THANE Fitness®

ABDOER TWIST

A revolution in exercise!

QUICK START GUIDE

John Abdo, Inventor

Distributed by:

Thane International, Inc., La Quinta, CA 92253
www.thane.com

Thane Direct Canada Inc., Mississauga, ON
www.thane.ca

Thane Direct UK Ltd., Admail ADM3996, London, W1T 1ZU
www.thanedirect.co.uk

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## One Year Limited Warranty

Thank you for your purchase of the amazing AB DOER TWIST™. With this warranty, the AB DOER TWIST™ is warranted, to the original owner, for one (1) year from the date of purchase against defects in material and workmanship under normal use and service.

Should your AB DOER TWIST™ prove defective within one (1) year from date of purchase, do not return your unit to the point of purchase. Please call Thane Direct’s Customer Care Team at 1-877-771-7017. Thane Direct will issue a Return Merchandise Authorization (RMA) number to the purchaser to process the return of the unit. Please package your AB DOER TWIST™ carefully to avoid damage in transit. Under this warranty, Thane Direct, will repair or replace any parts found to be defective. This warranty is effective only if the product is purchased and operated in Canada. This warranty extends only to personal use and does not extend to any product that has been used for which it is not intended. There are no warranties other than that expressly set forth herein. This warranty is not transferable. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the original purchaser.

Thane Direct, is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation, other consequential damages of whatsoever nature, failure to follow instructions or warnings in owner’s manual or use of products in a manner for which they were not designed. Some Provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights, which vary from Province to Province.

### This Warranty Does Not Apply to the Following:

1. Damage due to accident, misuse, abuse, commercial use or vandalism.
2. Improper or inadequate maintenance.
3. Unauthorized modification or commercial use.
4. Damage in return transit.
5. “Normal” wear of parts (wear and tear that occurs over time and with use).
6. Repairs made by an unauthorized service technician.

### To Obtain Services:

The original purchaser shall contact our Customer Care Team via e-mail at customercare@thane.ca or by phone at 1-877-771-7017 and depending on the extent of the service required, the purchaser shall have the obligations and responsibility to:

- Pay for all services and parts not covered by the limited warranty.
- Include a cheque or money order in the amount of $14.95* to cover the shipping and handling, payable to "Thane Direct Canada, Inc."
- Carefully package the product using adequate padding material to prevent damage during transit. The original packaging is ideal for this purpose.
- Include in the package: the owner’s name, address, telephone #, and a detailed description of the problem.
- Provide the proof of purchase, which includes date of purchase.
- Send via Insured* Parcel Post or courier to:

  *AB DOER TWIST*

  C/O Northland Fulfillment Inc.

  277 Humberline Drive Etobicoke, ON, M9W 0B6

*Thane Direct Canada, Inc. is NOT responsible for any non-insured items lost in transit or costs incurred by the customer to return the product.

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*www.ABDOER.com*  
**THANE® fitness**
Question: How do I lose weight in my belly (or hips, butt, thighs, waist)?
Answer: Some experts claim there is no such thing as spot reduction. But don’t worry – you can lose it fat right where you need it most when you have the right tools! In addition to its incredible abdominal toning benefits, the AB DOER TWIST™ machine is great for sculpting the muscles in your legs, buns, and thighs to help you get that beautiful defined look. For the best results, follow the AB DOER TWIST™ 4-Week Healthy Eating Plan closely to lose the most body fat in the least amount of time. And remember: Be patient achieving the best results takes dedication and commitment.

Question: Can I skip meals?
Answer: Short answer: No. Starving yourself and cutting calories is the wrong way to go about losing weight. When you drastically restrict your caloric intake (below 1200 calories a day) your metabolism slams on the brakes and goes into fat-storage mode. Keep your calories in the 1200-1500 range to optimize your success potential.

Question: Can I use the AB DOER TWIST™ machine more frequently?
Answer: Of course! Experiment with different exercises and combinations, as well as varied body positions with the music of your choice for a killer workout. For even better results, you can exercise more than once a day.

Question: Can I use the AB DOER TWIST™ machine more frequently?
Answer: Yes. It’s totally normal to feel sore or stiff after your workouts, especially if you’ve been sedentary for a long while. Take some extra time to stretch during the day or take a hot bath and relax if you’re feeling sore. If you are excessively sore, take a few days off to recover. Take a slow walk and get the blood flowing without too much exertion and stretch your sore muscles thoroughly. If your pain is sharp and/or relentless, however, take a trip to the physician to make sure it’s not a more serious problem.

Question: Where does alcohol fit into my nutrition plan?
Answer: Alcohol is an entity unto itself, as it doesn’t fit neatly into any particular nutrient category. But all you really have to know is that it contains a lot of calories that provide little nutritional value to your body, and can contribute to weight gain, a slower metabolism and fatty deposits in the liver. If you’re really striving for optimal weight loss, keep your tippling to no more than one or two alcoholic drinks per week.

Question: I’m sore – is this normal?
Answer: Yes. It’s totally normal to feel sore or stiff after your workouts, especially if you’ve been sedentary for a long while. Take some extra time to stretch during the day or take a hot bath and relax if you’re feeling sore. If you are excessively sore, take a few days off to recover. Take a slow walk and get the blood flowing without too much exertion and stretch your sore muscles thoroughly. If your pain is sharp and/or relentless, however, take a trip to the physician to make sure it’s not a more serious problem.

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1. This product has been tested in accordance with the requirements of EN 957-1, class H - home use only. THE MAXIMUM WEIGHT CAPACITY OF THE AB DOER TWIST™ unit is 300 LBS (136 kgs). Persons whose body weight exceeds this limit should NOT use this machine.

2. Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.

3. Use this equipment EXCLUSIVELY for the purpose intended and described in these user instructions. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.

4. Position the AB DOER TWIST™ unit on a clear, level surface. Place non-slip mat under the unit to help keep the machine stable and to protect flooring and note that it should not be pushed across delicate floor coverings (laminates, parquet, carpet, etc.) in order to avoid damage.

5. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.

6. Always warm up before each training session by undertaking exercises.

7. Check jibs and bolts and tighten if loose.

8. Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.

9. Begin slowly and get used to the unique movement of the AB DOER TWIST™ unit prior to starting your routine. Pay attention to your body and slow down or stop if you feel discomfort.

10. To avoid serious injury, never place any part of your body between or near any moving parts.

11. DO NOT use any other accessories not recommended by the manufacturer.

12. Do not place your hands or fingers underneath the unit while it’s being used. Please do not use while in the presence of children.

13. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind you of all maintenance guidelines.

14. Select the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.

15. DO NOT use any other accessories not recommended by the manufacturer.

16. Please review the user’s guide and/or the instructional DVD routines prior to using your AB DOER TWIST™ machine to understand the correct use of this machine.

17. Consult a physician immediately.

18. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind you of all maintenance guidelines.

19. Do not place your hands or fingers underneath the unit while it’s being used. Please do not use while in the presence of children.

20. Do not place unit in direct sunlight as the heat can degrade the non-steel materials on the unit.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION

Please read and follow this instructional guide completely before using your AB DOER TWIST™ machine. Keep this guide in a safe place and make sure everyone who uses the AB DOER TWIST™ machine also reads this guide. Have a safe and enjoyable workout.

PERSONAL MAINTENANCE & MOTIVATION

Maintaining Momentum

Even the most dedicated exercisers get bored once in a while. Here are some tips on staying motivated with your new lifestyle:

Buddy up. One of the best ways to stick to a program is to get a workout buddy who makes you accountable. Let’s face it: you’re more likely to get up early to go to the park knowing your buddy is waiting there for you to work out. Enlist a friend, family member, or loved one to train with you, and show them how great it is to feel fit and healthy!

Keep learning. Subscribe to a health or fitness magazine for new exercise ideas, healthy recipes and workout tips, or read up online about activities and healthy subjects that interest you, such as healthy cooking, bicycle racing, or great active vacations.

Join a gym. There are tons of fitness centers in your area, and many of them have free trial memberships. Check out a few nearby and see if one might fit your schedule, personality and lifestyle. Ask if the club has any discount promotions coming up to get the best deal possible.

Join a group. Nearly every community has free clubs, leagues or groups that get together and walk, hike, bike, run or dance. Check with your local parks and recreation center or look in your local paper to see who is active in your area. And if there isn’t an existing group, start one yourself!

Pay it forward. Nothing is more rewarding than sharing your knowledge and positive exercise experience with others. Speak at your kids’ school about the importance of healthy living, or start your own workout group to help others achieve what you have and impart what you now know in a positive way.

Your Future is Bright!

You have done an incredible job and should be really proud of yourself! You now have all the tools you need to live a fit and healthy lifestyle. We sincerely hope you continue to better yourselves physically and mentally, and through exercise find ways to empower yourself and improve your life for years to come!
Sweets and Desserts

Remember that talk we had about sugar and trans- and saturated fats? Unfortunately most desserts worth a darn contain all those bad boys. Here are some tips on that front:

• Go for homemade treats. Processed packaged cookies, cakes and other treats contain tons of bad fats and preservatives.
• Stop eating it if it’s not great. Why waste calories on a so-so treat?
• Eat it slowly, savor the flavor and make the most of every bite.
• If you can’t stop, pop a piece of strong peppermint gum in your mouth after a few bites. That flavor kills just about every urge you have to nosh on more treats.
• Go for homemade treats. Processed packaged cookies, cakes and other treats contain tons of bad fats and preservatives.
• If you’re reading this section – congratulations! You’ve completed your AB DOER TWIST™ 4-Week Accelerated Results Program and 4-Week Healthy Eating Plan! How do you feel? We hope you’re inspired by your results and are motivated to continue losing fat and getting healthy.

Keeping it up!

You might be thinking – what now? The short answer is – keep it up! Reevaluate your progress and set new goals. What was the goal you set for yourself at the inception of this program? Did you reach it? If you did, congratulations! If you didn’t, was it realistic? If it wasn’t, reformulate it and set another goal for yourself to attain. Refer to page (32) to remind yourself how to set and achievable and realistic goal.

Rewards

Every goal achieved deserves a reward! But make sure your rewards are not food-related. Instead, give yourself nice treats that inspire and encourage you in your new, healthy lifestyle. For your short term goals, reward yourself with things like a new music download purchase, or a half-hour bubble bath. When you’ve achieved your long term goal, go crazy with yourself! Have a day at the spa, buy a new pair of shoes or purchase a new bikini to show off your new bod!

Managing or Overcoming Set-Backs

Let’s Face, it – life happens. Whether your kids get sick, you have to work late or your car breaks down, things happen that keep you from working out. Don’t think you’re the only person faced with setbacks or obstacles, even Olympic Champions have plenty of their own fair share of hurdles to jump over. The trick is to get right back on track into it as soon as you can without giving up or getting discouraged. Remember to make fitness a priority and schedule time to work out every day. Remind yourself of your intentions, and get back into the swing of things immediately to minimize progress setbacks.

The same goes for food: everyone at one time or another falls off the diet bandwagon. It’s actually pretty easy to do, especially around the holidays or big get-togethers like birthdays or anniversaries. The key here is to plan ahead for predictable wobbles in your eating. Do a little extra exercise the week before a holiday, or eat a full meal before going to a party so you’re not starving when you get there. And remember: if you do overindulge, it’s not the end of the world. One overboard meal is not going to ruin all your hard work. You have control over your destiny! Get right back onto your program the next day and move forward.

AB DOER TWIST™ FEATURES

Contouring Arm Bars
• Eliminates stress to hands, wrists, elbows, shoulders, neck and upper back
• Rotates upward and downward for muscle toning benefits to your shoulders, biceps, triceps, upper back and chest
• Increases exercising options

Swivel Action Seat with Multiple Resistance Dial
• Increases fat-burning muscle-toning benefits to your entire abdominal region with target emphasis to all sides of your legs, hamstrings, hips, buttocks and obliques

Easy Assembly
• Within minutes of opening the box you’ll be enjoying your new AB DOER TWIST™ machine!

Massage Roller
• Get a massage while you’re toning your abdominals and burning fat, all at the same time!

Contouring Hand-Grips
• Easy gripping for comfortable and effective upper body and arm action

Core Support Column (Center Post Spring)
• Offers additional resistance that challenges your muscles to progress to higher levels of muscle shaping and fat-burning.

OPTIONAL ITEMS Listed on Page 12

DVD Routines
• Inventor and Award-Winning Fitness Expert, John Abdo, guides you through several challenging and highly-productive routines. Take your pick and “do the Doer” and you’ll be like millions of other people from around the world who lost fat and inches on John’s revolutionary invention!
One of the best ways to stay accountable to a program is to set realistic goals. This gives you something to strive for, an attainable end to your hard work.

What is a realistic goal? Realistic goals are achievable aspirations to be completed in a set duration of time. For example: “I want to lose 50 pounds in a month for my high school reunion” is not a realistic goal. Chances are you’ll fall quite short of this goal, and will feel a sense of failure rather than success because your goal was impossible. But check this one out instead: “I will lose 1-2 pounds a week through healthy eating and consistent exercise, and will look and feel fabulous in two months for my high school reunion.” That sounds better, and much more positive. This is a goal that can be achieved.

Design a long-term goal that is realistic, then write it on a big piece of paper. Post it on your fridge, on your bathroom mirror, in the hallway – anywhere you’ll see it several times a day to remind you of your intention. Now set several smaller short-term goals that will help you attain this goal. These can be set once a week or every day, depending on your personality. For example, one week your goal could be learning to do squat variations correctly on your AB DOER TWIST™ machine. Your daily goals could be mastering each of these variations, such as: Monday learning the Moguls, Tuesday the Body Boogies, and so on. See how that works? It can also work for nutrition: Your weekly goal could be to eat more frequently. Your daily goal could be to set a timer on your computer or phone to ring when it’s time to eat.

Journaling
A great way to track your progress and stick to your plan is to keep a journal. For each entry, inscribe these things:

- What did you do for a workout? AB DOER TWIST™ machine? Cardio? Upper body?
- How long was your workout?
- How did you feel before and after your workout? Tired? Energized?
- What did you eat today?
- How did you feel before and after eating? Hungry? Satisfied? Full?
- What did you feel about your eating today? Guilty? Great?
- Did you eat on time, or miss any meals?
- If you strayed, what happened and how can you remedy that in the future?
- What was your mood today? Were you happy, edgy or blue?

All these questions can help determine your reactions both physical and mental to your program, and when you review them, you might notice patterns emerging. For instance, you might always crave chips or chocolate when you’re emotional, even if you’re not hungry, or maybe you’re tired before you exercise but energized afterwards. Identifying these patterns can help you see through roadblocks and get you back on the path to fitness.

Dining Dangers
Dining out is troublesome for many people because they feel like they are not in control of their food. Here are some ways to take control of your dining experience while still enjoying a night out:

- Choose a restaurant that you know serves healthy dishes.
- Ask your server not to bring bread and butter to the table.
- Request that any sauces, condiments, and dressings be put on the side.
- Order an appetizer as your entrée.
- Request that your food be prepared with no oil or butter.
- Ask for your entrée to be grilled or broiled instead of sautéed or fried.
- As soon as your entrée comes, put half of it into a to-go box. Eat whatever is left on your plate and save the rest for lunch tomorrow.
- Order a side salad or fresh steamed vegetables as a substitute for a starchy side.
- If you’ve having a glass of wine or a cocktail, forgo the starch in your meal to accommodate those calories.
- For every alcoholic beverage you have, drink one 8-ounce glass of water.
- When choosing a cocktail, go for lighter options such as vodka and seltzer or a martini straight up instead of a strawberry margarita or a gin and tonic.
### Part List

<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Spec.</th>
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<td>rear foot tube assembly</td>
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### Weekly Meal Plan

**WEEK 4**

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<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>• Peanut butter raisin Wasa cracker (160)</td>
<td>• Turkey Fiesta salad (300) Extra: 8 oz light yogurt with two strawberries (100)</td>
<td>• White fish and Veg (320) Extra: 5 baby carrots with 1 tbsp light ranch dressing (50)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>• Pita Egg sandwich (330)</td>
<td>• Chef salad</td>
<td>• Cajun Shrimp</td>
</tr>
<tr>
<td>Wednesday</td>
<td>• Grapefruit and cheese (200)</td>
<td>• 2 Wasa crackers (300)</td>
<td>• *Extra: 1 tbsp reduced fat peanut butter (85)</td>
</tr>
<tr>
<td>Thursday</td>
<td>• Eggs ‘n toast</td>
<td>• Turkey Pita Sandwich (360)</td>
<td>• Spaghetti squash and meat sauce (880) Extra: 1 tbsp reduced fat peanut butter (80)</td>
</tr>
<tr>
<td>Friday</td>
<td>• Raisin Oatmeal</td>
<td>• Tuna salad</td>
<td>• *Extra: 5 baby carrots</td>
</tr>
<tr>
<td>Saturday</td>
<td>• Smoothie</td>
<td>• Chicken or beef kabab rice</td>
<td>• *Extra: 1 tsp low-fat cottage cheese, plain (130)</td>
</tr>
<tr>
<td>Sunday</td>
<td>• Eggs and oatmeal (310)</td>
<td>• *Extra: 1/2 baked yam (330)</td>
<td>• *Extra: 1/2 tsp low-fat cottage cheese, plain (130)</td>
</tr>
</tbody>
</table>

NOTE: The above calorie intake table should be adjusted to meet calorie total for males.
## PARTS LIST (continued)

<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Spec.</th>
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<tr>
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<tr>
<td>42</td>
<td>end cap</td>
<td>φ9φ9 1.1</td>
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<td>43</td>
<td>end cap for rear foot tube</td>
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<td>46</td>
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<td>adjustment U bracket</td>
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<td>49</td>
<td>adjustment sliding block</td>
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<td>friction assembly</td>
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<tr>
<td>51</td>
<td>twist assembly</td>
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<td>seat assembly</td>
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<td>56</td>
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<td>Rubbert</td>
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<td>sleeve</td>
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<td>sleeve</td>
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<td>60</td>
<td>knob</td>
<td>MB</td>
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<td>61</td>
<td>foam grips for spring</td>
<td>φ74<em>φ37</em>300</td>
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<td>foam grips</td>
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<td>foam grips for handle bar</td>
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<td>rubber</td>
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<td>67</td>
<td>washer</td>
<td>φ18</td>
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<td>68</td>
<td>arc washer</td>
<td>φ10</td>
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<td>69</td>
<td>centre post spring pin with hole (N’4)</td>
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<td>70</td>
<td>centre post spring pin</td>
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## WEEK 3

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<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Snack</td>
<td><strong>Eggs ’n Toast</strong></td>
<td><strong>Egg white omelet</strong></td>
<td><strong>Pita Egg sandwich</strong></td>
<td><strong>Fruit and crunch yogurt</strong></td>
<td><strong>Raisin Oatmeal (285 cal)</strong></td>
<td><strong>Egg white omelet</strong></td>
<td><strong>Raisin Oatmeal (310)</strong></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>1230</td>
<td>+ extra: 1270</td>
<td>1270</td>
<td>+ extra: 1320</td>
<td>1335</td>
<td>+ extra: 1415</td>
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NOTE: The above calorie intake table should be adjusted to meet calorie total for males.
**WEEK 2**

<table>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
<td><img src="www.ABDOER.com" alt="Image" /></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Smoothie (300)</td>
<td>Cereal &amp; fruit (265)</td>
<td>Egg white omelet</td>
<td>Raisin oatmeal (285 cal)</td>
<td>Pita Egg sandwich (350)</td>
<td>Fruit and Crunch yogurt (225)</td>
<td>Cereal and fruit (285)</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>1 Plum</td>
<td>1/2 cup sliced berries</td>
<td>1 medium apple</td>
<td>1/2 cup fat-free cottage cheese</td>
<td>1 peach or medium apple</td>
<td>2 hard boiled eggs (160)</td>
<td>6 celery stalks</td>
</tr>
<tr>
<td></td>
<td>piece string cheese</td>
<td>or light yogurt, plan</td>
<td>2 tbsp reduced fat peanut butter (245)</td>
<td>1 tbsp sugar free jam</td>
<td>1/2 cup bran cereal (140)</td>
<td>2 tbsp reduced fat peanut butter (190)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(100)</td>
<td>(130)</td>
<td>(245)</td>
<td>(140)</td>
<td>(140)</td>
<td>(190)</td>
<td>(130)</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Pita roast beef</td>
<td>Steak burrito</td>
<td>Tuna salad</td>
<td>Chicken kabob</td>
<td>Turkey Burger</td>
<td>Pasta Marinara with shrimp (350)</td>
<td>Pita Ham Sandwich</td>
</tr>
<tr>
<td></td>
<td>sandwich</td>
<td>or fruit (360)</td>
<td>or rice (330)</td>
<td>rice or salad (350)</td>
<td>or salad (350)</td>
<td>or fruit (360)</td>
<td>or fruit (360)</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>14 baby carrots</td>
<td>6 celery stalks</td>
<td>1/2 cup edemame</td>
<td>22 whole, dry roasted or raw almonds (160)</td>
<td>1/4 cup raw cashews</td>
<td>14 baby carrots</td>
<td>1/4 cup hummus (160)</td>
</tr>
<tr>
<td></td>
<td>(320)</td>
<td>(120)</td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(160)</td>
<td>or 4 celery sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Extra: 1 slice</td>
<td>(60)</td>
<td>or rice (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>or 4 carrot sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>avocado, 1 slice</td>
<td>(100)</td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>or 20 grapes (40)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomato, 1 Wasa</td>
<td>(70)</td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>or Beef and Veg</td>
<td></td>
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<tr>
<td></td>
<td>cracker (70)</td>
<td>(70)</td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>or Fruit (280)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>or Extra: 1 slice</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>or fruit (330)</td>
<td>(160)</td>
<td>(20)</td>
<td>avocado, 1 slice</td>
<td></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>100 calorie pack of</td>
<td>100 calorie pack of</td>
<td>100 calorie pack of</td>
<td>100 calorie pack of</td>
<td>100 calorie pack of</td>
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<td>100 calorie pack of</td>
</tr>
<tr>
<td></td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
<td>microwave popcorn</td>
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**CUSTOMER SERVICE PARTS**

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Components (assembly)</td>
</tr>
<tr>
<td>2</td>
<td>arm bar with knob</td>
</tr>
<tr>
<td>3</td>
<td>roller bracket assembly</td>
</tr>
<tr>
<td>4</td>
<td>handle bars (set of 2)</td>
</tr>
<tr>
<td>5</td>
<td>center post spring</td>
</tr>
<tr>
<td>6</td>
<td>seat assembly</td>
</tr>
<tr>
<td>7</td>
<td>bottom main frame assembly with bolt/washer/nut</td>
</tr>
<tr>
<td>8</td>
<td>twist assembly</td>
</tr>
<tr>
<td>9</td>
<td>support main frame assembly with 2 pins and 2 knobs</td>
</tr>
<tr>
<td>10</td>
<td>rear foot tube assembly with end caps</td>
</tr>
<tr>
<td>11</td>
<td>front foot tube assembly with end caps</td>
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<tr>
<td>12</td>
<td>knob for arm bar</td>
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<tr>
<td>13</td>
<td>spring pin for swivel action</td>
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<tr>
<td>14</td>
<td>seat resistance pin</td>
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<tr>
<td>15</td>
<td>end cap for front foot tube</td>
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<tr>
<td>16</td>
<td>end cap for rear foot tube</td>
</tr>
<tr>
<td>17a</td>
<td>pin (8 x 45) for arm bar</td>
</tr>
<tr>
<td>17b</td>
<td>pin with hole (N°4) for center post spring and locking clip</td>
</tr>
<tr>
<td>18</td>
<td>screw/washer/nut for center post spring</td>
</tr>
<tr>
<td>19</td>
<td>pin No.3 (10 x 65) for rear foot tube</td>
</tr>
<tr>
<td>20</td>
<td>pin No.2 (8 x 65) for bottom main frame</td>
</tr>
</tbody>
</table>

**NOTE:** The above calorie intake table should be adjusted to meet calorie total for males.
**EASY 6-STEP ASSEMBLY**

---

**STEP 1**

Carefully remove and separate all parts from its box. (Customers who purchased the instructional DVD, please refer to DVD for installation demonstration)

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**STEP 2**

2-1: Open the Rear Foot Tube (#2) of the Bottom Main Frame (#3)

2-2: Then plug in Pin No. 2 (#37) on the top of Rear Foot Tube (#2)

2-3: Pull the U bracket (#8) away from the Front Foot Tube (#1) and align with the designated pin hole in Bottom Main Frame (#3)

2-4: Plug in Pin No. 2 (#38) on the top of Bottom Main Frame (#3)

---

**WEEK 1**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Dinner</td>
<td>Snack</td>
<td>Breakfast</td>
<td>Snack</td>
</tr>
<tr>
<td>• Egg 'n toast &amp; fruit (320)</td>
<td>• 1 medium apple &amp; 2 tbsp reduced fat peanut butter (245)</td>
<td>• 1/4 cup raw cashews &amp; 4 celery sticks &amp; 4 carrot sticks (210)</td>
<td>• 1 medium plum &amp; 1 piece light string cheese (100)</td>
<td>• 1 peach or medium apple &amp; 1/2 cup low-fat cottage cheese (140)</td>
<td>• Pita egg sandwich (330)</td>
<td>• Smoothie (300)</td>
</tr>
<tr>
<td>• 22 almonds (160)</td>
<td>• Chicken rice bowl (300)</td>
<td>• Chef salad roll (300)</td>
<td>• Pasta Marinara (360)</td>
<td>• Burger &amp; salad (350)</td>
<td>• Burrito &amp; fruit (350)</td>
<td>• Chicken or beef kabob with rice and salad (350)</td>
</tr>
<tr>
<td>• 1/2 cup sliced berries &amp; 1/2 cup plain light yogurt (130)</td>
<td>• 14 baby carrots (80)</td>
<td>• 1 Balance Bar (200)</td>
<td>• 1/2 cup fat-free cottage cheese &amp; 1 tbsp sugar-free jam &amp; 1/2 cup bran cereal (140)</td>
<td>• 6 celery stalks &amp; 2 tbsp reduced fat peanut butter (150)</td>
<td>• 2 hardboiled eggs (150)</td>
<td>• 14 baby carrots &amp; 1/4 cup hummus (160)</td>
</tr>
<tr>
<td>• Fish and Veg (200)</td>
<td>• Chicken and Veg</td>
<td>• Cajun Shrimp &amp; veg &amp; fruit (220)</td>
<td>• Cajun Shrimp &amp; veg &amp; fruit (220)</td>
<td>• Salmon salad (240)</td>
<td>• Stir fry (270)</td>
<td>• Turkey fajita salad (290)</td>
</tr>
<tr>
<td>*Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)</td>
<td>*Extra: 1 light string cheese (60)</td>
<td>*Extra: 6 oz plain yogurt with two strawberries (100)</td>
<td>*Extra: 6 oz plain yogurt with two strawberries (100)</td>
<td>*Extra: 8 oz plain yogurt with two strawberries (100)</td>
<td>*Extra: 20 grapes (40)</td>
<td>*Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)</td>
</tr>
<tr>
<td>• 100-calorie pack of microwave popcorn (100)</td>
<td>• 1/2 cup edamame (120)</td>
<td></td>
<td></td>
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</tbody>
</table>

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**NOTE:** The above calorie intake table should be adjusted to meet calorie total for males.
**SAMPLE MEALS**

### BREAKFAST

**Eggs 'n' Toast + Fruit:**
- 3 egg whites
- 1 yolk
- 1 slice whole grain toast
- 1 tsp sugar-free jam
- 1 apple (220)

**Raisin Oatmeal:**
- 1 cup cooked oatmeal
- 1 cup skim milk
- 1 minced raisin (270 cal)

**Egg White Omelet:**
- 6 eggs
- 1/2 cup cooked spinach, mushrooms, peppers of choice
- 1 cup sliced berries
- 1 slice whole wheat toast (260)

**Peanut Butter and Raisin Oatmeal:**
- 1 cup cooked oatmeal
- 1 tbsp reduced fat peanut butter
- 2 mini boxes raisins (215)

**Pita Egg Sandwich:**
- 4 egg whites
- 1 Morningstar breakfast patty
- 1 slice fat-free cheddar cheese
- 1/4 cup salsa
- 1 whole wheat pita (330)

**Fruit and Crunchy Yogurt:**
- 1/2 cup Kashi GoLean cereal
- 1/2 cup blueberries
- 4 oz Light plain sugar-free yogurt (200)

**Cereal + fruit:**
- 1/2 bananas
- 1 cup bran flakes
- 1 cup low-fat or skim milk (285)

**Grapefruit and cheese:**
- 1/2 grapefruit
- 1 cup low-fat cottage cheese (200)

**Eggs and oatmeal:**
- 3 egg whites
- 1 cup cooked oatmeal
- 1/2 cup low-fat milk (310)

**Smoothie:**
- 1 cup low fat milk
- 1 scoop protein powder + 1 cup frozen berries (300)

### LUNCH

**Burrito Meal:**
- 1 small whole wheat tortilla, 1/4 cup salsa
- 1 slice fat-free cheese
- 1 oz chicken or steak
- 1 small apple (350)

**Pita Lunch Sandwich + Fruit:**
- 1 whole wheat pita (small)
- 4 oz deli low sodium ham, turkey, or lean roast beef
- 1 oz avocado
- lettuce, tomato, mustard
- 1 small peach (360)

**Tuna Salad + Yam:**
- 1 small white can/1 cup packed tuna (5 oz)
- 1 tbsp low-fat mayo
- 1/4 cup chopped celery
- large green salad with lettuce, tomatoes, cucumbers, red peppers
- 1/2 baked yam (320)

**Chicken rice bowl:**
- 3 oz grilled chicken
- 1/2 cup cooked brown rice
- 1 cup steamed veggies
- 2 tbsp low-fat dressing (300)

**Chicken or beef kabob + Rice + Salad:**
- 3 oz chicken
- cherry tomatoes
- whole mushrooms on a skewer
- 1/2 cup cooked brown rice
- 1 cup salad dressing (350)

**Burger + Salad:**
- 4 oz lean ground turkey or beef
- 1 whole wheat hamburger bun
- 1 slice fat-free cheddar cheese
- 1 cup salad greens
- 1 tbsp low-fat dressing (350)

**Pasta marinara:**
- 1/2 cup cooked whole wheat pasta
- 1 cup steamed spinach
- 2 oz chicken or 5 oz shrimp
- 1/2 cup marinara sauce (350)

**Chef salad + salad:**
- 2 oz fat-free turkey breast
- 2 oz extra lean low-sodium ham
- 1 oz avocado
- 1 oz fat-free mozzarella
- 2 cups lettuce, tomato, cucumber
- 2 tbsp low-fat ranch dressing
- 1 whole wheat roll or 2 whole gsw crackers (300)

### DINNER

**Chicken and veg + Fruit:**
- 3 oz chicken breast
- 1 cup green beans
- 1 cup steamed veggies
- 1 tbsp low-fat dressing (300)
- 1 cup low-fat cottage cheese
- 1 medium fruit (apple, orange) (600)

**Fish and veg:**
- 6 oz baked or broiled fish (salmon, halibut, cod)
- 1 cup steamed veggies
- 1 cup low-fat cottage cheese
- 1/2 cup light ranch dressing (80)

**Spaghetti squash and meat sauce + Veg:**
- 4 oz cooked lean ground turkey or beef
- 1/2 cup cooked spaghetti squash
- 1/2 cup marinara sauce
- 1 cup steamed veggies (280)

**Salmon salad:**
- 6 oz grilled salmon
- 2 cups salad greens
- 1 tbsp light dressing (400)

**Turkey Fiesta Salad:**
- 2 oz ground turkey
- 1/4 cup beans
- 1 oz low-fat cheese
- 2 tsp picante sauce
- 2 cups salad greens (300)

**Stir fry:**
- 3 oz chicken or steak sauteed in wok with 2 cups veggies of choice
- 1 clove diced garlic
- 1 tsp low-sodium soy sauce
- 1 tsp olive oil (270)

**Steak and veg + fruit:**
- 2 oz sirloin steak
- 1 cup steamed veggies
- 1 cup salad
- 1 tbsp low-fat dressing (300)

**Fish and veg:**
- 6 oz grilled fish
- 1/2 cup sauce
- 1 cup cooked veggies
- 1 medium plum
- 1/2 cup low-fat cottage cheese
- 1/2 cup light ranch dressing (80)

### SNACKS

**1 medium apple:**
- 2 tbsp reduced fat peanut butter (645)
- 6 celery sticks
- 1 cup low-fat cottage cheese
- 1/2 cup raisins (270 cal)

**Grapefruit and cheese:**
- 1/2 cup diced grapefruit
- 1/2 cup light ranch dressing (80)

### EXTRAS

**3-1: Disassemble Bolt (#20), Washer (#32) & Nut (#29) from the rear part of the Upper Main Frame (#4)**

**3-2: Assemble the Core Support Column [Center Post Spring] (#5) on the rear part of the Upper Main Frame (#4) by inserting the Bolt (#20). Make sure to install the Washer (#32) under the Nut (#29) and tighten the Bolt (#20).**

**3-3: Plug in Pin with Hole N’4 (#87) as illustrated. Insert the Clip (#88) into the hole on the Pin N’4 (#87).**

**4-1: Attach the Arm Bar (#9) to the Core Support Column [Center Post Spring] (#5) and adjust it to your desired height.**

**4-2: Fix the Arm Bar (#9) with the Core Support Column [Center Post Spring] (#5) by inserting Pin N’1(#39).**

**4-3: You could tight fit the Arm Bar (#9) with the Core Support Column [Center Post Spring] (#5) by adjusting the Knob (#60).**

**NOTE: Do not over-tighten the knob. Tighten the knob to keep the Arm Bar stationary but while you are exercising you can still move it up and down.**
**STEP 5**

5-1: Attach Roller Bracket Assembly (#6) to Core Support Column (Center Post Spring) (#5) and adjust it to your preferable position.

5-2: Fix Roller Bracket Assembly with Core Support Column (Center Post Spring) by Pin (#36).

5-3: Insert the Handle Bars (#10) into the front of Arm Bar (#9) and make sure that the clip pin (spring balls) on the Handle Bars have been pierced through arm bar holes.

**STEP 6**

6-1: Screw in Spring Pin (#41) in the front of the Bottom Main Frame (#3) to lock the seat and prevent any rotation simply give the Spring Pin (#41) a slight turn or twist in the opposite direction and it will lock itself into the seat.

To unlock the seat simply pull down on the Spring Pin (#41) and give a slight turn or twist to enable rotation of the seat.

ASSEMBLY IS COMPLETED!

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**4-WEEK HEALTHY EATING PLAN**

**Calorie Control**

Each day, eat between 1200-1400 calories if you are a female and if you are a male eat between 1800-2200 calories each day. Don’t go below 1200 calories a day for female or 1800 calories for male, or you risk body rebellion! Your body perceives this caloric deficit as ‘starvation,’ and immediately goes into caloric hoarding mode, storing any and all calories you take in as fat, even the good ones! This is exactly the opposite of what you’re trying to do. To encourage your body to release fat as fuel and elevate your metabolism, eat each of your meals and snacks at regular intervals throughout the day. Generally you’ll eat something every 3-4 hours. Here’s how an eating schedule might look on any given day:

The AB DOER TWIST™ 4-Week Healthy Eating Plan

Want to kick-start your weight loss right now? Then this 4-Week Healthy Eating Plan is your meal ticket to success. Using the foods on your suggested shopping list, follow this meal plan for the first month of your program; after the first month, add in a few more calories to maintain your healthy weight. Here’s how it breaks down:

- Each day, choose one meal each from the Breakfast, Lunch and Dinner lists.
- Each day, choose 1-3 snacks from the Snack list.
- Plan to eat a meal or snack every 3-4 hours during the day.
- On days when you don’t have an after-dinner snack, wait 30 minutes.
- If you’re still legitimately hungry, add an Extra into your plan. They are indicated in your sample schedule with a " Refer to Snacks listed ".
- Add the calories together and make sure they total between 1200-1400 a day for females and 1800-2200 for males.
- For optimal four-week fat-loss, eat starchy carbs (bread, tortilla, rice, potato) before 3 PM and stick to veggies and occasional small fruits after that.
- Drink at least 1/2 gallon (8-12 glasses) of water a day.
- If you don’t like a particular item in a suggested meal, sub it with something from the same food genre. For example: you hate celery. Have sliced raw red peppers instead. Beef is not your friend? Sub in pork or shrimp.
- The Sample 4-Week Healthy Eating Plan Schedule is only an example. You may change items around as you wish, so long as your calorie total stays between 1200-1400 a day for females and 1800-2200 for males.

This eating plan was created for an average women’s body size, for men, the eating plan would need to be adjusted accordingly for their body type.

**Food preparation notes:**

- Cook all your egg whites and pan-seared items in a non-stick skillet coated with non-fat cooking spray.
- Cook all vegetables in a steamer or eat them raw.
- Unless otherwise specified, make your rice, oatmeal, smoothies and other need-to-prepare dishes with water, not milk or juice.
- Cook in bulk and portion your food out in baggies or containers for convenience.

**Beyond Four Weeks**

Remember: this 4-Week Healthy Eating Plan is only to be used for your first month to kick-start your fat-loss process. After four weeks, incorporate 200-300 calories more into your daily plan, bringing your calorie totals to between 1400-1700 calories for females and 2000-2500 for males. This will encourage lasting, effective fat loss of 1-2 pounds a week while giving your body the fuel it needs to train hard and be fit.

**Fast Fact:**

Some days you might be hungrier than others, this is fine. Hunger is a sign that your metabolism is working! Have another snack between meals or add a little more to your plate during meal times without going overboard. Remember: you want to create a caloric deficit, but not so much that you shut down your system.
The “Swivel Action Seat” is one of the many technological advances on your AB DOER TWIST™ machine. This seat allows you to swivel, or rotate, 180º from right to left to add diversity to your list of exercises as well as a host of added benefits for toning muscle, developing coordination and burning fat.

To unlock the seat simply pull down on the Spring Pin (#41) and give a slight turn or twist to enable rotation of the seat.

To monitor your resistance levels rotate the Resistance Knob (#40) toward the + sign or the darker color then to reduce the resistance rotate in the opposite direction toward the – sign.

To lock the seat and prevent any rotation simply give the Spring Pin (#41) a slight turn or twist in the opposite direction and it will lock itself into the seat.

### Spring Pin

The Spring Pin (#41) is used to lock the Swivel-Action seat into place to prevent it from rotating then with a simple tug the Spring Pin (#41) can be lowered to unlock the Swivel-Action seat for rotatability and add more diversity to your AB DOER TWIST™ workouts.

---

### 4-WEEK HEALTHY EATING PLAN

#### Suggested Shopping List

**Meat, Fish and poultry**
- Skinless chicken breasts
- 99% fat-free ground turkey
- Lean beef filets
- Lean pork chops
- Chunk white low-sodium tuna in water
- Fresh fish (Salmon, snapper, halibut, flounder, albacore)
- Shrimp (Cooked, scallops, crab)
- Low-sodium, low-fat deli sliced turkey, ham, roast beef

**Dairy**
- Laughing Cow cheese wedges
- Low- or no-fat cheese
- Skim milk
- Low- or no-fat string cheese
- Light yogurt, plain
- Low- or no-fat cottage cheese
- Eggs or packaged egg whites

**Fruits and vegetables**
- Broccoli
- Asparagus
- Tomatoes
- Cucumbers
- Lettuce
- Peppers (red, green, yellow)
- Avocado
- Onion
- Sweet potatoes

**Dry goods**
- Wild or brown rice
- Beans (canned or dried)
- Whole wheat bread products
- Wasa whole grain crackers
- Dry oatmeal (plain)
- Kashi-Go-Lean cereal
- All natural bran cereal
- Whole wheat pasta
- Raw nuts
- Olive oil
- Fresh ground or reduced fat peanut butter
- Low sugar or sugar free jams and spreads
- Non-fat cooking spray

**Spices, dressing and condiments**
- Balsamic vinaigrette
- Fat-free or light salad dressing
- Extra virgin olive oil
- Garlic powder
- Tabasco sauce
- Mustard
- Non-fat or light mayonnaise
- Low-sodium soy sauce
- Ground pepper
- Mrs. Dash spice blends
- Mrs. Dash 10-minute marinades

**The Plate Plan**

Portion control can be a tricky thing to figure out, especially in our society of super-sized everything. To determine proper portions of protein, carbs, and fats, use the Plate Plan.

1. Imagine a plate. Then - Fill 1/4 of it with protein. Your protein should be about the size of a deck of cards or the palm of your hand.
2. Fill 1/4 of it with starchy carbs. This amounts to about 1 cup of cooked oatmeal, 1 medium fruit, or one slice of whole wheat bread.
3. Fill 1/2 of it with veggies. This amounts to about 1 cup of broccoli or 2 cups of salad greens.
4. On the side of your plate, imagine a large spoon. Then - Fill that with dietary fat. This is about 2 tbsp of reduced fat peanut butter or a golf ball sized scoop of avocado.

**Meal Planning**

Break your daily food intake into three meals and two snacks daily. It might sound like a lot, but think of your body as a fireplace: you want to keep the fire (your metabolism) burning all day long. In order to do that, you’ve got to keep throwing logs (food) onto the fire. By spreading your meals out during the day, you’ll keep this fire burning hot, elevating your metabolism and burning tons of fat over the long term. You’ll also never ‘crash, and feel like you’re starving. Prepare your food ahead of time and pack it in a small cooler to carry with you to work, on a hike, or to the kids’ soccer games to avoid the lure of the drive-thru window.

This eating plan was created for an average women’s body size. For men, the eating plan would need to be adjusted accordingly for their body type.
### Storage

**STEP 1**

1-1: Loose the Resistance Knob (#60) and lower the Arm Bar (#9) as illustrated.

2-1: Remove the Clip (#88) from the Pin N4 (#87) and then remove the Pin N4 (#87) to release the Core Support Column (Center Post Spring) (#5) and lock in place by inserting the Pin N4 (#87) as illustrated.

**CAUTION**

Keep hands clear of open area when foiling and unfoiling to prevent pinched fingers.

**NOTE:** Do not carry/move the product around if the Core Support Column (Center Post Spring) is not locked in place. Only lift and/or attempt to move this unit by firmly holding onto both sides of the seat. Never try to lift or move by pulling on the Arm Bars or the Core Support Column (Center Post Spring).

### 4-Week Healthy Eating Plan

Proper nutrition is essential for a healthy, fit body. With that in mind, we've developed the 4-Week AB DOER TWIST™ Healthy Eating Plan just for you! Follow it and you're guaranteed to see a difference in your physical body and energy level!

**Back to Basics**

In order to understand nutrition, you've got to first understand protein, carbohydrates, and fats.

**Protein**

Protein is the most important element in your diet plan. It provides amino acids that build muscle, grow hair and nails, and create hormones and enzymes. Having a protein with every meal provides these essential 'building blocks,' as well as slowing the movement of food in the gastrointestinal tract, keeping you fuller longer. Good protein options include lean beef filets, extra lean ground turkey, skinless chicken breasts, egg whites, low-fat tofu, and no-fat cottage cheese.

**Carbohydrates**

Now hear this: carbohydrates are not bad for you! In fact, they are essential to good health and are the number one source of energy used by the body to fuel metabolism, physical activity and daily bodily functions. But not all carbs are created equal: Simple carbs are broken down quickly in the body and are to be eaten sparingly. These include things like mashed potatoes, chips, cola, crackers, white bread, and fruit juice. Complex carbs contain tons of fiber and take a long time to break down in the body, keeping you fuller longer and making your meals more satisfying. These include things like yams, brown rice, oatmeal, green vegetables, beans, and whole fruits.

**Fat**

Dietary fat and body fat are not the same things, though you could swear you see that peanut butter cup pop up on your thighs an hour after eating it! Dietary fat is broken down into fatty acids, which provide energy while supporting things like your nervous and endocrine systems. However, not all fats are created equal, either: Saturated and trans fats have been linked to heart disease and some cancers, so eat foods that contain these fats sparingly, such as processed packaged desserts, fatty meats, deep fried foods and chips. Instead, choose heart-healthy, all natural fats to ensure a healthy body and high energy, such as avocado, raw nuts, olive oil, and fish oil.

**Water**

Did you know that your body is made up of more than 60% water? Water helps with digestion, decreases your appetite, rids your cells of toxins and wastes, and extracts nutrients from your foods. You lose water through perspiration, breathing, urinating, and other bodily functions, and this loss must be replenished often. Because water cannot be manufactured by the body, it must be ingested in the form of beverages or watery foods like fruits and vegetables. Drink at least 8-12 full glasses of water a day, more if possible, and eat plenty of fresh fruits and veggies to keep yourself properly hydrated.

**Go decaf?**

Caffeinated coffee, tea, and soda have a diuretic effect on the body, and could be counteracting your hydrating efforts. Switch to decaf, or limit your caffeinated beverages to one per day for the best results.

**Fun fact:** Drink more to retain less! If you’re feeling bloated, drink water! It sounds backwards but consider this: Water helps flush sodium from your system, the element most responsible for water retention and bloating.
OPTIONAL ITEMS

**Resistance Rods**

This set of Resistance Rods allows you to add extra power to your AB DOER TWIST™ machine with its triple progressive resistance options. Simply select Light (#1 w/color code) for a higher level aerobic challenge, Medium (#2 w/color code) for a cross-training combination of aerobics and muscle toning, and Advanced (#3 w/color code) for the ultimate in calorie burning and muscle toning. These triple progressive resistance options are extremely easy to insert and remove into your AB DOER TWIST™ machine allowing you to have even more variables, and results, while using your AB DOER TWIST™ machine!

**Tri-Roller**

This is our most popular accessory item for the AB DOER TWIST™ machine. It does what the single massage roller does but "triple the benefits". The Tri-Roller reaches all of the muscles of your back to give you a complete backrub.

*Note: This accessory is not suggested for the actual AB DOER TWIST™ aerobic workouts as it may limit your range-of-motions. Instead, the Tri-Roller is to be used only for back and spine stretching and mobilizing routines.*

**Power Resistance Kit**

If you want to tone up your arms, shoulders, chest and back, and even your inner thighs, hips and buttocks, then the AB DOER TWIST™ Power Resistance Kit allows you to perform the same exercises you would perform at the gym with dumbbells and barbells and cable machines.

Simply attach one end of the PRK to your AB DOER TWIST™ machine and curl, press and row. To work your lower body, simply secure the comfortable ankle stirrup around your ankle and kick, lift and push your legs, hips and buttocks into their best shape ever. Variable resistance options keep you challenged and realizing great results from workout to workout.

**Extreme Workout DVD**

Get ready for the workout of your life! John Abdo and his Doer team guide you through the most motivating and diverse ABDOBICS™ sessions you can ever imagine. Just sit on your AB DOER TWIST™ machine and move your body in ways you’ve never experienced before to quickly burn off excess fat from everywhere on your body while providing exceptional muscle shaping benefits all at the same time. You’ll never get bored using your AB DOER TWIST™ machine. You’ll always be challenged. You’ll always have fun. And most of all, you’ll always see fantastic results.
STRETCHES

After every workout, do these stretches to increase flexibility and improve fitness. For the best results, hold each stretch for 30-60 seconds.

Calves:
Stand in a wide lunge with your back knee straight and your front knee slightly bent. Press your rear heel toward the floor and hold. Repeat on other side.

Quadriceps:
Stand with your feet hip-width apart and bend your right knee to bring your heel toward your buttocks. Grasp your foot with your right hand and hold. Knee should point straight toward the floor, hips pressing slightly forward. Repeat on other side.

Back/hamstrings:
Stand with your feet double shoulder-width apart, toes forward, and slowly roll down toward the floor. Allow your upper body to hang freely, focusing on relaxing your head, shoulders, back and legs.

Shoulders:
Bring your left arm (straight) across your body at chest height and grab your left forearm with your right hand and hold. Repeat on other side.

Triceps:
Bring your left arm straight up by your head and bend your elbow, reaching your left fingers down the center of your back. Grasp your left elbow with your right hand and pull gently toward the right side. Repeat on other side.

Chest/biceps:
Reach both arms behind you and lock your fingers together. Reach behind and slightly upward. Hold here and breathe.

Hamstrings:
Sit on the floor with your right leg extended straight out, foot flexed. Bend your left knee and place the sole of your shoe on the inside of your right thigh. Reach forward over your right leg and hold. Repeat on the other side.

Inner thighs/hips:
Sit with the soles of your feet together, knees splayed outward. Hold your feet with both hands and fold forward over your shoes.

Glutes:
Lie on the floor with your knees bent. Cross your right ankle over your left knee and hold. If you’re more flexible, lift both legs off the floor and pull them in toward your chest with your hands.

Spinal twist:
Lie on the floor. Bend one knee and bring it in toward your chest. Pull that same knee across your body to the side, extending your opposite arm and head away the opposite direction. Hold and breathe. Repeat on the other side.

Also refer to illustrations in the FLEXIBILITY & WARMUP PROGRAM section.
SAMPLE 4-WEEK ACCELERATED RESULTS WORKOUT PLAN

Weeks 1-2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<td>45-minute walk</td>
<td>AB DOER TWIST™ machine</td>
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<tr>
<td>optional upper body workout*</td>
<td>45-minute walk</td>
<td></td>
<td></td>
<td>(optional upper body workout*)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 30-minute walk</td>
<td></td>
<td></td>
<td></td>
<td>AB DOER TWIST™ machine</td>
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Weeks 3-4

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>AB DOER TWIST™ machine +</td>
<td>AB DOER TWIST™ machine +</td>
<td>60-minute walk</td>
<td>Off</td>
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</tr>
<tr>
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</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>AB DOER TWIST™ machine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*POWER RESISTANCE KIT REQUIRED (REFER TO OPTIONAL ITEMS)

RPE SCALE

The RPE (Rate of Perceived Exertion) scale is a good way to determine how hard you’re working. While you’re exercising, check with yourself and see what level you’re at. For your cardio workouts, you should rate at about 5-6. For your strength workouts, 4-5.

<table>
<thead>
<tr>
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<th>Effort Level</th>
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<tbody>
<tr>
<td>0</td>
<td>Nothing at all</td>
</tr>
<tr>
<td>1-2</td>
<td>Very easy; can converse with no effort</td>
</tr>
<tr>
<td>3</td>
<td>Easy; can converse with almost no effort</td>
</tr>
<tr>
<td>4</td>
<td>Moderately easy; can converse with little effort</td>
</tr>
<tr>
<td>5</td>
<td>Moderate; conversation requires some effort</td>
</tr>
<tr>
<td>6</td>
<td>Moderately hard; conversation requires a bit of effort</td>
</tr>
<tr>
<td>7</td>
<td>Difficult; conversation requires quite a lot of effort</td>
</tr>
<tr>
<td>8</td>
<td>Very difficult; conversation requires maximum effort</td>
</tr>
<tr>
<td>9-10</td>
<td>Peak effort; no talking zone</td>
</tr>
</tbody>
</table>

OPTIONAL ITEMS

ASSEMBLING THE TRI-ROLLER

STEP 1

Attach the Tri-Roller (#65) to Core Support Column (Center Post Spring) (#5) then fix it by inserting Pin (#39).

STEP 2

Assembly is finished.
ASSEMBLING THE RESISTANCE RODS

Open the cartons and take out the Resistance Rods.

<table>
<thead>
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<th>Part#</th>
<th>Description</th>
<th>Spec.</th>
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<tr>
<td>67</td>
<td>resistance rod light - YELLOW</td>
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<td>1</td>
</tr>
<tr>
<td>68</td>
<td>resistance rod medium - ORANGE</td>
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</tr>
<tr>
<td>69</td>
<td>resistance rod advanced - RED</td>
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</tbody>
</table>

4-WEEK ACCELERATED RESULTS WORKOUT PLAN

Now that you’ve gotten the hang of your AB DOER TWIST™ machine it’s time to talk turkey. Your best results come with a combination of resistance training, cardiovascular work, and proper nutrition. In order to get the body of your dreams, these three things all need to come into play.

Resistance training
Whether you know it or not, you’ve already done some resistance training when you did your test-run on your AB DOER TWIST™ machine! Wasn’t so bad, right? Resistance – or ‘strength’ – training gives your muscles shape and tone while increasing bone density, helping prevent – and even in some cases reverse – osteoporosis! Regular weight training elevates your metabolism, lowers blood pressure, increases circulation, and encourages fat loss.

Cardiovascular activity
Cardiovascular activity is anything that elevates your heart rate and keeps it there for a set duration of time. Cardio burns tons of calories, strengthens your heart and lungs, and gives you that ‘exercise high’ by releasing endorphins into your brain. Go outside for a walk, hike in the hills by your house, or take a swim in the pool and you’re doing cardio!

Flexibility
This is probably the most often overlooked part of fitness, but is no less important than resistance training and cardio. Good flexibility means better range of motion in all your joints and limbs, and often translates to decreased pain, especially in the lower back, shoulders and neck. After every workout, stretch the major muscles used to improve flexibility while also relieving muscle stiffness and tightness associated with working out hard. For a great list of stretches, check out the stretches section.

Your workouts
Every week you should do a combination of resistance training, cardio and flexibility for the best results possible. Here’s how it all maps out:

1) Do your AB DOER TWIST™ workout 5-6 days a week to slim and trim those typical trouble areas fast! If you’re super motivated you can do it twice a day!
2) Those who want total body fitness and faster results should use the optional AB DOER TWIST™ Power Resistance Kit to do a battery of additional exercises that work the back, chest, shoulders, biceps, triceps and abs. Work your upper body 1-3 days per week. Do one set of 10-12 repetitions of each exercise. As you get stronger, do two sets of each exercise, and increase your repetitions to 12-15.
3) Do 30-60 minutes of cardiovascular activity 3-5 days a week to burn body fat, dropping dress sizes and revealing the muscles you’ve been working so hard to develop with your AB DOER TWIST™ machine!
4) After every workout, spend 5-10 minutes stretching the large muscles of the legs, back, chest, and arms to increase flexibility. Use the stretches on (22) for guidance.
5) Take at least one full day off from exercise every week to allow your body to recover completely from training.

Burning Question: If I lift weights will I look like a man?
Definitely not. Women simply don’t have enough male hormones to develop big muscles like men. Instead, resistance training gives you the ‘tone’ and shape you desire in your legs, arms, abs, back and chest.

Creative cardio ideas:
• Walk or run with your dog
• Play touch football with your kids
• Go cross-country skiing
• Power walk along the beach
• Walk up and down the stairs in your apartment or office building
• Take a group fitness class
• Go dancing all night with your girl friends or your honey
• Swim a few laps at your local pool or lake

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**WORKOUT TIPS**

1. To increase the challenge when using your AB DOER TWIST™ machine, condition yourself to maintain constant motion without hesitation.

2. You can also increase the challenge by positioning the Contouring Arm Bars over your shoulders; then you can alternate the Contouring Arm Bars under-your-arms.

3. Performing your motions in a coordinated fashion will provide a greater degree of skill improvement and muscle control, and you'll burn more fat, quicker!

4. Feel free to add resistance by inserting any one of the Resistance Rods, or by turning the Swivel-Action Seat’s resistance dial.

5. If you fatigue in any position simply:
   - Change to another movement, or
   - Slow down the speed, or
   - Reduce the range-of-motion, or
   - Return the Arm Bar to underneath your arms, or
   - Lower the resistance on the Swivel-Action dial, or
   - STOP, your workout has ended – congratulate yourself.

---

**OPTIONAL ITEMS**

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---

**STEP 2**

Select the resistance you need and then insert Resistance Rod (#67) or (#68) or (#69) into the Core Support Column (Center Post Spring) (#5). Once the Resistance Rod is completely inserted into the Core Support Column (Center Post Spring) (#5), turn the Resistance Rod clockwise to lock in place as illustrated in figure a and figure b.

Move back the Core Support Column (Center Post Spring) (#5) to upright position and lock in place by inserting Pin No4 [#87] and then insert the Clip (#88) into the hole on the Pin No4 [#87].

**STEP 3**

Remove the Clip [#88] from the Pin N°4 [#87] and then take out Pin N°4 [#87] from the Rear Frame Bracket (#4), then fold down the Core Support Column (Center Post Spring) (#5) as illustrated.

---

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**OPTIONAL ITEMS**

1. To increase the challenge when using your AB DOER TWIST™ machine, condition yourself to maintain constant motion without hesitation.

2. You can also increase the challenge by positioning the Contouring Arm Bars over your shoulders; then you can alternate the Contouring Arm Bars under-your-arms.

3. Performing your motions in a coordinated fashion will provide a greater degree of skill improvement and muscle control, and you'll burn more fat, quicker!

4. Feel free to add resistance by inserting any one of the Resistance Rods, or by turning the Swivel-Action Seat’s resistance dial.

5. If you fatigue in any position simply:
   - Change to another movement, or
   - Slow down the speed, or
   - Reduce the range-of-motion, or
   - Return the Arm Bar to underneath your arms, or
   - Lower the resistance on the Swivel-Action dial, or
   - STOP, your workout has ended – congratulate yourself.
OPTIONAL ITEMS

There’s Even More Options for More Results:
Upper Body and Lower Body Power-Resistance Attachments

AB DOER TWIST™ POWER RESISTANCE KIT

<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>plastic loop</td>
<td>2</td>
</tr>
<tr>
<td>81</td>
<td>handle grip</td>
<td>2</td>
</tr>
<tr>
<td>82</td>
<td>ankle stirrup</td>
<td>2</td>
</tr>
<tr>
<td>83</td>
<td>power band level 1 - GREEN</td>
<td>2</td>
</tr>
<tr>
<td>84</td>
<td>power band level 2 - BLUE</td>
<td>2</td>
</tr>
<tr>
<td>85</td>
<td>power band level 3 - RED</td>
<td>2</td>
</tr>
</tbody>
</table>

3 Pairs, or 6 individual Power Bands

FLEXIBILITY & WARMUP PROGRAM

3. ARM CIRCLES: While standing, with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your chest upright by lifting your arms to freely hang to each side. Slowly lift your arms in front of you keeping your elbows rigid if possible, and make large circles with both your arms. Perform 5-10 circles with your arms in one direction then reverse directions and perform 5-10 more circles. Always perform this motion slowly with no jerky movements. This exercise increases the flexibility to your shoulders, chest, upper back, neck and arms.

4. SQUATS: While standing with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your chest upright to obtain an erect back posture then bend slowly at the knees to allow your body to lower downward. Only squat down as far as you feel comfortable or until your heels start to raise off the floor. Use your arms for balance by moving them in front of you if necessary. Squat down slowly and never bounce up. Perform as many squats as you feel comfortable with; 5-10 is preferred. Squats develop body balance and control while strengthening the muscles of your thighs, hips, hamstrings, calves and ankles.

5. FORWARD LEAN: While seated on a bench or chair obtain a firm shoulder-width foot stance on the floor. Lift your chest so your back is upright and your spine is erect then bend forward at the waistline to lean your chest forward and downward as far as you feel comfortable. Hold your deepest, most comfortable forward position for 3-5 seconds before slowly returning to an upright position. Make sure you do not bounce. Do this movement slowly as it may have a tendency to make you a little dizzy due to the lowering-then-lifting of the head. Perform between 3-10 forward leans. This movement is great for conditioning the mid-to-lower back and spinal column, the buttocks and hamstrings.

Also refer to the STRETCHES section.
**FLEXIBILITY & WARMUP PROGRAM**

A flexibility or warmup program is an important aspect of all fitness and body development routines. Typically, warmup routines comprise any number of mobility movements which are intended to condition the body to move more freely during activity. When you become more flexible you will realize better performance in your sports and exercise routines as your muscles and their bones and joints have improved ability to perform.

Before using your AB DOER TWIST™ machine it's wise to spend some time conditioning your body warming up to allow you to become more flexible, enhance performance-ability, ensure safety and speed post-workout recuperation. The AB DOER TWIST™ flexibility & warmup program includes both a warm-up and a cool-down period. All instructions are designed to enable you to quickly, enjoyably, and safely reach your goals.

1. **TORSO TWISTS:** While standing with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lift both arms bending them at the elbows. While keeping your focal point, slowly pivot or twist your midsection as far as you can to the right then, without any jerking motions, rotate in the opposite direction as far to the left as your flexibility will permit. Try to obtain a rhythmical cadence as you twist from side to side. This simple movement will loosen up stiff muscles, tendons and ligaments in the entire torso and abdominal region, the obliques, back and the spinal column. Perform as long as you like, 30 seconds minimum.

2. **SIDE LEANS:** While standing with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lean to your right side as far your flexibility will permit keeping both feet firmly planted on the floor for balance. Reach your farthest most comfortable lean without any jerking motions then stretch to the opposite side leaning as far as your flexibility will permit. Try to obtain a rhythmical cadence as you lean from side to side. This movement loosens up stiff muscles, tendons and ligaments to the obliques, mid-to-lower back and spinal column, and the entire abdominal region. Perform as long as you like, 30 seconds minimum.

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**OPTIONAL ITEMS**

How you can add extra Power Options to your AB DOER TWIST™ machine!

**STEP 1**

1-1: Take out the Handle Bars (#10) from the front of the Arm Bars (#9).

1-2: Attach a Plastic Loop (#80) onto each Handle Bar (#10).

1-3: Insert each Handle Bar (#10) with Plastic Loop (#80) attached, back into the Arm Bars (#9).

**STEP 2**

2-1: Attach one end of a Power Band (#83) or (#84) or (#85), onto the Plastic Loop (#80) located on each Handle Bar (#10).

2-2: Attach the other end of a Power Band (#83) or (#84) or (#85), onto the hook located on the Rear Foot Tube Assembly (#2).

2-3: Assembly is completed.
ASSEMBLING THE HANDLE GRIPS

3-1: To assemble the Handle Grips (#81), take one end of a Power Band (#83) or (#84) or (#85), and attach it onto the hook located on the Rear Foot Tube Assembly (#2). Then attach the Handle Grips (#81) to the other end of a Power Band (#83) or (#84) or (#85).

ASSEMBLING THE ANKLE STIRRUPS

3-2: To assemble the Ankle Stirrups (#82), take one end of a Power Band (#83) or (#84) or (#85), and attach it onto the hook located on the Rear Foot Tube Assembly (#2). Then attach the Ankle Stirrups (#82) to the other end of a Power Band (#83) or (#84) or (#85).

4. STREET BRAWL

(Getting crazy with The AB DOER TWIST™ machine)

With a wide stance, and feet firmly planted onto the floor, lean forward so your chest is closer to your thighs. By radically pivoting your torso from side-to-side in short little bursts, try to punch your knees in alternating fashion; but be careful you don’t knock yourself out. You can lift your chest away from your knees and still maintain a pivoting punching action to add multiple benefits to this fun and highly productive motion.

This exercise places a lot of emphasis to the abdominals and obliques, plus you’ll feel your arms, shoulders and chest getting a terrific workout all at the same time!

5. SKATERS

(In-line skating in your living room)

Activate the “Swivel-Action Seat”. Lean to your left side and extend your right leg to the right side of your body. Pivot your body from left-to-right in a skating action with your legs, darting your left foot out then your right as your torso and upper body sway to the tempo.

This is a fun yet highly-productive motion that burns fat all over your body while defining your abdominals, obliques, legs, hips, buttocks, arms, shoulders, and entire back!)
2. BODY BOOGIES
(Circular; Clockwise and Counter-clockwise)

With a wide stance, and feet firmly planted onto the floor, sit upright in the SP then lean forward bringing your chest towards your thighs. Once your chest reaches this position begin to rotate your torso to the right in a circular fashion until you perform a complete circle with your torso and upper body. Start with little circles that are slow and controlled, then as you warm up, increase the size of each circle and its speed. You can stop and rotate in the opposite direction to add versatility to your workouts.

This motion is incredibly effective for working ALL the midsection muscles, while your legs and upper body receive incredible toning benefits at the same time!

3. FIGURE 8’s
(Just like is reads; Figure 8’s)

With a wide stance, and feet firmly planted onto the floor, sit upright in the SP then start to move your torso and midsection so your hands scribe the Figure 8. The trick is NOT to pull with the arms or hands, but let your abdominals and obliques do the work. Really concentrate on making the most perfect “8” figure you can. Once you master this figure, try reversing your motion to scribe a perfect figure 8 in the opposite direction.

Although this drill works ALL of the midsection muscles, more emphasis is placed on the obliques and abdominals!
Before beginning your workout program, please read through these guidelines:

- Wear comfortable, supportive clothing and undergarments that are not too baggy. Baggy clothes can bunch and chafe, and can even get in the way of your workout.
- For a woman, a sports bra is a must, especially if you’re well-endowed, to support your breasts and make your workouts more comfortable.
- Please tie your hair up before using the AB DOER TWIST™ machine to avoid contact with the Tri-Roller and other parts.
- Always warm up for 5-10 minutes by walking around the block, marching in place, or going up and down your stairs a few times. Warm ups prepare your body to perform and help prevent injury.
- Always cool down and stretch for 5-10 minutes after your workout. This allows your body to return to normal while improving flexibility and decreasing muscle soreness and tension.
- If at any time you feel sick, dizzy, or faint, stop exercising immediately. Walk around slowly or sit upright in a chair until you feel better. Once recovered, have some fluids and rest. If this pattern continues, consult your physician.
- Smile and have fun! Nothing promotes success better than a positive attitude. So gear up with your best grin and get to it!

*Images shown are with older unit.

Doers, start your engines!

**How to get started:**
All movements begin from a seated upright position; this is known as the Starting Position (SP). Place both feet in a wide stance, sit upright with your back pressed against the massage roller, and pull the Contouring Arm Bars firmly underneath your armpits to decompress your spine and maintain an upright posture.

_1. BODY BOBS_  
(Lateral Bending)
With a wide stance, and feet firmly planted onto the floor, sit upright in the Starting Position (SP) then lean to the right side with your torso, pause momentarily, then sway all the way over to the left side in a lateral pendulum-like motion.

This motion _works ALL of the midsection muscles with emphasis to your obliques and lower back!_