
PRECAUTIONS



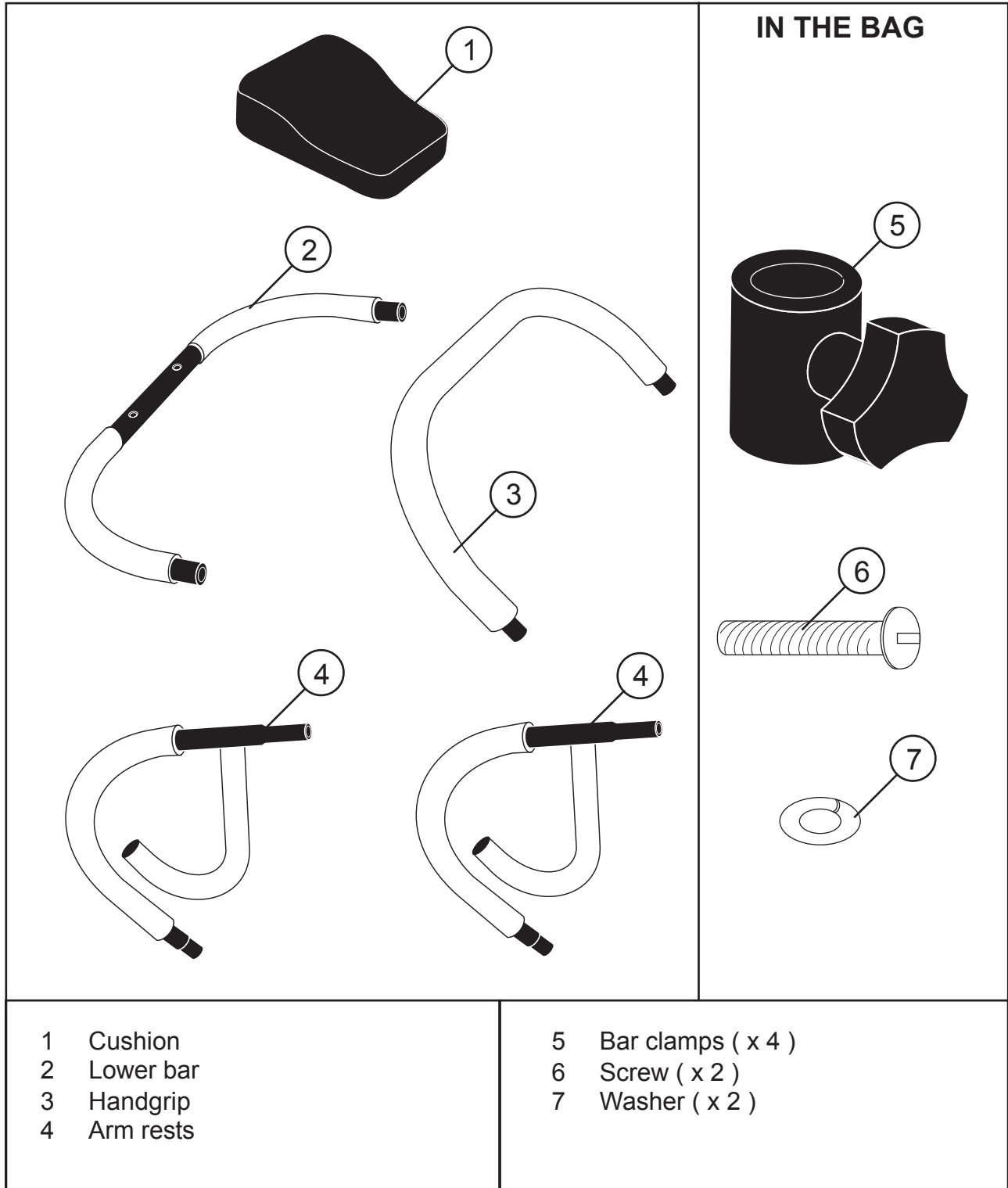
WARNING: To reduce the risk of serious injury, read the following important precautions before using the AB roller.

1. Read all instructions in this instruction book before using the AB roller. Use the AB roller only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the AB roller indoors on a level surface.
4. The safety level of the AB roller can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the AB roller.
5. Keep children away from the AB roller at all times.
6. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery when exercising.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. The AB roller is intended for home use only.
9. The AB roller is not intended for therapeutic purposes.
10. The AB Roller should not be used by persons weighing more than 100 kg.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using the AB roller.

PARTS LIST



A floor mat and video cassette are also supplied (not shown)

ASSEMBLY

STEP 1 OF 4

ATTACHING THE CUSHION

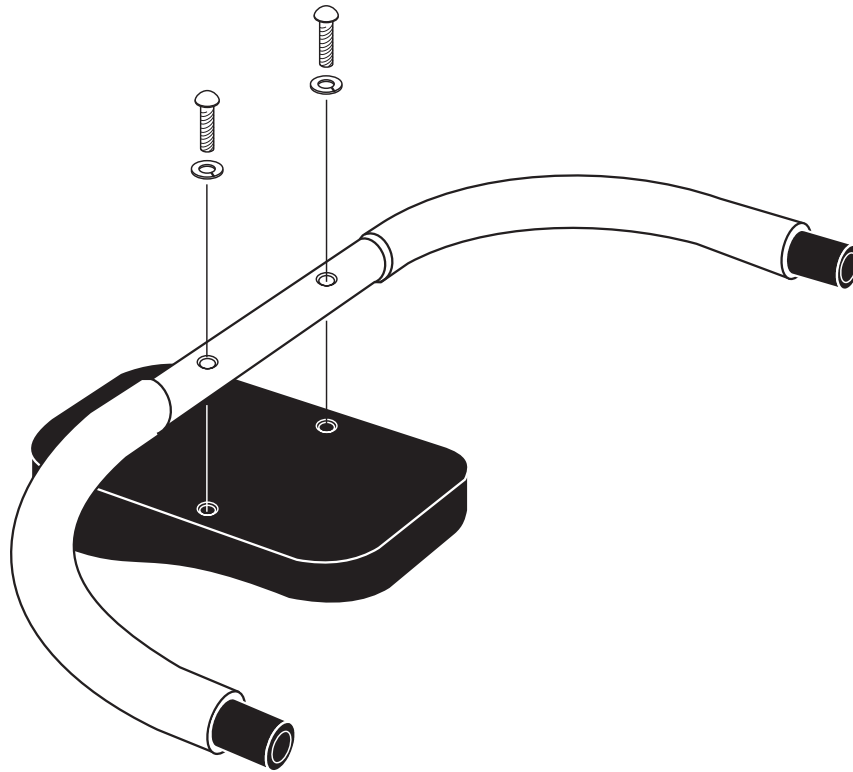


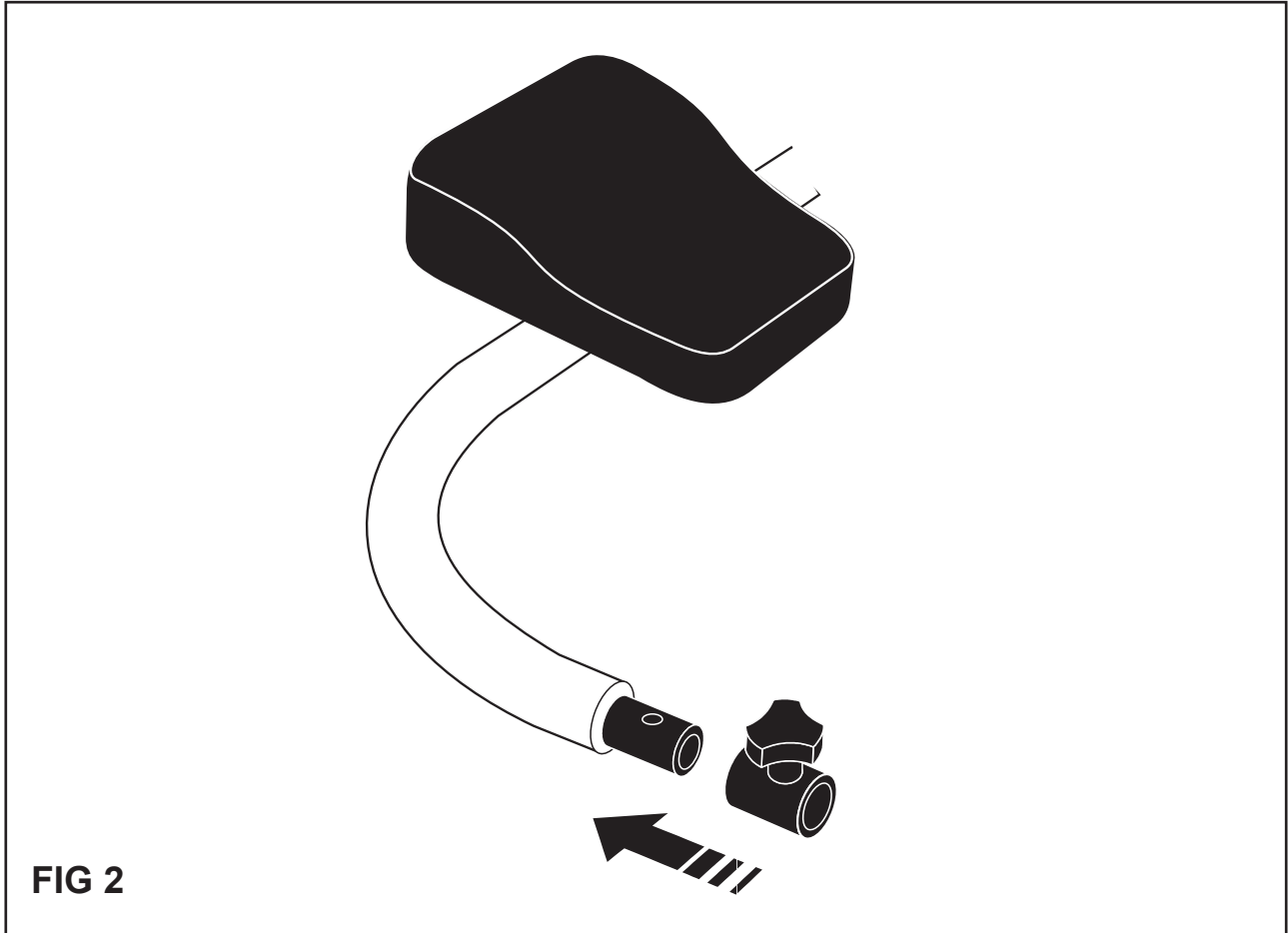
FIG 1

1. Attach the cushion (1) to the lower bar (2) as shown using the screws (6) and washers (7) provided.

ASSEMBLY

STEP 2 OF 4

FITTING THE BAR CLAMPS



1. Slide one of the bar clamps (5) onto each end of the lower bar (2) and tighten slightly.



Note: The bar clamps will only fit on one way, and the tread of the thumb screw should locate into the hole on the lower bar.

ASSEMBLY

STEP 3 OF 4

FITTING THE ARM RESTS

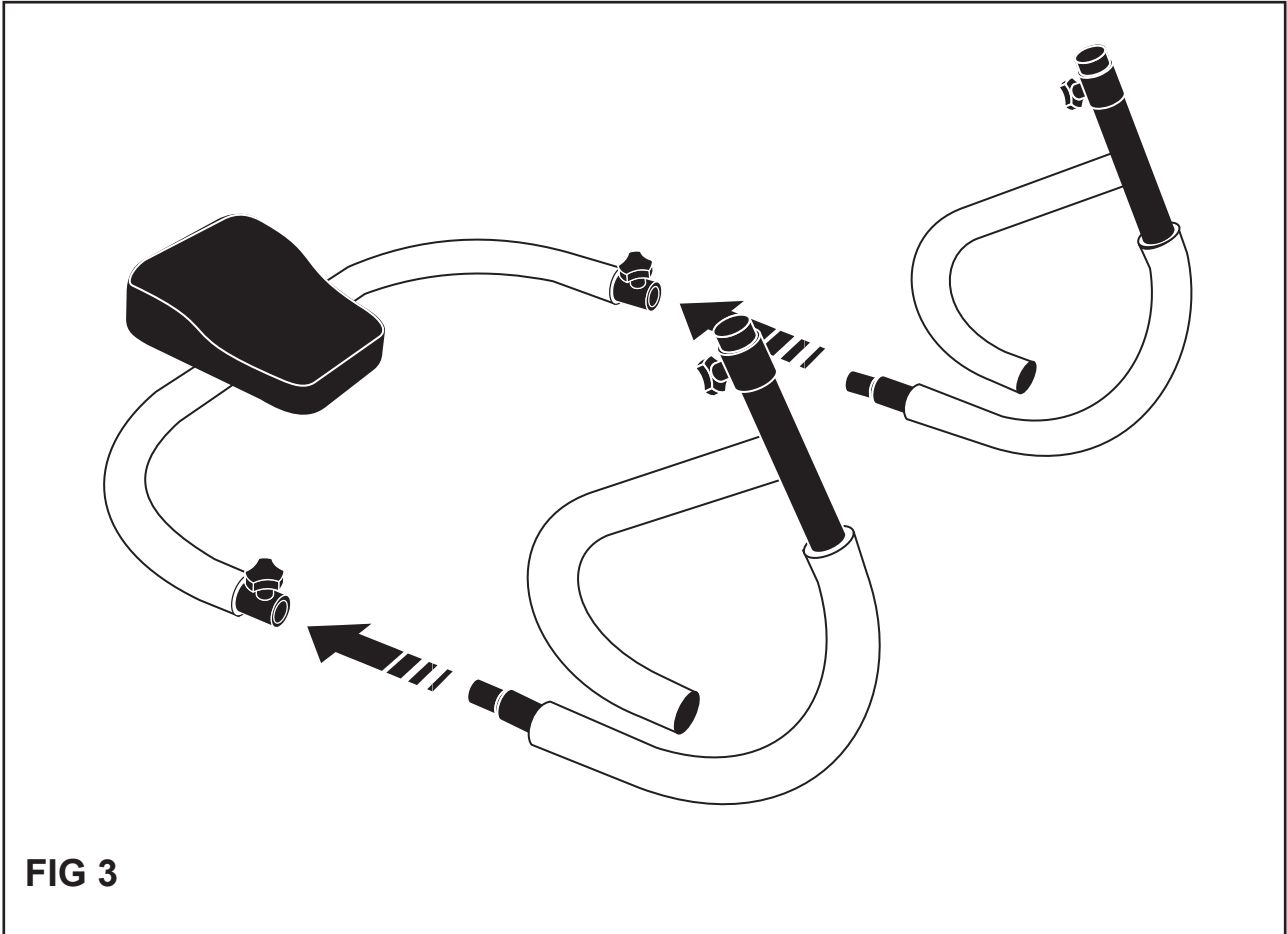


FIG 3

1. Slide the arm rest (4) into the bar clamp (5).



Note: the arm rests must be fitted as shown above.

2. Repeat with the second arm rest.

ASSEMBLY

STEP 4 OF 4

FITTING THE HANDGRIP

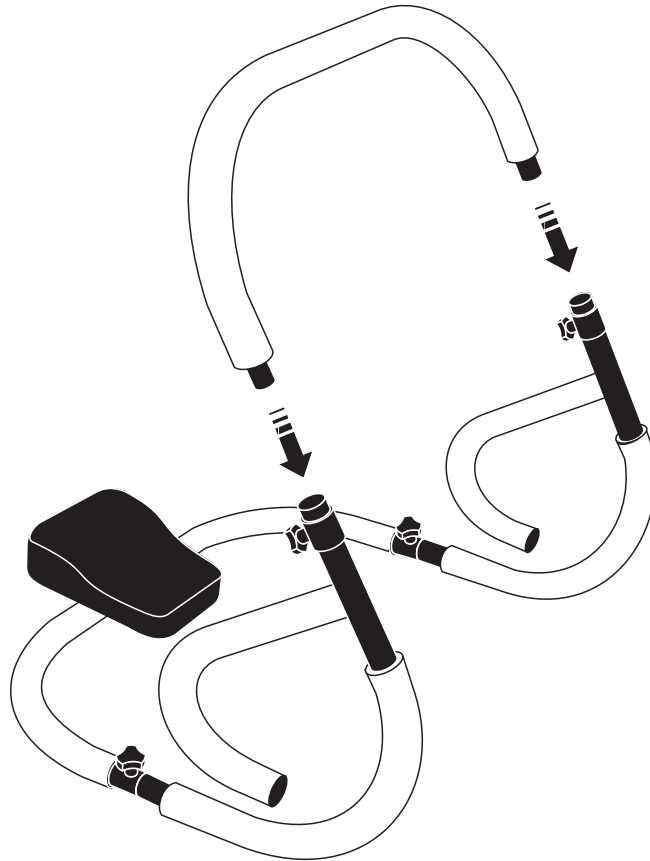


FIG 4

1. Fit the remaining bar clamps (5) to the free ends of the arm rests (4).
2. Slide the handgrip (3) into the bar clamps (5).



Note: The bar clamps will only fit on one way, and the tread of the thumb screw should locate into the hole on the handgrip.

3. Tighten all of the bar clamps (5) to fix into place.

ASSEMBLY

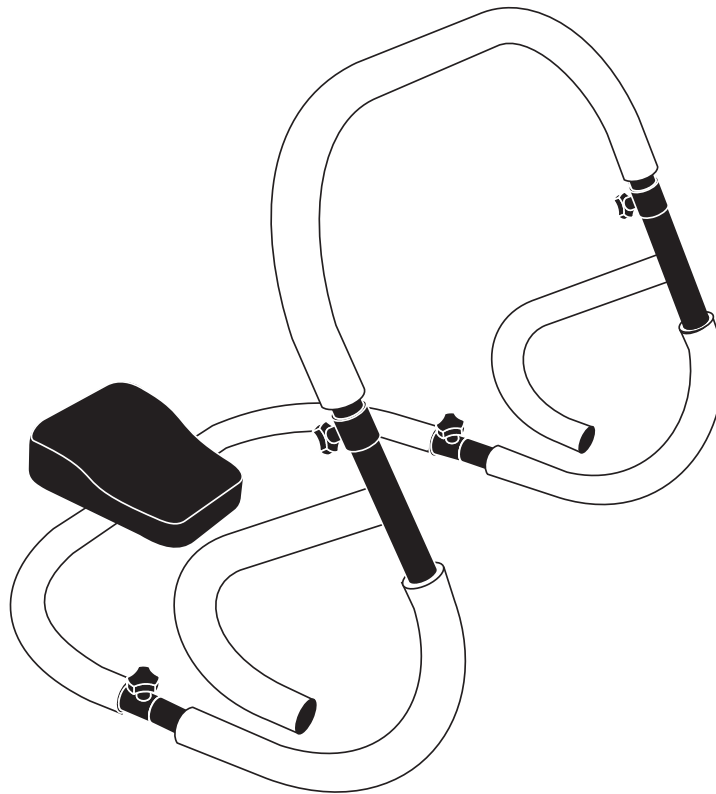


FIG 5

1. The AB roller should look like this when fully assembled.
2. The floor mat should be laid out and the AB roller placed at one end.

THINGS TO REMEMBER

When training your abs:

- Always keep your lower back pushed into the floor. If you find that your back arches up keep your knees bent and closer to your body so that your lower back is pushing into the floor.
- Breath out as you crunch up, breathe in on the way down.
- Train your lower abdominal muscle first - as they usually are the most difficult to train.
- Don't over train your abs. Three quality training sessions per week is more than enough. Muscle needs time to recover and grow. It's muscle growth that increases the tone in your midsection. Make sure you have at least one to two full days rest from ab exercises between work-outs.
- Instead of trying to do 4 x 100 per session. Hold each repetition, for a count of 3, and aim to do 4 x 20 reps. This will get you better results by far! **Remember:** Your goal is to promote muscle growth for increased muscle tone.
- Don't just train your abs. You need to be performing a full-body program rather than just concentrating on your abdominal region. Focus on training each body part so that you can achieve that "all over toned look".



Note: Always perform a warm up before your work-out, a cool down after and then your stretches.

On the following pages are a few basic exercises designed to give you a basic workout. See the video supplied for a more extensive program.

USING THE AB ROLLER

BASIC CRUNCH

Start Position

- Lie on your back with your knees bent and your feet resting flat on the floor. Your neck and head should be relaxed and resting on the cushion with your hands resting on the handgrips (fig 6).

The Movement

- Using your upper abdominal muscles to curl your upper torso, so your shoulder blades lift off the floor.
- As you crunch up breath out and push your lower back into the floor squeezing your tummy as tight as possible, your sternum (chest bone) should be aimed toward your belly button (fig 7).
- At the top of the movement, contract the abs intensely holding for a count of 1-3 and then slowly relax and lower your torso back to the start position.

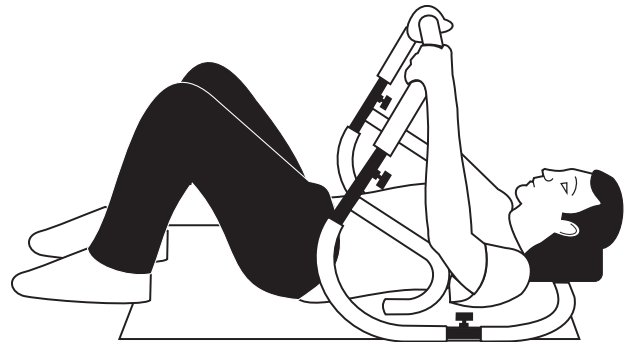


FIG 6

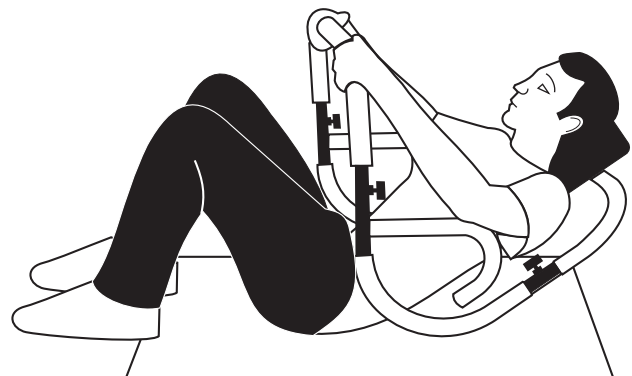


FIG 7

Caution

- Keep your lower back flat on the ground.

USING THE AB ROLLER

SIDE CRUNCH

Start Position

- Lie on your back with your knees bent and your feet resting flat on the floor. Your neck and head should be relaxed and resting on the cushion with your hands resting on the handgrips.
- Keeping your knees together, let them both fall to the right. Your lower body should be twisted to the side but your upper body should remain straight and flat on the floor. Make sure that you keep your head and chest facing the ceiling (fig 8).

The Movement

- Crunch your chest toward the raised hip. Although your lower trunk is twisted to one side, keep your shoulders square and crunch your upper torso straight up (fig 9).
- When you have completed one set, drop your knees to the opposite side, and do an equal number of repetitions on the other side.

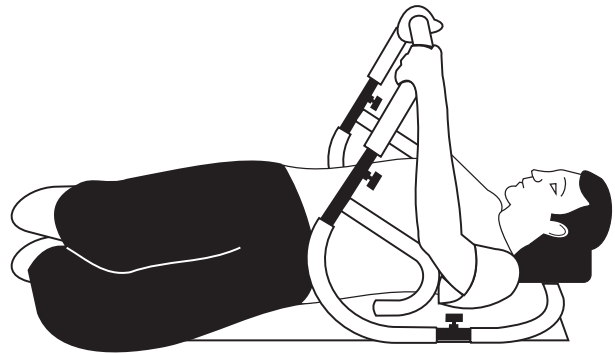


FIG 8

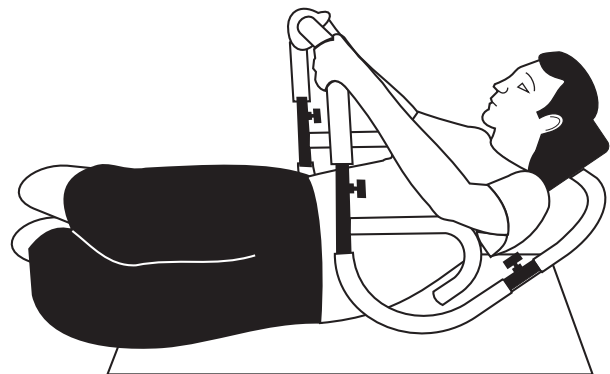


FIG 9

Caution

Do not allow your upper body to twist. Keep your shoulders square and facing upwards.

USING THE AB ROLLER

LOWER AB CRUNCHES

Start Position

- Lie on your back with your knees bent and your feet parallel to the ground. Your neck and head should be relaxed and resting on the cushion with your hands resting on the handgrips (fig 10).

The Movement

- Raise your backside and hips slightly, breathing out at the same time.
- As you crunch up push your lower back into the floor and squeeze the lower section of your tummy (pelvis region) as tight as possible (fig 11).
- Lower your hips and backside back down to the floor and repeat.

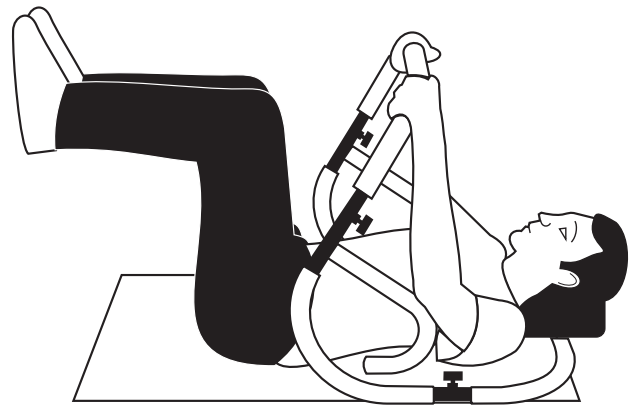


FIG 10

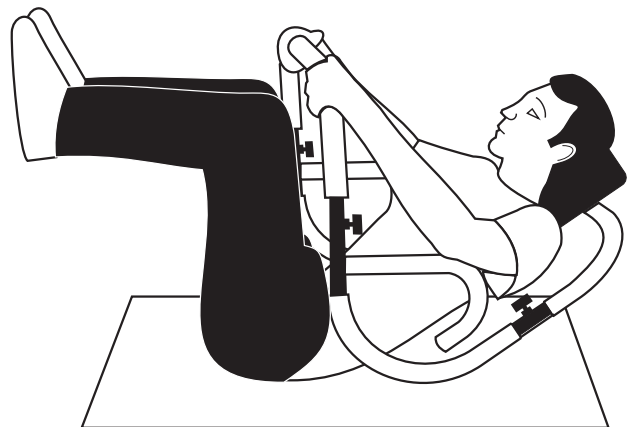


FIG 11

Caution

- Keep your lower back flat on the ground.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general well-being. Regular exercise will :

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 -167
25	132 -166
30	130 -164
35	129 -162
40	127 -161
45	125 -159
50	124 -156
55	122 -155
60	121 -153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

HOW TO TAKE YOUR PULSE

The most common place to measure your pulse is the artery on the thumb-side of the wrist.

Touch this area lightly until you feel your pulse/heart beat. Count the number of heart beats for 10 seconds and multiply by 6



Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the exercise equipment

BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 16.
- Start slowly, doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out.
- Exercise slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5-minute cool down then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.

How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the exercise equipment.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

SPECIFICATIONS

Maximum weight limit 100 kg

Class Rating HC

Please note that the specifications are subject to change without notice.

SUPPORT

CUSTOMER SERVICE HELPLINE NUMBER 0870 873 0076

SPARE PARTS NUMBER 0870 873 0095

Opening hours
Mon-Thu 8 am - 6 pm
Fri 8 am - 4 pm
Sat-Sun Closed

GUARANTEE

This product is guaranteed for twelve months from the date of original purchase. If any defect arises due to faulty materials or workmanship the unit will be either replaced, a refund will be given, or the unit will be repaired free of charge (where possible) during this period by the dealer from whom you purchased the unit.

- The guarantee is subject to the following provisions:-
- The guarantee is only valid within the boundaries of the country of purchase.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purposes
- The guarantee does not cover accidental damage, misuse, cabinet parts, or knobs
- The guarantee will be rendered invalid if the product is resold or has been damaged by inexpert repair.
- The manufacturer disclaims any liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish, your statutory or legal rights.