7. TIME** - the Time readout shows the total amount of time in the workout. It also works as a work/rest timer during HIIT training by showing countdown of either work or rest interval.
- 8. SPEED** - Speed is displayed in miles per hour, but can be switched to kilometer per hour by pressing the CHANGE UNITS key (button 5 on the side of the console). The SledMill has unlimited speed range.
- 9. DISTANCE** - Distance is the total number of miles or kilometers travelled at the current time for the current session.
- 10. WATT** - Watt is the estimated power output the user is creating during the real time workout.
- 11. WEIGHT** - Weight shows the estimated sled weight the user is pushing at the current resistance level.

GENERAL MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

A fitness facility should have a regular maintenance schedule in place that this equipment can be added into. For personal, in home use, please follow the home maintenance schedule listed above.

GENERAL MAINTENANCE INFORMATION



Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately.
- Keep sharp or pointed objects clear of all upholstery.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each unit.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- Visually inspect the belts and cables for fraying, cracking, peeling, or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- Before applying lubricant, wipe down applicable parts with a dust free rag.
- Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.



TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

SLEDMILL™

Manufacturer's Limited Warranty

The manufacturer warrants that your SledMill™ is free of defect in materials and workmanship and will, at its option, repair or replace any defective SledMill™ that is returned to it. Except as described in the following sentence, all part and component of the SledMill™ are warranted from the original date of purchase as below:

Frame & Motor - 3 years

Electronic Parts (Control Board, Harness, Monitor) - 2 years

Deck Belt - 1 year

Drive Belts - 6 Months

All other parts - 1 year

Labor - 1 year

This warranty is valid only in accordance with the condition set forth below:

- 1 Normal wear and tear (including lost part) are not covered by this warranty.
- 2 The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair or unauthorized modification.
- 3 This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitation on how long an implied warranty last, so the above limitation may not apply to you.
- 4 Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer reserves the right to remedy any warranty claims via part and repair prior to replacement. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- 5 This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repair or Replacement:

If warranty service is necessary, the original purchaser must either call or email for instructions.

Proof of Purchase will be required for all warranty claims.

Our phone number is: 8866-219-5335 x0 (outside the U.S. 1-808-879-2713 x0)

www.theabscompany.com

info@theabscompany.com

SLEDMILL

Thank you for purchasing the Sledmill
Our customer service staff is ready to help
and to answer any questions
Our phone number is: (866) 219-5335 x 5
Support@TheAbsCompany.com

Please call us if you have any questions.
Customer service staff can be reached
Monday to Friday from 9:00 AM to 5:00 PM Eastern Standard Time.

You can also send us an email, or visit our website
for additional customer service information.

Prior to calling or emailing, please have the following information ready:

- Customer Name and Address
 - Telephone Number
 - Proof of Purchase
- Product Model Number
 - Serial Number



We Change Lives from the Core

The Abs Company, 8429 Lorraine Rd, Lakewood Ranch, FL 34202
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