

Plymax

PILATES BOARD

-FLOW X SERIES



Please use on a flat tile or floor surface.

Read the manual carefully and keep it for future use.



Keep out of reach of children.

About WiiMad HIIT

Welcome to WiiMad HIIT

Plymax, a dedicated Pilates Board brand within the WiiMad HIIT community, delivers innovative fitness solutions like the Flow X series. At WiiMad HIIT, we believe movement is more than exercise—it's a lifestyle that sparks joy, builds community, and fuels a healthy, vibrant you. Our mission is to make fitness fun, accessible, and rewarding through innovative products like the Pilates Board - Flow X Series and our interactive APP.

Whether you're punching to the beat, flowing through Pilates, or challenging friends in our community-driven competitions, WiiMad HIIT empowers you to embrace a sunny, stress-free life.

Join our global WiiMad HIIT community at [WiiMadHIIT.com!](http://WiiMadHIIT.com) Share your fitness journey on Instagram and TikTok with #WiiMadHIIT and @WiiMad.HIIT-turn movement into your daily beat!

YOUR SPECIAL LICENSE

Activate Your LICENSE, Join Flow X Challenges

Your Plymax Pilates Board-Flow X Series

comes with a unique LICENSE tied to your order number.

Use it to register or activate in the WiiMad HIIT APP to unlock eligibility for Challenge Hub competitions and join the global community!

How to Activate Your LICENSE:

- 1. Locate Your Amazon Order Number: Check your Amazon product order details for your order number (e.g., 123-4567890-1234567), which is your LICENSE.**
- 2. Scan the QR code below for instructions on activating your LICENSE in the WiiMad HTT APP and joining challenges.**



MASTER YOUR

Plymax

Pilates Board-Flow X Series

with our guided training videos!



Follow us to share your Flow X journey
and discover new ways to stay active!

Instagram: @WiiMad.HIIT

TikTok: @WiiMad.HIIT

Website: WiiMadHIIT.com

WiiMad HIIT APP

***Scan the QR code below to
download the APP***



***The WiiMad HIIT APP is your hub for
personalized workouts, community
challenges, and progress tracking.***

WiiMad HIIT CHALLENGE

*Join the
WiiMad HIIT Challenge Hub*



*Explore the WiiMad HIIT Challenge Hub!
Scan the QR code to discover exciting challenges,
track your rankings, and log daily check-ins.
Connect with the global WiiMad HIIT community,
unlock potential rewards,
and make fitness fun!*

Share Your Ideas Shape the Future of WiiMad HIIT

Your voice matters! Join the WiiMad HIIT community in two ways:

- 1) Suggest new products or features you're excited about;**
- 2) Share your experience to inspire others to punch and thrive!**

Suggest New Products:

Have ideas for new WiiMad HIIT features or products? Scan the QR code below to share your suggestions!



Share Your Experience:

Your experience can inspire others! Write a product review for the Plymax Pilates Board-Flow X Series on Amazon to share your insights and tips.

Steps:

- 1. Go to Amazon.com and sign into your account.**
- 2. Click Orders**
- 2. Find your product and click "Write a Product Review".**

IMPORTANT NOTES

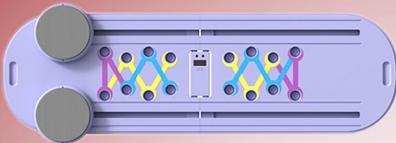
Safety Tips

- 1. Ensure all parts are properly installed and the equipment is stable before use.**
- 2. This product is intended for use by adults 18 years and older. Keep children away from the equipment.**
- 3. Keep children and pets at a safe distance from the product to avoid accidents.**
- 4. Before use, inspect the equipment for any damage, looseness, or abnormalities. If you notice any issues, stop using and contact customer support.**
- 5. Use the equipment on a firm, flat surface (e.g., hardwood floors, tile, or low-pile carpets). Avoid using on thick or high-pile carpets.**
- 6. Maintain sufficient space around you and keep the workout area clean to prevent accidents.**
- 7. Perform exercises with proper form to avoid overstretching or injury.**
- 8. If you have any health concerns or restrictions, please consult your doctor before using.**

Friendly Reminder:

- 1. For optimal performance, use the Pilates board on flat, hard surfaces such as hardwood floors, tiles, concrete, or low-pile carpets. Thin, low-pile carpets are generally suitable, but uneven surfaces may affect slider movement.**
We recommend prioritizing hard, flat surfaces for the best experience.
- 2. If you still feel some resistance or sticking on a flat surface, try increasing the distance between your knees and the Pilates board. This simple adjustment can help smooth out your movements and make your workout even more enjoyable and effective.**

PRODUCTS INCLUDE



1.Multifunctional fitness board



2.Removable horizontal bar



3.Multi-combination handle



4.Thick elastic rope



5.Abdominal board



6.Dynamic plank



7.Knee pads

Product Specs

Product Name: Multifunctional pilates board

Product Material: PP

Grip Material: NBR

Product size: 38.6 × 14.5 × 3.9 inch (98 × 37 × 10 cm)

HOW TO USE THE COUNTER



- 1. Short press the left button to power on.**
- 2. Long press the left button to switch modes:
Countdown / Free Count / Timer Countdown.**
- 3. Short press the right button to reset values.**
- 4. Short press the left button to adjust values.**
- 5. Long press the right button to power off.**

NOTE:

This counter requires 2 AAA batteries, which are not included in the package. Please prepare them separately.

The multifunctional pilates board wheel is an effective tool for core training.

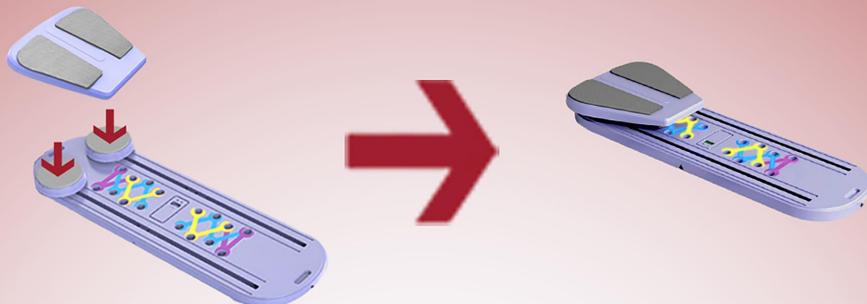
Before use, consult a professional coach to assess your fitness level and determine the appropriate intensity.

Gradually increase the difficulty and range of your exercises, avoiding excessive strain at the outset to prevent injury or suboptimal results.

By following proper techniques and guidelines, you will be on your way to achieving a strong and fit body!

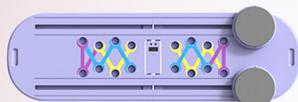
PRODUCT INSTALLATION

1. How to Assemble an Abdominal Board

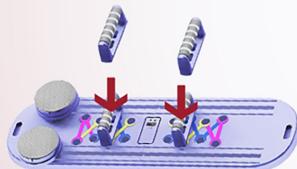


2. How to Install the Multi-Function Combination Handle for Push-Ups

① Confirm the movement trajectory



② Install the handle



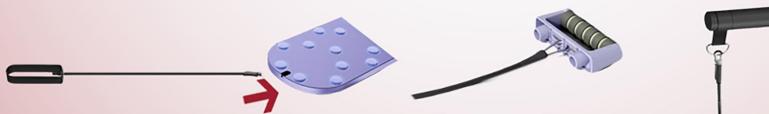
Color-guided muscle positioning

Rose-red trajectory: Work out your back muscles

Blue trajectory: Work out your chest muscles

Yellow trajectory: Work out your shoulder and arm muscles

3. How to Install Elastic Bands for Resistance Band and Pilates Bar Exercises



4. How to Install the Dynamic Balance Board



HOW TO USE

With this product, you can perform a variety of exercises, including push-ups, weighted squats, stretching, planks, Pilates, and more!

