

The Ab Coaster®

Just a few minutes a day on the Ab Coaster® is all you need to get a lean sexy waistline.

Features:

- All Steel Construction
- 1.5" Steel Rails
- Nylon Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- 350 lb. Weight Capacity
- Quick easy assembly
- Digital Workout Counter
- 20 lb. Weight Plate Capacity
- Easy-Move Casters
- Powder Coat Finish
- One Year Warranty
- 3-Position Adjustable Seat plus Free-Style Motion

Dimensions & Weight :

- L 51" W25" H50"
- Weight: 70 lb.



multi-angle seat adjuster



plate loading resistance system



constant core contractions



Fitness Begins At Home

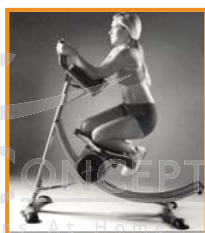
WORKOUT CHART



A. FORWARD LIFT

1. Adjust Seat so that it faces forward.
2. Place forearms and elbows on arm pads. Lightly grasp handles.
3. Kneel on Seat so that your feet are hooked on the back edge of the pad. DO NOT lean forward; sit back toward your heels.
4. While contracting your abs, lift your knees forward along the track. DO NOT move your upper body while performing exercise. Make sure you use your abs to lift the Seat carriage; DO NOT use your upper body or your arms to lift.
5. Return slowly to starting position and repeat.
6. Use steady and slow speed while exercising. DO NOT use momentum to lift – concentrate on contracting and using your abs to lift.

DO NOT USE EXCESSIVE FORCE WHEN LIFTING OR RETURNING SEAT TO STARTING POSITION AND AVOID BANGING SEAT AGAINST THE TRACK.



B. SIDE LIFT-FOR OBLIQUES (LEFT AND RIGHT)

1. Adjust Seat to the side you want to work (left or right). Make sure Seat pin is in "locked" position and the Seat is not moving freely.
2. Follow Steps 2 -6 from the Forward Lift exercise.
3. During exercise, focus on contracting the oblique muscles to lift. After completing one side, adjust the seat and perform Side Lift exercise for other side (left or right).



C. FREE-STYLE MOTION TRAINING

1. Adjust pull under the Seat so that it is in the "unlocked" mode.
2. **Prior to kneeling on Seat**, place forearms and elbows on arm pads. Grasp handles firmly to balance your body prior to kneeling on Seat.
3. Kneel on Seat so that your feet are hooked on the back edge of the pad. **WARNING: Use caution when kneeling on seat in "unlocked" position; make sure you move slowly and grasp handles first to keep your body steady before kneeling on the Seat. DO NOT kneel on Seat before you grasp the handles and stabilize your upper body first.**
4. In "Free-Style Motion" position, you may create your own workout and use a variety of forward and side lifts. You can twist your core as you rotate the Seat from side to side through the range of motion along the track. (visit www.ABCoaster.com for sample Free-Style Workouts).
5. While exercising in the Free-Style Motion position, keep the speed of exercise at a steady rate. Lift and return the Seat using steady and slow speed. Do not use momentum to lift-concentrate on contracting and using your abs to lift.

DO NOT USE EXCESSIVE FORCE WHEN LIFTING OR RETURNING SEAT TO STARTING POSITION AND AVOID BANGING SEAT AGAINST THE TRACK.

CAUTION: DO NOT LEAVE THE AB COASTER SEAT "UNLOCKED" IN THE FREE-MOTION SETTING WHEN YOU ARE FINISHED WITH EXERCISE. LOCK THE SEAT INTO A FIXED POSITION AFTER YOU COMPLETE EXERCISE.