

INSTRUCTION MANUAL, WARNINGS, AND IMPORTANT INFORMATION

READ BEFORE USE



BY REMOVING THE WARNING STICKER ON YOUR PANGOLIN YOU ARE AGREEING TO ASSUME ALL RISKS ASSOCIATED WITH ITS USE. THE MANUFACTURER, DISTRIBUTOR, AND ITS AFFILIATES ARE NOT LIABLE FOR ANY INJURIES OR DAMAGES THAT MY RESULT FROM THE MISUSE OF THIS EQUIPMENT.



INSTRUCTION MANUAL FOR PANGOLIN

Thank you for purchasing the new Pangolin Suspension Trainer (“Pangolin”). Pangolin is a product owned and sold by MoveU Holdings Inc (the “Company”). Pangolin is a smart, new way to strengthen your core. The revolutionary design supports your body against gravity to strengthen your core and activate the muscles of your abs, back, glutes, and legs. Intensity changes by pressing the cam buckle to lengthen or shorten the strap. Change your body position to quickly switch between movements that will improve strength, flexibility, balance, stability, and endurance. Pangolin attaches to any sturdy door or fixed point conveniently turning your home, office, dorm, hotel room, or outdoor space into your personal gym. Pangolin is lightweight and fits compactly into its matching pouch making it portable and easy to store between uses.

PARTS MAY NOT BE INCLUDED BUT REQUIRED FOR INSTALLATION:

- a) 2x4 piece of lumber minimally 8” wider than door frame to place feet against
- b) Horizontal bar (if using as a strap wrap anchor method)
- c) Hardware for carabiner anchor installation such as steel eye bolts and aerial yoga anchors (may be included with purchase)
- d) Carabiner

****Fixed anchor installation should be performed by a licensed contractor****

WARNINGS:

Failure to follow all warnings and instructions could result in serious injury or death. Always consult a physician before beginning any exercise program.

Keep children away from this equipment. This equipment is intended for adult use only. Inspect unit prior to use. DO NOT use if it appears to be worn, frayed or damaged. Check to ensure that everything is secured. Do not remove the safety label. If you feel unusual pain, dizziness, shortness of breath, chest tightness or any discomfort STOP all use and consult your physician immediately.

- Using Pangolin in any way other than as specified in the instruction manual may lead to serious injury or bodily harm.
- Users must view the applicable video tutorial(s) for each exercise at www.pangolinstrong.com before attempting to use the Pangolin device.
- Possible injuries may include spinal damage and/or injuries to joints and ligaments resulting from intense physical activity, improperly securing the Pangolin device, or performing exercises incorrectly.
- The company, its affiliates, manufacturers, and sales personnel are not liable or responsible for injury or bodily harm.
- To ensure safety, use only the exercises provided in the instruction manual and/or video tutorial(s).

TO ENSURE YOUR SAFETY:

- Always make certain that the Pangolin device is securely fastened before use.
- Pangolin is for personal use only and not for commercial use by personal trainers, group exercise class instructors, yoga teachers, or any physical fitness instructor unless certified.
- Any individual intending to use Pangolin for commercial purposes must obtain the appropriate certification.
- Pangolin is not to be offered as equipment for clientele to use in a gym, healthcare facility, physical therapy or rehab facility, or any other commercial location unless the business has a written agreement with Mukti Life, LLC.
- Carefully read and understand the assembly and installation instructions.

PLEASE:

- Read and understand the complete manual and keep it for future reference.

- Do not alter the design or functionality of Pangolin, as this could compromise safety and void the limited warranty.
- Use only genuine Pangolin replacement parts and hardware. Failure to do so can cause risk to users and void the warranty.
- Regularly inspect Pangolin for wear, tears, or damage.
- Use Pangolin only for its intended purpose as described in the manual.

ADDITIONAL SAFETY PRECAUTIONS:

- Do not use attachments not recommended by the manufacturer.
- Follow all assembly and installation steps in the given sequence. Incorrect assembly or installation can lead to injury or improper function.
- Pangolin must be used with a sturdy door or anchor point that can hold your body weight. Do not anchor Pangolin to glass, lightweight, sliding, closet, or kitchen cabinet doors.
- When using a door anchor, place a board across the opening of the door frame for stability.
- The user is responsible for checking whether the chosen door and door frame were properly installed and secured, and for any damage to the door or door frame.

USAGE GUIDELINES:

- The maximum weight capacity is 600 pounds. Do not use Pangolin if your weight exceeds 600 pounds.
- Consult your physician prior to starting an exercise program and obtain doctor approval before using Pangolin.
- Anchor Pangolin at least 6-9 feet off the floor or one foot above the user's head height.
- Weight test Pangolin prior to work out and every time strap length is adjusted by pulling on the strap and slowly leaning on support pad.
- Do not use Pangolin as a swing. Swinging may result in personal injury or damage to your home.

IMPORTANT REMINDERS:

- When using a door anchor, ensure the door is closed completely and locked.
- Place a hanger or other sign on the door handle opposite the side of the Pangolin user to warn others against opening the door during your workout.

- Do not use with carabiner in the open position. Be sure carabiner is completely closed with screw in place to lock the gate.
- Do not hold or press cam buckle with any weight on the support pad. Improper positioning of the support pad may result in falling and/or injury.
- Clear workout area of any furniture, equipment, items, or other objects which may impede the user's ability to use Pangolin.

CARE AND MAINTENANCE:

- Do not leave Pangolin on the door or hanging from an anchor point while not in use. Store in the provided pouch.
- Repetitive rubbing of the strap can weaken or tear the strap. Inspect all parts of Pangolin prior to each use and do not use if damaged, worn, or frayed.
 - Contact customer service to order replacement parts.
- Do not wrap Pangolin strap around any rough or sharp surface to anchor or use in any way.
- Do not use Pangolin on an uneven, slippery, or wet surface. Do not store Pangolin in a moist location.
 - Not intended for use with, or by, children. Do not allow children or pets to play with Pangolin.
- Do not overexert yourself during exercise. Use Pangolin in accordance with the exercises described in the manual.
- Refer to terms and conditions on the website <https://www.Pangolinstrong.com/terms-and-conditions/>

- SAVE THESE INSTRUCTIONS!!!

CAUTION:

Follow these instruction's carefully when installing the Pangolin and hire a licensed contractor for installation of the fixed carabiner anchor.

SET UP Door Anchor

1. Select a sturdy door that opens away from user with enough clearance to perform the desired exercises. Suggested height of anchor point is at least 6-9 feet off the ground or approximately 1 foot above user's head. 2. Push open the door and lay the anchor pillow over the top of the door so that it is on the opposite side of the door from Pangolin. 3. Close and lock the door. Be sure Pangolin is hanging on the "outer" side of the door so that it pulls the

door closed while in use. 4. Place door hanger or other sign on opposite side door knob to alert others not to open the door. 5. Place a 2"x4" piece of lumber (not included) along floor that that is minimally 8" longer than the width of the door opening for user to place feet against. Socks or other covering can be used to cover board ends to lessen the likelihood of damage to door frame. 6. Weight test Pangolin prior to work out and every time strap length is adjusted by pulling on the strap and slowly leaning on support pad. If there is any give, repeat step until it is secure. 7. User is to place feet on board rather than against the door.

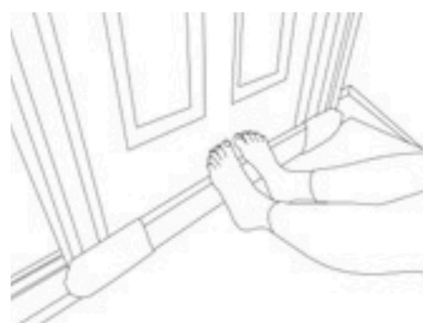
*User is responsible to check whether chosen door and door frame were properly installed and secured. User is solely responsible for any damage to door, door frame and/or walls.



Door opens away from user.
Right side of door.



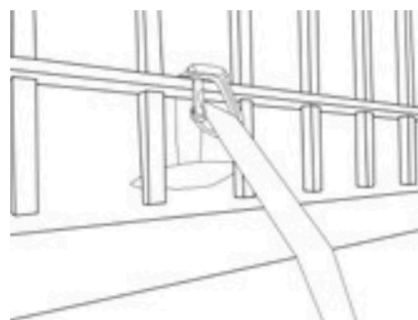
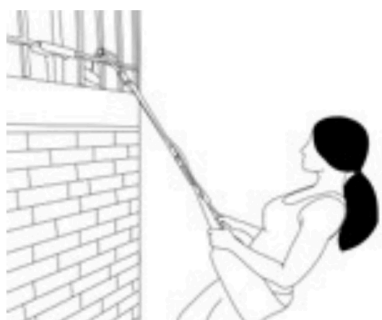
Wrong side of door



Place feet against board, not door. Use socks on ends of boards to avoid damage to door frame.

Strap Wrap Anchor

1. Locate a horizontal bar (such as a ceiling beam or pull-up bar used at a third party gym facility) that is strong enough to hold user's weight with enough clearance to perform approximately 1 foot above user's head. 2. Make sure that the bar has a smooth surface that will not damage the anchor strap and is strong enough to withhold the required amount of weight. 3. Wrap the strap over or around the bar then attach carabiner to strap. Make sure carabiner gate is completely closed with carabiner screw in place. 4. Weight test Pangolin prior to work out and every time strap length is adjusted by pulling on the strap and slowly leaning on support pad. If there is any give, repeat step until it is secure. 5. Chosen anchor point must be located near a wall where user can place feet against a vertical surface.



Wrap strap around horizontal bar or limb.
Place feet against vertical surface such as tree trunk or wall.

Carabiner Fixed Anchor

1. Select a fixed anchor point that is strong enough to hold user's weight with enough clearance to perform the desired exercises. Suggested height of anchor 2. Attach carabiner to fixed anchor point. Make sure carabiner gate is completely closed with carabiner screw in place.. 3. Weight test Pangolin prior to workout and every time strap length is adjusted by pulling on the strap and slowly leaning on support pad. If there is any give, repeat step until it is secure. 4. Chosen anchor point must be located so that user can place feet against a vertical surface such as a wall. * Pangolin may not currently sell or include installation kits or hardware. There are a variety of anchors commercially available for home use such as steel eye bolts and aerial yoga anchors. Hire a licensed contractor for anchor installation.

*User is responsible to check whether chosen anchor point was properly installed and secured. User is also responsible to follow load bearing specifications of chosen anchor point to ensure safety. *Pangolin will not accept responsibility for poor attachment, point installation, faulty attachment points or injury to user due to attachment point failure for any swing or aerial equipment.



Clip carabiner to fixed anchor.
Make sure carabiner is closed.



Wrong! Do not use if
carabiner is open.



Clip carabiner to fixed anchor.
Make sure carabiner is closed.

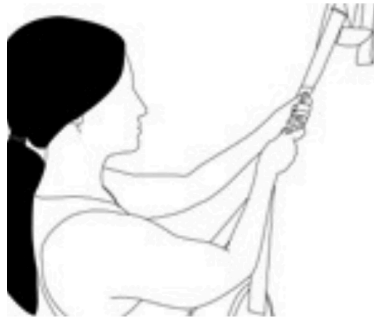
ADJUSTING STRAP LENGTH

To adjust the length of the exercise strap, press the tab on the cam buckle. Once cam buckle is depressed, either pull down on buckle to lengthen the strap or pull up on the end of the strap to shorten.

*Do not touch cam buckle or adjust strap length when leaning on support pad. If you do, it will release the buckle causing the strap to lengthen and resulting in the user falling to the ground which may cause physical injury.



Press cam buckle and pull strap to lengthen or shorten.



Do NOT touch cam buckle while leaning onto support pad.



POSITIONING THE SUPPORT PAD

Upper Back

User faces anchor point.

Pad is positioned around upper back under armpits.

Back Hips

User faces anchor point with feet against vertical surface.

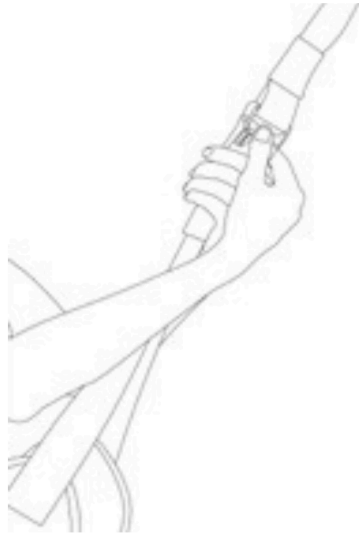
Pad is positioned at hip level, not around lower back or back of thighs. Do not sit on pad. It can cause the strap to dislodge from the wall or door resulting in bodily injury.

User can hold side straps to increase stability.

*Placing support pad too low will cause user to become top heavy and may result in fall or injury.



Correct: Place support pad around hips. Hold in place until you are comfortable. You can hold strap for stability but DO NOT TOUCH CAM BUCKLE WHILE LEANING ON PAD.



Incorrect: Do not sit on pad.
Placing pad too low will result in being top heavy and may result in falling.
Incorrect: Do not touch cam buckle while leaning onto support pad

Front Hips

User faces away from anchor point with feet against vertical surface. Pad is positioned at hip level, not around belly or front of thighs. Do not sit on pad. It can cause the strap to dislodge from the wall or door resulting in bodily injury *Placing support pad too low will cause user to become top heavy and may result in fall or injury.



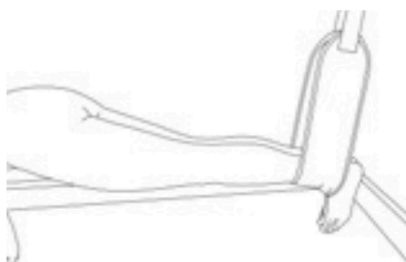
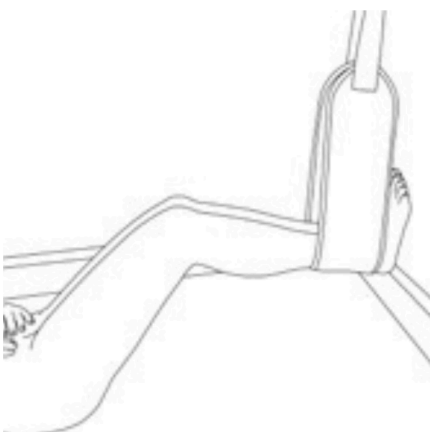
Correct: Place support pad around front of hips. Hold in place until you are comfortable.



Incorrect: Placing pad too low will result in being top heavy and may result in falling.



Incorrect: Do not position pad around belly.



Place support pad around front or backs of ankles.

Ankles

User sits facing anchor point to place backs of ankles onto support pad.
User kneels facing away from anchor point to place fronts of ankles onto support pad.

PANGOLIN

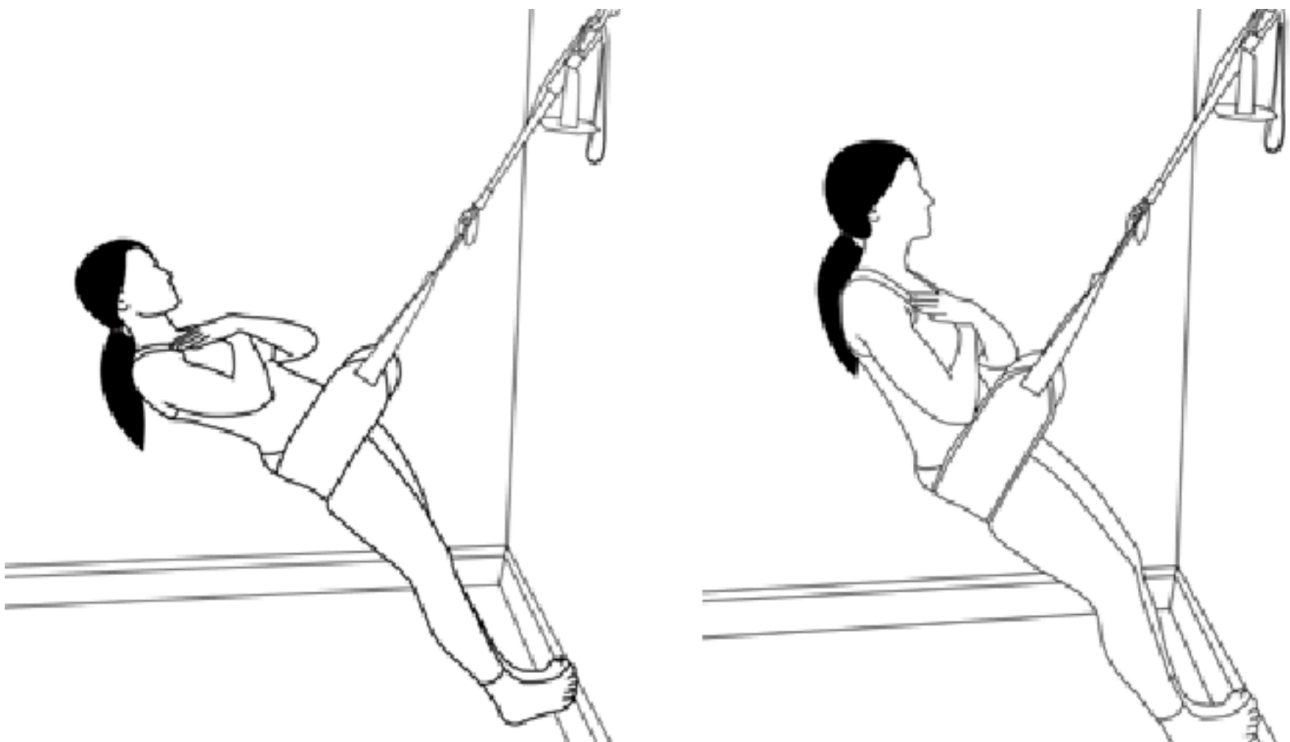
CAUTION: Pangolin is designed to be used in conjunction with only the exercises described in this Manual and those exercises which are available to users through the membership subscription package offered by the Company. These are the only exercises you should do with the Pangolin. Failure to adhere to these exercises may result in injury. Always make sure your Pangolin device is properly installed before use. Do not over exert yourself and seek advice from a medical professional before commencing exercising with the Pangolin. Video tutorials for these exercises and workouts are found on www.Pangolinstrong.com

PANGOLIN EXERCISES

Please view these video tutorials in full before attempting to perform any exercises using the Pangolin equipment.

ABDOMINALS

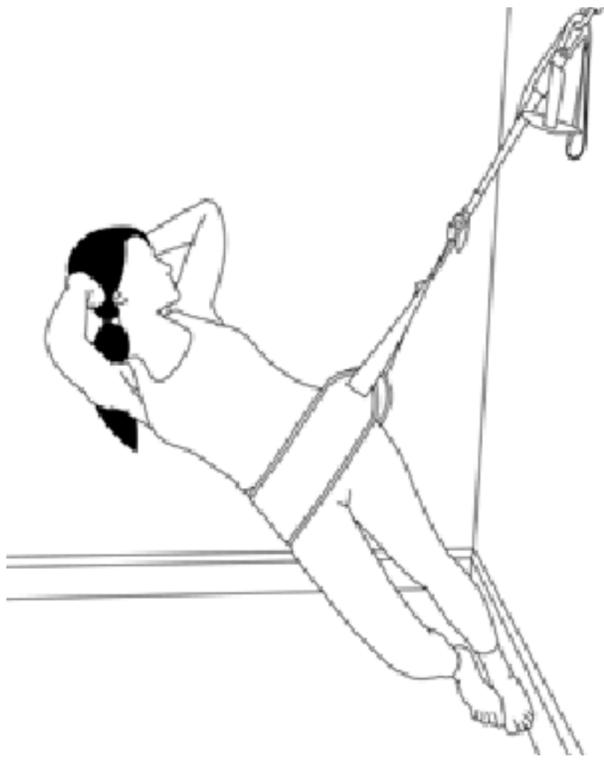
1. **Total Crunch:** The total crunch targets the entire abdominal wall. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point, position the Pangolin support pad around your hips, and place your feet against the wall. Tap the surface of your stomach to activate the muscle fibers and improve your mind/body connection. Inhale as you lean back and exhale as you perform the crunch. When you exhale, concentrate on contracting the stomach muscles as you decrease the space between your lower ribs and your hip bones. Keep your shoulders relaxed away from ears.



2. Twist: The twist targets the entire abdominal wall. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point, position the Pangolin support pad around your hips, and place your feet against the wall. Keep your hips square to the wall in front of you while you twist your torso side to side. Concentrate on contracting the stomach muscles throughout the twisting movement. Exhale twist, inhale center, exhale twist. Keep your shoulders relaxed away from ears.

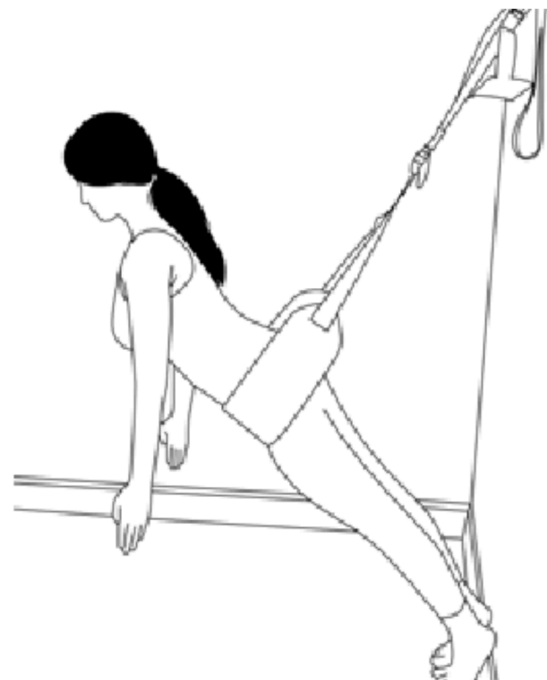


3. Oblique: The oblique exercise targets the oblique muscles of your abdominal wall. Rub your fingertips up and down your stomach between your ribs and hips to activate the oblique muscles and improve mind/body connection. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point positioning the Pangolin support pad around the level of your hips with your hips facing toward one side. Place one foot against the wall and the other foot steps back onto the floor. If you are facing to the right, the support pad is around the right hip, and the right foot steps back. Inhale as you lean back and exhale as you perform the crunch. When you exhale, concentrate on contracting the stomach muscles as you decrease the space between your lower ribs and your hip bones. Keep your shoulders relaxed away from ears.

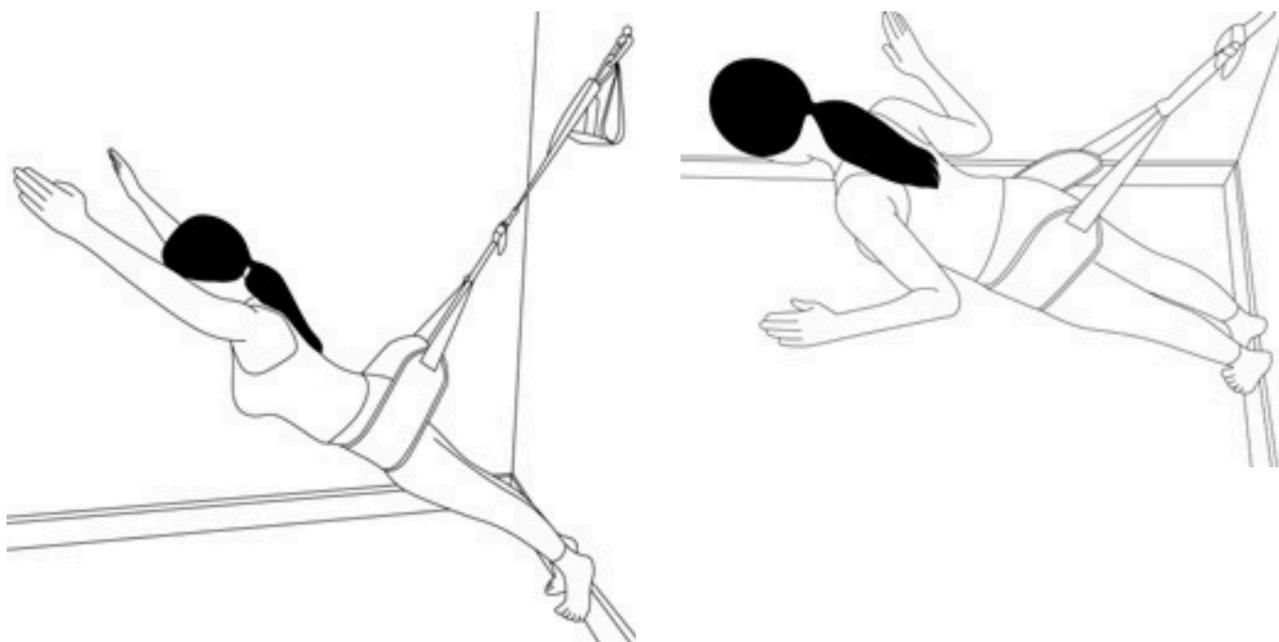


BACK

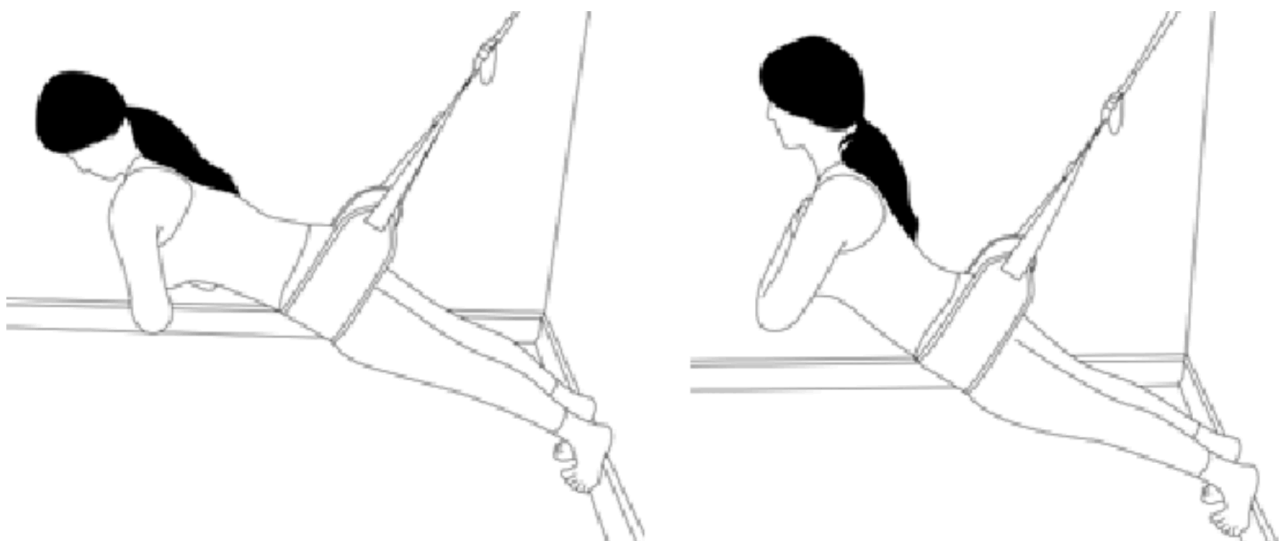
1. High V: The high V improves shoulder and back strength. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the Pangolin support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Alternate raising your arms into a high V position and then lowering them along your sides. Be careful to raise your arms without shrugging your shoulders. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin.



2. Swimmer: The swimmer strengthens your back and improves your posture. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the Pangolin support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Raise arms into a high V position with palms facing down, then pull elbows down to waist and shoulders away from ears. Relax your arms down then start again. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin.

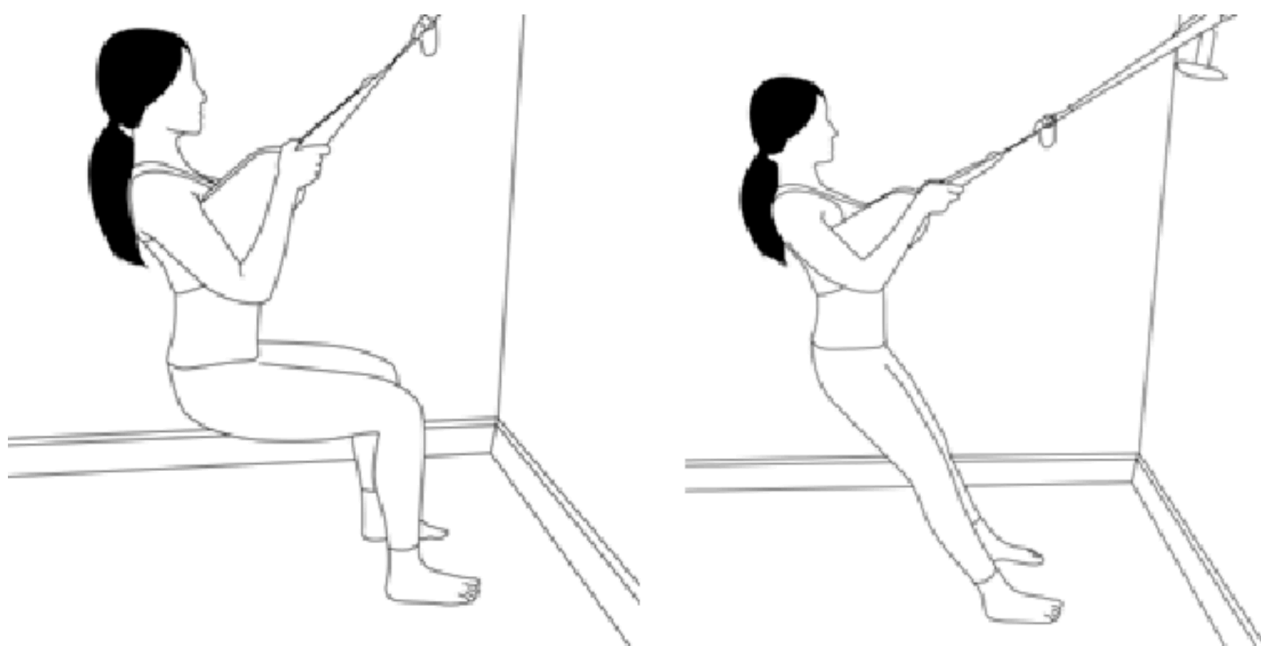


3. Cobra: Cobra strengthens muscles that support your spine. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the Pangolin support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Lift chest and arch back by contracting back muscles. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.

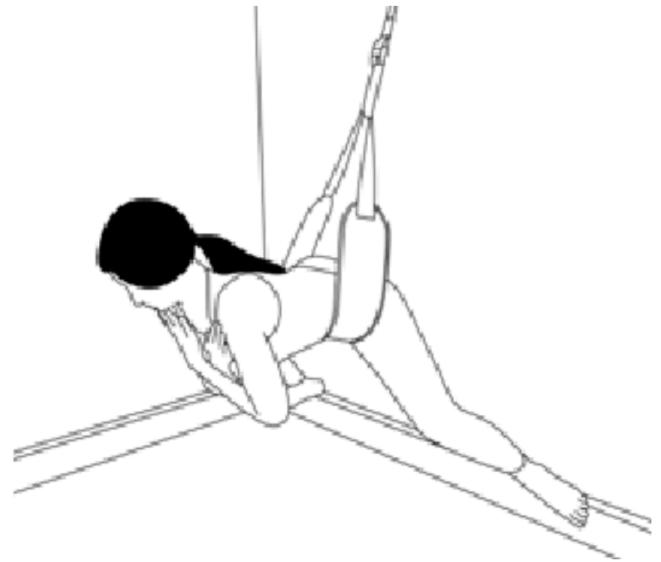
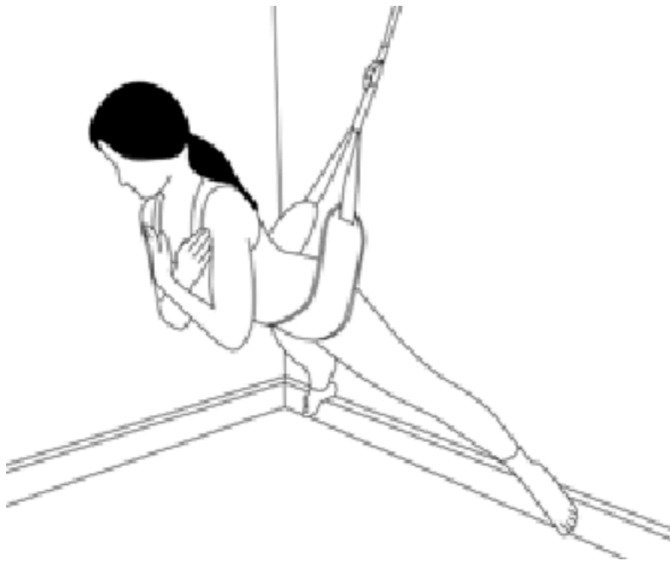


GLUTES/LEGS

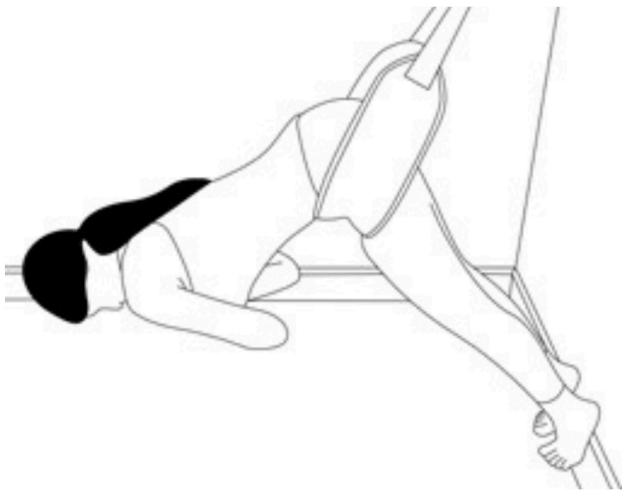
1. Basic Squat: The basic squat strengthens your glutes and legs. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point positioning the Pangolin support pad around your upper back. Lean onto the pad and sit down until your hips are the same level as your knees. In this sitting position, walk your feet toward the wall until your ankles are directly under your knees and your thighs are parallel to the floor. Be sure that your knees are not too far forward over your toes. The correct position is 90/90/90 meaning 90 degree angle at fronts of ankles, backs of knees, and front of hips. Keep your feet parallel with each other. Find equal pressure in big toes, little toes, and heels. Push down through your heels to straighten your legs. Squeeze the fronts of your thighs when your legs are straight.



2. Plie Squat: The Plie squat strengthens your buttocks and legs. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the Pangolin support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Separate your feet into a wide stance. Alternate bending your knees and straightening your legs. Push down through your heels to straighten your legs and squeeze the fronts of your thighs and rear end when legs are straight. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.



3. Hip Hinge: The hip hinge will strengthen and firm your glutes. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the Pangolin support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Lower your chest down toward the floor by hinging at your hips, not by rounding your back. You may bend your knees especially if your hamstrings feel tight. Concentrate on squeezing your buttock muscles to return to a straight body position. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.



Total Tone Workout

Total Crunch x 10 reps

High V x 10 reps

Basic Squat x 10 reps

Chiseled Cheeks

Hip Hinge x 10 reps

Plie Squat x 10 reps

Basic Squat x 10 reps
Ultimate ABS
Total Crunch x 10 reps
Oblique x 10 reps
Twist x 10 reps

CAUTION:

Failure to abide by the instructions in this Manual could result in physical injury or death.

Always consult a physician before beginning any exercise program.

Keep children away from this equipment. This equipment is intended for adult use only. Inspect unit prior to use. DO NOT use if it appears to be worn, frayed or damaged. Check to ensure that everything is secured. Do not remove the safety label. If you feel unusual pain, dizziness, shortness of breath, chest tightness or any discomfort STOP all use and consult your physician immediately. We highlight a few major ways the Pangolin can be misused but advise you to read the Manual in its entirety.

1). User may hold suspension strap to increase stability but DO NOT touch cam buckle while performing exercises or with any weight on the support pad. placing feet together or standing on one foot decreases stability - feet apart increases stability. raising arms changes center of gravity no swinging, no children, no pets. no dumbbells, barbells, kettle bells, ankle/wrist weights, weight vest, or any other type of additional weights while using Pangolin



To the extent permitted by law, USER EXPRESSLY AND VOLUNTARILY ASSUMES THE RISK OF PERSONAL INJURY SUS-TAINED WHILE USING THE Pangolin EQUIPMENT AND EXERCISES, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER FAULT OF THE COMPANY, Pangolin, any of its subsidiaries or other affiliates and any of their respective officers, directors, employees, members, agents, successors and assigns. the Company, members, .. User agrees to consult with his/ her personal physician before participating in any of these exercises using the Pangolin device. User shall read, understand, and follow specific warnings and instructions found in this Manual and on the video tutorials before using Pangolin.

Additionally, by using the Pangolin device, user agrees to indemnify, defend and hold Company harmless from any third party claims arising from the user's use of the Pangolin device. User shall save this Manual for reference.

PANGOLIN

