Read these Directions Before Assembling Unit:

All necessary bolts and screws are pre-attached to each part for easy assembly. For each Step, remove bolt or screw from part, then line up holes, and re-attach.

Do not use tools to tighten bolts/screws until all Steps are completed. Only finger-tighten bolts/screws for each Step.

Upon completion of all assembly Steps, use tools provided to tighten all bolts and screws. Attach plastic caps to cover bolts.

AbCoaster®

Quick and Easy Assembly Guide

Step 1

Attach Rear Foot

Attach rear foot (without roller wheels) to rear of Ab Coaster® track (using 2 bolts).

Step 2

Attach Front Foot

Attach front foot (with roller wheels) to front support post (using 2 bolts).

Step 3

Attach Front Post

Attach front post to Ab Coaster® track. The front post is attached to track in 2 locations as shown (using 2 Allen head screws for each location).

Step 4

Attach Armrest Console

Attach armrest console to top of front post (using 4 Allen head screws).

Step 5

Connect Wires

Connect counter wires in 2 locations as shown. Tighten all bolts and screws using tools provided.

See Owner's Manual for Complete Instruction and Important Safety Information Before Using This Product.

Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for exercising with the Ab Coaster®. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.

AbCoaster® Quick Reference Guide

Getting on Your Ab Coaster

Grip handles and place arms on pads. Place one knee at a time on Seat.

Correct Starting Position

Sit back toward your heels without leaning forward.

Proper Form of Exercise

While contracting your abdominals, lift your knees forward along the track. Do not pull with your arms. Return slowly to starting position and repeat.

WRONG!

Feet should be hooked on back edge of Seat.

Do not lean forward; sit back toward your heels.

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