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LAB[®]

ROLLER

WITH pro assist



OWNERS MANUAL

Thank you for purchasing the Ab Roller with Pro Assist®. The Ab Roller with Pro Assist® will let you develop rock-hard abs and a trim, toned waist in just a few minutes each day. The Ab Roller works by supporting the weight of your head and neck during every rep. Now your movements are slower and more concentrated. You can exercise longer, train harder and see results faster. With the installation of the optional “Pro-Assist Spring” you can receive additional help as a beginner or intermediate user.

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness. Please read and follow the safety instructions.

SAFETY INSTRUCTIONS

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY DIET OR EXERCISE PROGRAM

1. If at any time you feel faint, light headed or dizzy, please stop exercising immediately. You should also stop if you experience undue stress, pressure or pain at any time. See your doctor before continuing to workout.
2. Please keep all children and pets away from the Ab Roller during use, as well as when the machine is unattended.
3. Make sure that all bolts are tight prior to each day's use. Periodic maintenance is required on all exercise equipment in order for it to remain in good operating condition.
4. Use the machine on a flat, level surface. If you are not using the Ab Roller on a carpeted surface, you may want to put an exercise mat or towel beneath the unit to cushion your back during the workout.
5. Wear proper clothing. Wear workout gear that allows free movement such as jogging and warm up suits, shorts, T shirts or other clothing that fits correctly.
6. Always follow the correct exercising procedure for the Ab Roller.
7. Always choose the proper workout which best suits your physical strength and flexibility level.
8. Follow your doctor's recommendations in developing your own personal fitness program.
9. Know your limits and train within them. Always use common sense when exercising.









SAVE THESE INSTRUCTIONS

SET-UP INSTRUCTIONS

Please note: You'll find assembly relatively easy.
All tools and parts necessary for assembly are included.

- Step 1:** Take the two curved Roller Arm/ Side Bars (A) and attach to the Overhead Support Bar (C) on each side with two Short Screws (G) provided. Insert part (A) into part (C) so that the screw heads face up when the unit is lying on the ground. Tighten securely with Allen Wrench (H).
- Step 2:** Take the Head Pad (B) and attach it to the Lower Bar (D) using the two Long Screws (F) provided. Tighten securely with the Allen Wrench (H).
- Step 3:** Insert Lower Bar (D) into the Side Bars (A). Attach with Short Screws (G) provided. Tighten securely with Allen Wrench (H).
- Step 4:** Place nylon cover over Pro-Assist Spring with the small opening of the spring at the top. Then push the protective cap over the end of nylon case and spring. The Pro-Assist Spring is then attached to the Head Pad (B) with included Short Screw (G) placed through the small end of the spring.

The use of the Pro-Assist Spring is optional and designed for the beginner and intermediate user to provide additional assistance during the workout.

PARTS NO.	DESCRIPTION	QUANTITY
 A	ROLLER ARM/SIDE BARS	2
 B	HEAD PAD	1
 C	OVERHEAD SUPPORT BAR	1
 D	LOWER BAR	1
 E	PRO-ASSIST ASSEMBLY	1
 F	LONG SCREW	2
 G	SHORT SCREW	9
 H	ALLEN WRENCH	1