



OWNERS

*For Maximum Effectiveness
and Safety, Please Read This
Owner's Manual Before
Using Your Ab Lounge™*

MANUAL



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Inc.

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INTL 2/20/04

IMPORTANT SAFETY INFORMATION

Before starting this or any other exercise program, consult your physician.

Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

Read all instructions in this manual for proper use, technique and motivation.

Start out slowly and progress sensibly. Even if you are an experienced exerciser, start with the basic workout and become familiar with all of the exercises before moving on to the Bonus Exercises on pages 13 and 14 of this manual. Progress at a pace that is comfortable for you.

Do not overexert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.

Use care when getting on and off the equipment. Set up and use your Ab Lounge on a solid, level, carpeted surface. Follow the instructions demonstrated in your video and on page 9 in this manual for proper entry and exit techniques.

Wear appropriate clothing when exercising. Workout clothing should be comfortable and lightweight. Wear athletic shoes, such as running or aerobic shoes. Do not use this product with bare feet or when wearing only socks or stockings.

Have plenty of clearance behind and in front of your Ab Lounge. It is important to keep children, pets, furniture and other objects out of the way when using your unit. You should have a minimum of 1 metre of clearance both in front of and behind your unit.

The Ab Lounge is not intended for use by children. Keep this and all fitness equipment out of the reach of children.

REMEMBER - REVIEW THIS OWNER'S MANUAL AND THE INSTRUCTIONAL VIDEO THOROUGHLY BEFORE STARTING YOUR WORKOUT!

IMPORTANT: SEE PAGE 3 FOR PLACEMENT OF THE FOLLOWING WARNING LABEL ON UNIT.

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL AND VIDEO MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 125KG.

SPECIFICATIONS & PARTS

AB LOUNGE Specifications:

Product Weight: Approx. 16Kg.

Length: 137cm

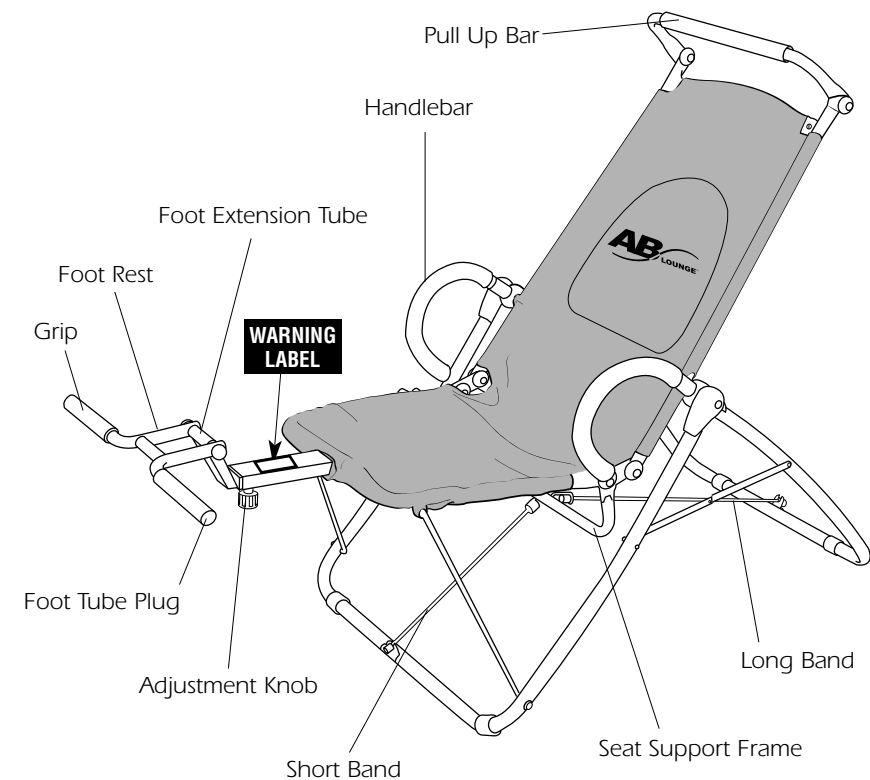
Width: 80.6cm

Height: 115cm

Maximum user weight: 125.5Kg



Includes Workout Video Featuring Rosalie Brown



INTRODUCTION

Congratulations on your purchase of the Ab Lounge™. You have taken an important step toward your fitness goals. Whether that means toning your abs, or strengthening and stretching your core abdominal muscles, the Ab Lounge can help you get the results you want.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Ab Lounge, you'll use the abdominal muscles in smooth natural motions. You'll be able to adjust the Ab Lounge to fit your body and begin your workout right away - just what you need to improve your fitness the healthy, easy way!

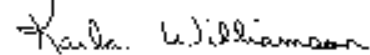
Just 30 minutes a week – three enjoyable 10 minute sessions – is all it takes to begin experiencing the toning and stretching benefits of your Ab Lounge. With regular use of your Ab Lounge and consistent aerobic exercise, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight (if you do not increase your caloric intake)
- Improved abdominal muscle tone
- Increased energy for daily tasks
- Less stress and a more positive outlook

With a minimal time commitment, you'll receive an impressive return on your investment!

If, during your program you have any questions, please contact your local distributor. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

Sincerely,



Karla Williamson, Customer Service

IMPORTANT: This owner's manual is the authoritative source of information about your Ab Lounge. Please read it carefully and follow all the instructions.

Your Ab Lounge System consists of the following components:

Part Name

Ab Lounge Workout Video

Ab Lounge Jump Start Book

EXERCISE GUIDELINES

If you are just starting an exercise program, choose a time of day that's good for you and stick to it closely. Try to do your Ab Lounge workout three times per week at first and then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions and when you have not eaten a heavy meal for approximately two hours.

Motivational Tips

Keep your motivation and interest high by remembering these simple tips:

- **Set goals for yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily or to see changes in your weight or fitness levels. Just five minutes of exercise, done several times per day, can change your health. Break your overall fitness goals down into small, reasonable goals.
- **Record your progress** by using the charts provided in this booklet.
- **Celebrate your successes** - even the small ones! Give yourself incentives for reaching each of your goals and reward yourself often.
- **Place your Ab Lounge where you can easily watch TV** or listen to music as many people find that makes your workout more enjoyable.
- **Take your setbacks in stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them and make sure they are realistic. Make adjustments as you think they are needed.

Your Ab Lounge Workout Will Consist of Three Phases:

Warm-Up

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 6 and 7 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

Muscle Toning Workout

To gain the health and fitness benefits that you seek, your warm-up should be followed by a toning workout on your Ab Lounge. Build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and will disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

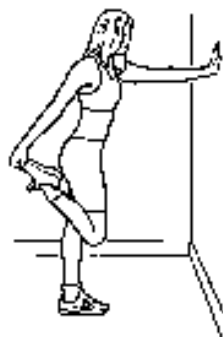
(continued on next page)

Cool Down and Stretching.

Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements. 10 to 15 minutes of daily stretching is recommended. This should be done when warming up and cooling down. Finish your workout by doing the stretches that follow.

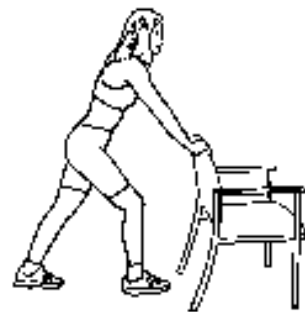
STRETCHES

When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. **(Do not let the lifted knee swing outward.)** Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.

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4. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



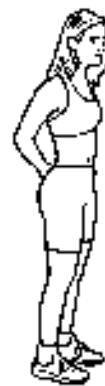
5. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



6. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



7. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region. Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

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GETTING STARTED

- Once your Ab Lounge is assembled, make sure it is on a solid, level, carpeted surface with a minimum of 1 metre of clearance space behind and in front of the unit. Practice getting on and off your unit a few times until you are comfortable with this movement.
- Review this Ab Lounge Owner's Manual completely before you begin your exercise program. Remember to follow the instructions exactly – they have been developed with your health and safety in mind.
- Determine your current fitness status so that you can start and progress at the appropriate level:
 - Beginner:** No previous exercise experience, or have not exercised in a long time.
 - Intermediate:** Have been performing abdominal exercises regularly for three months or more.
 - Advanced:** Have been performing abdominal exercises regularly for six months or more.
- Pay careful attention to the techniques and range of motion that are described and illustrated in this manual. This is essential for safety, and for isolating and targeting the appropriate muscles.
- Perform the exercises at a slow and controlled speed. About one or two seconds into the movement, a one to two second pause at the end range of motion, and a slow return to the starting position is a recommended speed for toning exercises. Working at a fast pace is not recommended, and may compromise your safety and results.
- You may not be able to complete all of the repetitions suggested at first. When you feel your muscles fatiguing, or are unable to work with good form and technique, take a short break and rest.
- Keep track of how many repetitions of each exercise you are able to do at first. You will be surprised at how quickly you progress. In just a few weeks you'll probably be able to complete all of the repetitions at the workout level you choose.
- Progress slowly. If you are very sore and tired after your workout you are working at a level that is too hard. Great results can be obtained by working at a level that challenges you, but doesn't create soreness and excessive fatigue.
- Once you are able to complete one set of each exercise in the Basic Routine with good form and technique, you may stay at a maintenance level, or you can increase the challenge and intensity by **(1)** performing more sets of each exercise in the Basic Routine, or **(2)** adding the Bonus Exercises to your Ab Lounge workout.
- It is important that you know how to work out safely and properly. These safety steps are for your benefit and you should follow them closely to maximize the effectiveness of your workout routine.
- You should begin to feel results within one to two weeks of working out with your Ab Lounge. Look for better posture and the feeling of more strength and efficiency in your core abdominal muscles.

THE AB LOUNGE™ WORKOUT

Getting On Your Ab Lounge

Stand next to the Ab Lounge, near the foot rest. Place one hand lightly on the handlebar and carefully step over the bar that connects the seat and foot rest. See Fig. 1. Facing the foot rest, slowly sit down on the seat. See FIG. 2. When the hips feel centered, lean back into the Ab Lounge in a comfortable reclining position. Lift the feet, one at a time, and place them on the foot rests. Reach overhead and place the hands on the pull up bar in a light grip about shoulder width apart. See FIG. 3.

To Get Out Of Your Ab Lounge, release the hands from the pull up bar and lean forward until you are sitting upright. Lower the feet one at a time until they are flat on the floor. Stand up slowly, using the handlebars on the sides of the unit, and carefully step back over the cross-bar to one side of the unit.



FIG. 1



FIG. 2



FIG. 3

Adjusting the Ab Lounge for your body

The Ab Lounge is easy to adjust, and allows a comfortable fit for any body size.

To adjust the foot rest, grasp the knob on the under side of the foot rest cross-bar. Pull the pin out and slide the foot rest closer to or further away from the cross-bar. Replace the pin into one of the holes in the cross-bar. Make sure the pin is secured before placing the feet on the bar. See FIG. 4. The foot rest should be adjusted to a point where the knees are bent about 90 degrees, or at a right angle, when the feet are resting on the bar. See FIG. 5.

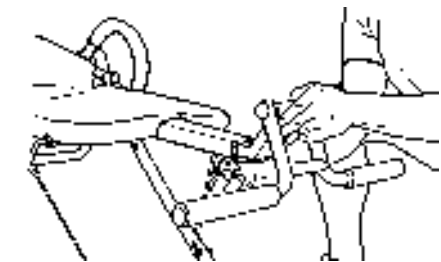


FIG. 4

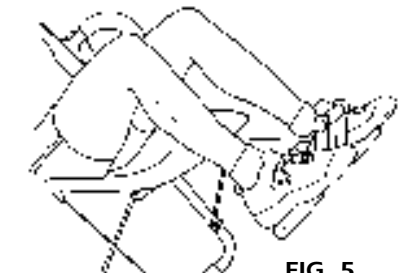


FIG. 5

The Ab Lounge workout is for anyone in good health and at any fitness level. The workout has been designed using exercises that tone and stretch the muscles of your abs and waist. To help you achieve optimal results, each exercise is very focused and requires proper technique. Therefore you should gradually progress your program before trying to complete all of the repetitions and sets suggested in this manual. Give yourself time to build up to doing the entire program.

Go at your own pace! After your workout, use the charts provided in this manual to track your progress. You'll be motivated to continue when you see how quickly you progress.

THE AB LOUNGE™ EXERCISES

BASIC ROUTINE

Perform 15 repetitions of each of the following exercises until you are able to complete all of the repetitions with good form. When you can complete one set of 15 repetitions for each exercise; then you are ready to add the Bonus Exercises to your routine or perform additional sets of your Basic Routine. Use the Workout Tracking Sheet on page 15 to record the number of repetitions and sets that you are able to do with each workout. Using the Workout Progress Chart at the end of this manual will also help you keep track of your progress

1. Basic Jackknife

This abdominal curl isolates the muscle that runs down the entire front of your torso, known as the rectus abdominis. Relax back into your Ab Lounge with your knees bent and feet placed on the foot rest. Place your hands overhead on the pull up bar, about shoulder width apart. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. To help you maintain a slow tempo, pull forward for two counts, pause for one count, and return to the start for two counts. These five-second repetitions will make the muscle work harder by avoiding momentum. Do not pull with your arms or lift your feet off the foot rest. See FIG. 6 & 7.

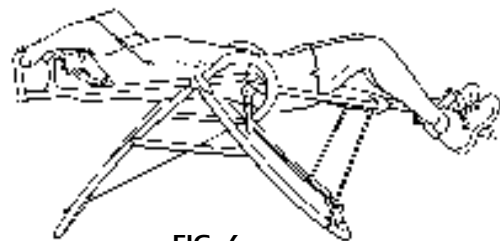


FIG. 6

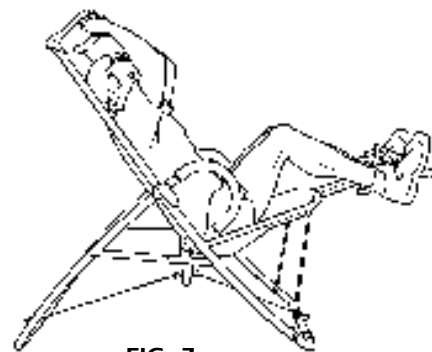


FIG. 7

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2. Oblique Jackknife

By rotating the lower body to one side, the oblique muscles as well as the rectus abdominis are targeted with this exercise. The oblique muscles help shape the waist as well as add stability to the spine. Begin in the same position described in the Basic Jackknife. Keeping the shoulders facing front, angle the legs about 45 degrees to one side and hold this lower body position. Exhale and slowly round your lower back, pulling your torso forward into the curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. After completing the repetitions on one side, angle your legs in the opposite direction and repeat the same number of repetitions. See FIG. 8 & 9.

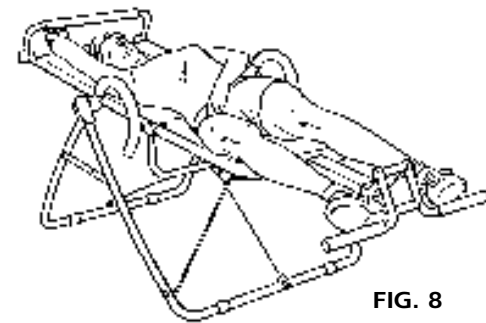


FIG. 8

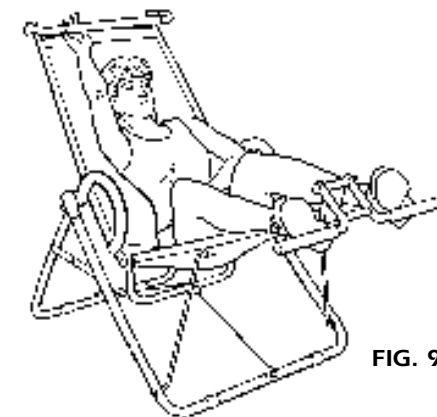


FIG. 9



FIG. 10

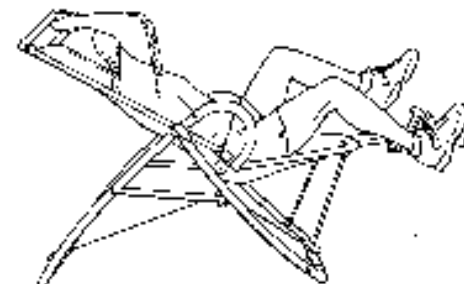


FIG. 11

3. Jackknife With Leg Lift

This exercise targets the rectus abdominis as well as the hip flexor muscles of the lifting leg. Begin in the same position described in the Basic Jackknife. Exhale and slowly round your lower back, pulling your torso forward into a curl position. Simultaneously, lift one leg and pull the knee up and toward the chest. Pause at one end of the curl movement, then inhale and slowly return the leg and torso to the starting position. Repeat the Jackknife, lifting the opposite leg. Alternate legs with each Jackknife. Perform five-second repetitions as described in the Basic Jackknife. Do not pull with your arms as you Jackknife and lift the leg. See FIG. 10 & 11.

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4. Extended Arm Jackknife

This exercise targets the rectus abdominis, and is a little higher intensity than the Basic Jackknife. Begin in the same position described in the Basic Jackknife. Then, straighten both arms until the forearms are behind the pull up bar. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Do not push your arms against the pull up bar as you crunch or lift the legs. See FIG. 12 & 13.

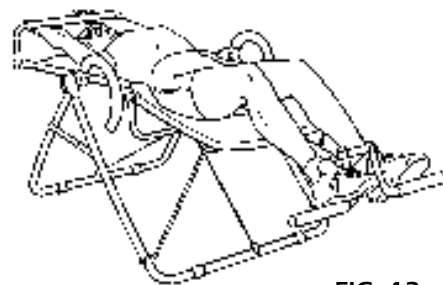


FIG. 12



FIG. 13

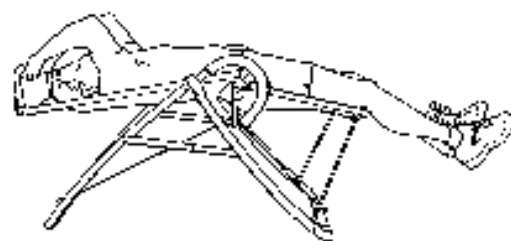


FIG. 14

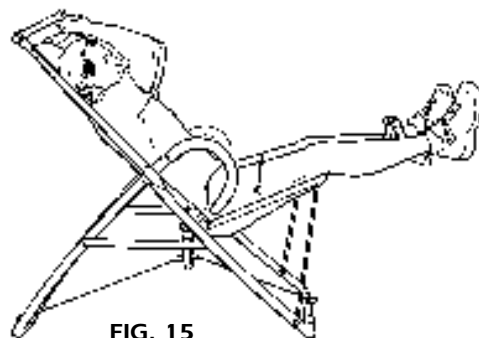


FIG. 15

5. Extended Leg Jackknife

This exercise targets the rectus abdominis and, like the Extended Arm Jackknife, is a little higher intensity than the Basic Jackknife. Begin in the same position described in the Basic Jackknife. Then, straighten both legs, resting the ankles or calves on the foot rest. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Do not pull with the arms or lift the legs as you Jackknife. See FIG. 14 & 15.

6. Torso And Hip Flexor Stretch

This exercise will stretch all of the abdominal muscles as well as the muscles of the front of the hip. Begin in the same position described in the Basic Jackknife. Then, straighten the legs and the arms as described in the Extended Arm Jackknife and the Extended Leg Jackknife. Slowly lean back with the torso and legs parallel to the floor. For more stretch, carefully extend further until the back is slightly arched. Relax and hold the stretch at a comfortable range of motion for 10 - 30 seconds, breathing deeply. Do not exceed a stretch that is comfortable for your body. See FIG. 16.

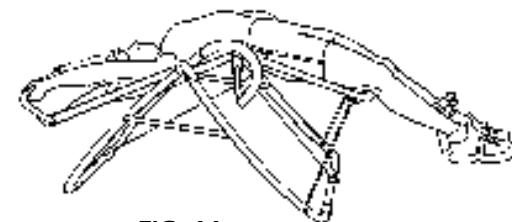


FIG. 16

BONUS EXERCISES

When you can perform 15 repetitions of each exercise in the Basic Routine you are ready to progress to the Bonus Exercises. These exercises require more advanced body positions to be maintained throughout the movement.

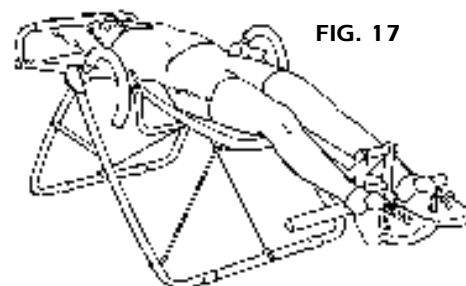


FIG. 17

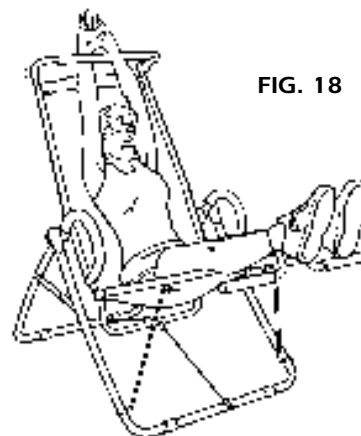


FIG. 18

7. Advanced Jackknife

This exercise will target the rectus abdominis and hip flexors, and the spinal extensor muscles of the lower back. Begin in the same position described in the Basic Jackknife. Then, straighten the legs and the arms as described in the Extended Arm Jackknife and the Extended Leg Jackknife. Slowly lean back with the torso and press down slightly with the legs, until the body is in a fully extended position with the torso and legs parallel to the floor. Exhale and pike from the hips until the body is in a "V" position. Pause at the end of the movement, inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Keep the back straight and do not bend the arms or legs as you pike up. See FIG. 17 & 18.

8. Lateral Jackknife

This exercise will isolate the rectus abdominis and obliques, as well as the quadratus lumborum muscles of the lower back. Roll into a sidelying position on the Ab Lounge. Bend the elbow of your lower arm and rest your head on that arm. Reach overhead with your top arm and lightly hold the pull up bar. Bend the knees slightly and rest the feet on the foot rest. Exhale and bend your torso to the side. Pause at the end of the movement, inhale and slowly return to the starting position. Laterally flex with your waist, rather than pulling with your arms. Perform five-second repetitions as described in the Basic Jackknife. After completing the repetitions on one side, carefully turn over, lie on your other side and repeat the same number of repetitions. See FIG. 19 & 20.

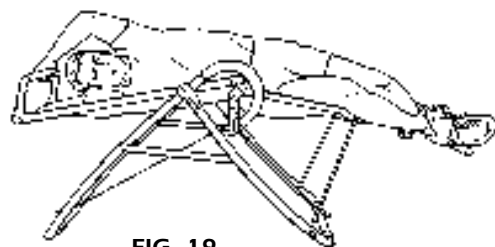


FIG. 19

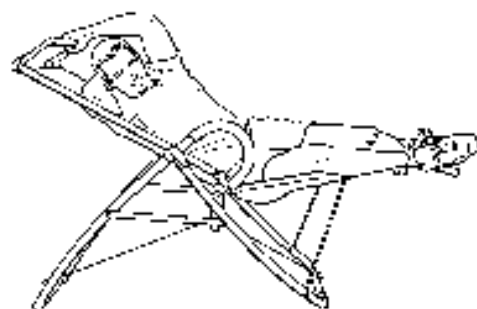


FIG. 20

AB LOUNGE WORKOUT PROGRESSION

Use this chart to help you progress your workouts in a safe and effective manner. If you miss a few days of workouts, go back to the level that you were working at previous to the missed time. Proper progression will help you achieve better results.

| Fitness Level | # of Reps | # of Sets - Basic Routine | # of Sets - Bonus Routine |
|---------------------|---------------------------|---------------------------|---------------------------|
| BEGINNER | 8 - 10 to fatigue | 1 set | none |
| INTERMEDIATE | 10 - 12 to fatigue | 2 sets | 1 set |
| ADVANCED | 12 - 15 to fatigue | 2 sets | 2 sets |

WORKOUT TRACKING SHEET

Use this chart to keep track of your progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

| Exercise | Date | Reps | Sets | Date | Reps | Sets |
|-------------------------------------|------|------|------|------|------|------|
| Basic Jackknife | | | | | | |
| Oblique Jackknife | | | | | | |
| Jackknife w/Leg Lift | | | | | | |
| Extended Arm Jackknife | | | | | | |
| Extended Leg Jackknife | | | | | | |
| Torso and Hip Flexor Stretch | | | | | | |
| Advanced Jackknife | | | | | | |
| Lateral Jackknife | | | | | | |

CARDIOVASCULAR CONDITIONING

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

Training Aerobically

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the large muscles of the hips, thighs, and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing, and stair stepping.

Benefits of Aerobic Training

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This "good" cholesterol helps keep your arteries unplugged and healthy.

(continued on next page)

3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You'll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension, and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

Warming Up And Cooling Down

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool-down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,
- Improve your stamina and endurance (you won't tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

Warm-up. To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 6 and 7 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

How Often, How Long, and How Hard

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

How often. If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don't let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

How long. How long you work out depends on your current level of fitness. Again, if you're just starting a program or out of shape, don't follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to

60 minutes of cardiovascular activity on most days of the week.

How hard. Aerobic intensity guidelines for healthy adults are generally set at 40 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

Progressive Cardiovascular Training Program

The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose.

CONDITIONING BASE

| Week | How Often (times per week) | How Long (minutes) | How Hard (% heart rate) | How Hard (RPE)* | RPE Descriptive Rating |
|------|-------------------------------|-----------------------|----------------------------|--------------------|--------------------------------|
| 1 | 2 - 3 | 5 - 15 | 40 - 50 | 2 - 4 | Somewhat easy to somewhat hard |
| 2 | 2 - 3 | 5 - 15 | 40 - 50 | 2 - 4 | Somewhat easy to somewhat hard |
| 3 | 2 - 3 | 10 - 17 | 40 - 50 | 2 - 4 | Somewhat easy to somewhat hard |
| 4 | 2 - 3 | 10 - 17 | 50 - 60 | 2 - 4 | Somewhat easy to somewhat hard |
| 5 | 3 | 15 - 20 | 50 - 60 | 2 - 4 | Somewhat easy to somewhat hard |
| 6 | 3 - 4 | 15 - 20 | 50 - 60 | 2 - 4 | Somewhat easy to somewhat hard |

MOVING BEYOND BASE-LEVEL FITNESS

| Week | How Often (times per week) | How Long (minutes) | How Hard (% heart rate) | How Hard (RPE)* | RPE Descriptive Rating |
|---------|-------------------------------|-----------------------|----------------------------|--------------------|---------------------------|
| 7 - 9 | 3 - 4 | 20 - 25 | 60 - 65 | 3 - 4 | Moderate to somewhat hard |
| 10 - 13 | 3 - 4 | 21 - 25 | 65 - 70 | 4 - 5 | Somewhat hard to hard |
| 14 - 16 | 3 - 4 | 26 - 30 | 65 - 70 | 4 - 5 | Somewhat hard to hard |
| 17 - 19 | 3 - 5 | 26 - 30 | 70 - 75 | 4 - 5 | Somewhat hard to hard |
| 20 - 23 | 3 - 5 | 31 - 35 | 70 - 75 | 4 - 5 | Somewhat hard to hard |
| 24 - 27 | 3 - 6 | 31 - 35 | 70 - 75 | 4 - 5 | Somewhat hard to hard |

MAINTENANCE

| Week | How Often (times per week) | How Long (minutes) | How Hard (% heart rate) | How Hard (RPE)* | RPE Descriptive Rating |
|------------------|-------------------------------|-----------------------|----------------------------|--------------------|----------------------------------|
| After 4-6 months | 3 - 6 | 30 - 60 | 40 - 85 | 3 - 6 | Easy - Moderate to somewhat hard |

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

CARDIO WORKOUT TRACKING SHEET

Use this chart to keep track of your progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

| Activity | Date | How Long (minutes) | Heart Rate | How Hard (RPE)* |
|----------|------|--------------------|------------|-----------------|
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*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than just exercise. It is a "fitness for life" plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

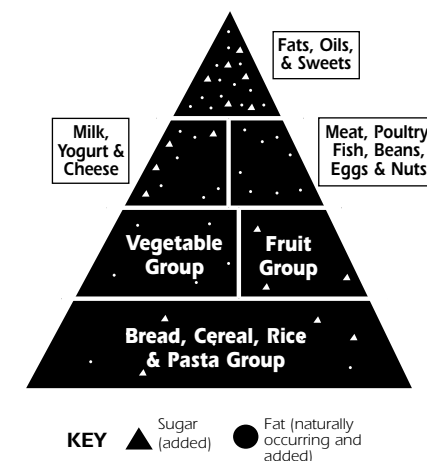
Your total fitness program consists of four parts:

- Aerobic exercise to burn fat and calories.
- Strength conditioning exercises to tone and tighten your muscles, increase your metabolic rate, and strengthen your bones.
- Stretching exercises to keep you moving freely and help prevent injuries.
- A diet that is safe, sensible and healthy. (Refer to the enclosed Eating Plan booklet.)

Today, all fitness research recommends both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, increase your stamina and endurance and help with weight loss. Strength conditioning adds lean muscle to your body, which increases your body's metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, you can burn more fat and calories than with just aerobic exercises alone.

The Ab Lounge workout will help you out with part of your Total Fitness Program by giving you a toning and stretching workout for your core abdominal muscles. Adding aerobic workouts at least three times per week and building to 30 minutes per session will accelerate results and benefits. Good examples of aerobic exercise include walking, hiking, swimming, jogging and stair stepping. Benefits of a progressive aerobic program can include weight loss and a decreased risk for heart disease and other chronic ailments. Strength training for your upper and lower body, and some total body stretching will round out your program. But, you also need to make healthy, low-fat eating a big priority. **Consult with your physician** about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal! We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. These guidelines are contained in the Food Guide Pyramid.

Starting at the base of the pyramid, you should strive for 6 - 11 servings a day from the Bread, Cereal, Rice and Pasta food group. You should eat 3 - 5 servings a day from the Vegetable group, and 2 - 4 servings from the Fruit group. You should also eat 2 - 3 servings a day from the Milk, Yogurt and Cheese group, and from the Meat, Poultry, Fish, Beans, Eggs and Nuts food group. Lastly, use Fats, Oils and Sweets sparingly.



CARE & STORAGE

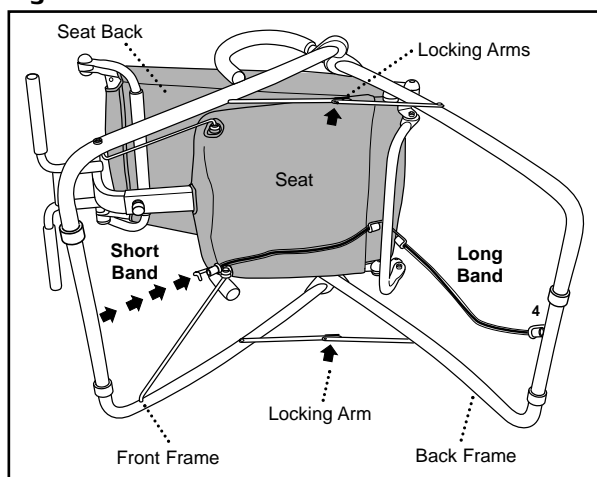
Care directions

Your Ab Lounge has been carefully designed to require minimum maintenance for a lifetime of use. To ensure this, we recommend that you do the following:

- Keep your Ab Lounge clean. Wipe sweat, dust or other residue off the seat, foot rest and handlebar with a soft, clean cloth after each use.
- Periodically check the bands for signs of fraying. If you notice any wear, call our Customer Service Department at 1-800-321-9236, Monday through Friday, 9:00am to 5:00pm Eastern Standard Time for assistance.
- To protect your Ab Lounge from stains and dirt, you may want to spray the fabric with any type of protective fabric spray.

Folding your unit for storage

Slide the Foot Tube Assembly in to the shortest position. To fold your unit, lay your unit on either side. While standing between the 2 frames, remove the Short Band from the Front Frame. You will need to turn the Hook at the end of the Band to remove. Hold Frame firmly in place. The Short Band can then be removed from the Seat Support Frame. Remove the Long Band from the Back Frame. Remember to turn the Hook at the end of the Band.

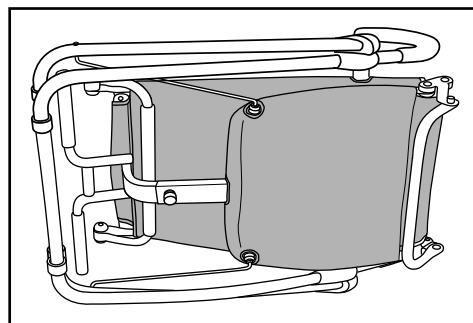


Remove the Band from the Seat Support Frame. Make sure you store your bands with your unit.

Push the Seat Back towards the Seat until it stops. Push the Front & Back Frames together just enough to release the Locking Arms position. Hold on to the Front Frame and close the Frames by pushing the Back Frame to the Front Frame.

Your unit is now in storage position.

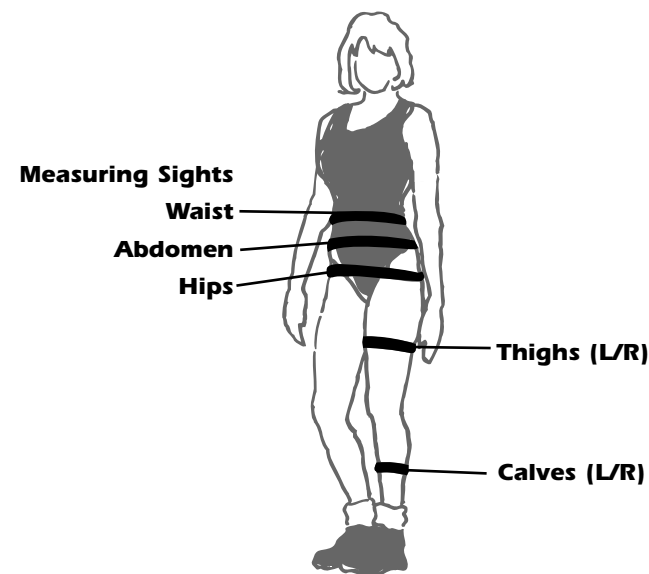
- Store your Ab Lounge in a space away from children and high traffic areas.



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WORKOUT PROGRESS CHART

Every two weeks, measure yourself and use the chart below to record your progress. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.



| Date | Weight | Waist | Abdomen | Hips | Thighs | Calves |
|------|--------|-------|---------|------|--------|--------|
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