

THANE Fitness[®]

TOTAL FLEX[™]

AB DEVELOPER



USER'S
GUIDE

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INTRODUCTION

Please Note: The Ab Developer is designed to be used in conjunction with the Total Flex* exercise machine.

Congratulations on the purchase of your Ab Developer exercise attachment to your Total Flex exercise machine. You have taken an important step towards achieving a trim, fit and healthy body. Just a few minutes a day is all it takes to start enjoying the benefits of exercising with your Ab Developer exercise attachment.

Working out with the Ab Developer exercise attachment is comfortable and easy. You'll effectively train a wide range of muscle groups in your lower body and core area – even your upper body muscles. With regular exercise you can reduce your body fat, improve muscle tone, develop endurance, increase energy and reduce stress – certainly a worthwhile investment in time and money!

With regular use of the Ab Developer exercise attachment and with minimal time commitment, you'll soon see improvements in the way you look and feel to achieve the results you've always wanted.

*Total Flex is a trademark of Thane International, Inc., registered in the U.S. and other jurisdictions.

SAFETY WARNINGS

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 Developer attachment is 136.4 KG/300 LBS. Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never use the device if it is not functioning correctly, or if it is damaged.
3. Use this device EXCLUSIVELY for the purpose intended and described in this User's Guide. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
4. Ensure that at least 10-13 feet (2-3 meters) of free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during use.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.
6. Handicapped or disabled persons should not use the Ab Developer attachment without the presence of a qualified health professional or physician.
7. Position the Ab Developer attachment on a firm, clear, level surface. To protect and avoid damage to flooring, the unit should not be pushed across delicate floor coverings (laminates, parquet, carpet, etc.).
8. 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.
9. Always warm up and stretch before each training session.
10. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heartbeat, or any other abnormal symptoms, STOP the workout at once and CONSULT A PHYSICIAN IMMEDIATELY.
11. Check all screws and bolts before each workout and tighten if loose.
12. Always choose the proper intensity level that best suits your physical strength and flexibility. Know your limits and train within them. Always use common sense when exercising.
13. Begin slowly and get used to the unique movement of the Ab Developer attachment prior to starting your routine.
14. To avoid serious injury, never place any part of your body between or near any moving parts.
15. DO NOT use any accessories not recommended by the manufacturer. Understand correct use of this machine.
16. Please read this User's Guide and/or watch the instructional DVD prior to using your Ab Developer attachment to understand the correct use of the equipment.
17. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind yourself of all maintenance guidelines.
18. Do not place your hands or fingers underneath the unit while it is being used. Keep children away from the unit during use.
19. If you have long hair please tie it up to avoid getting caught in certain parts of the equipment.
20. Do not place the unit in direct sunlight, as heat can degrade the non-steel materials on the unit.

SAFETY WARNINGS

IMPORTANT MEDICAL WARNING

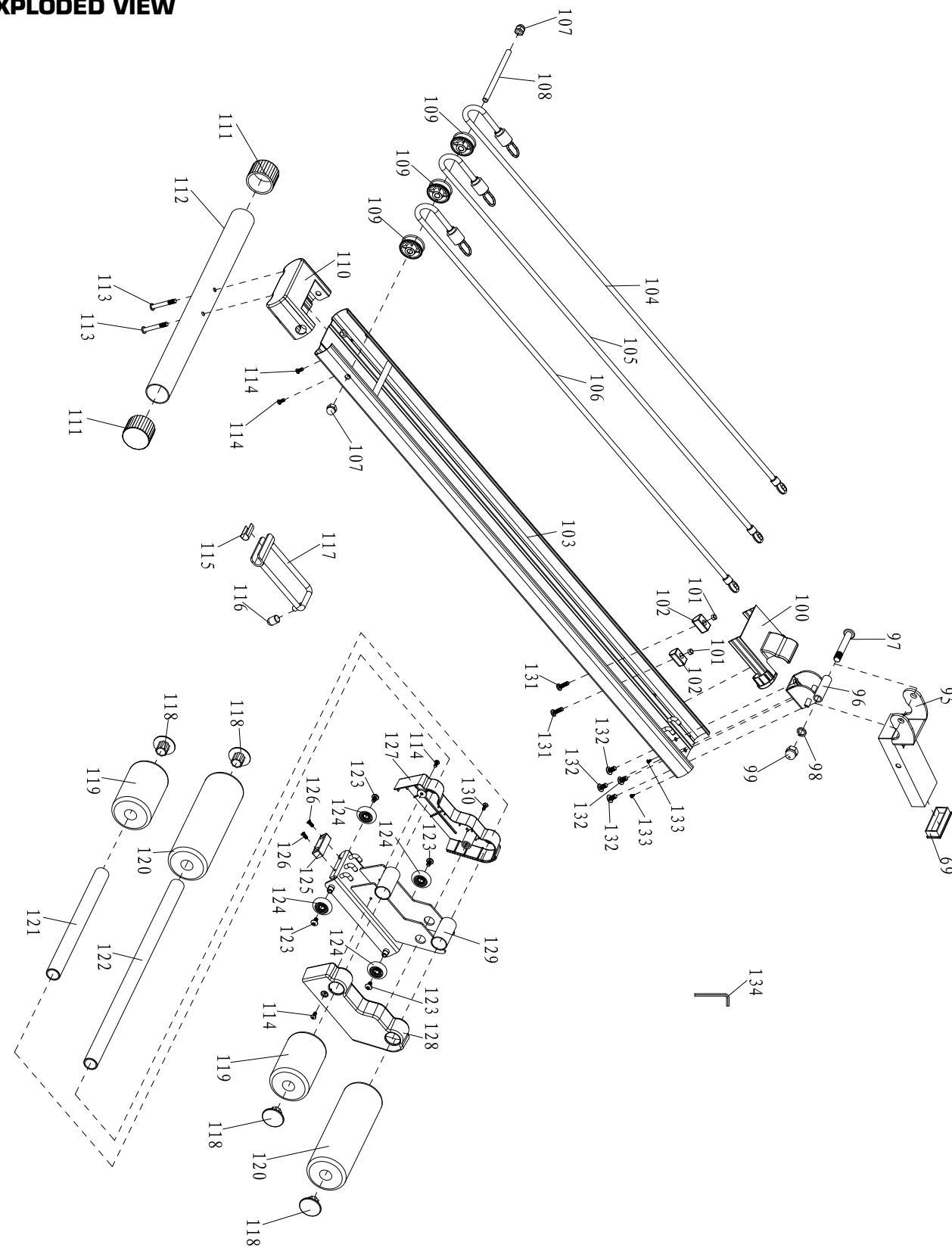
Carefully review the User's Guide and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this User's Guide are in no way intended to be a substitute for medical counseling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Your physician should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor before starting your exercise program with this machine.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

PARTS

EXPLODED VIEW



PARTS

PARTS LIST

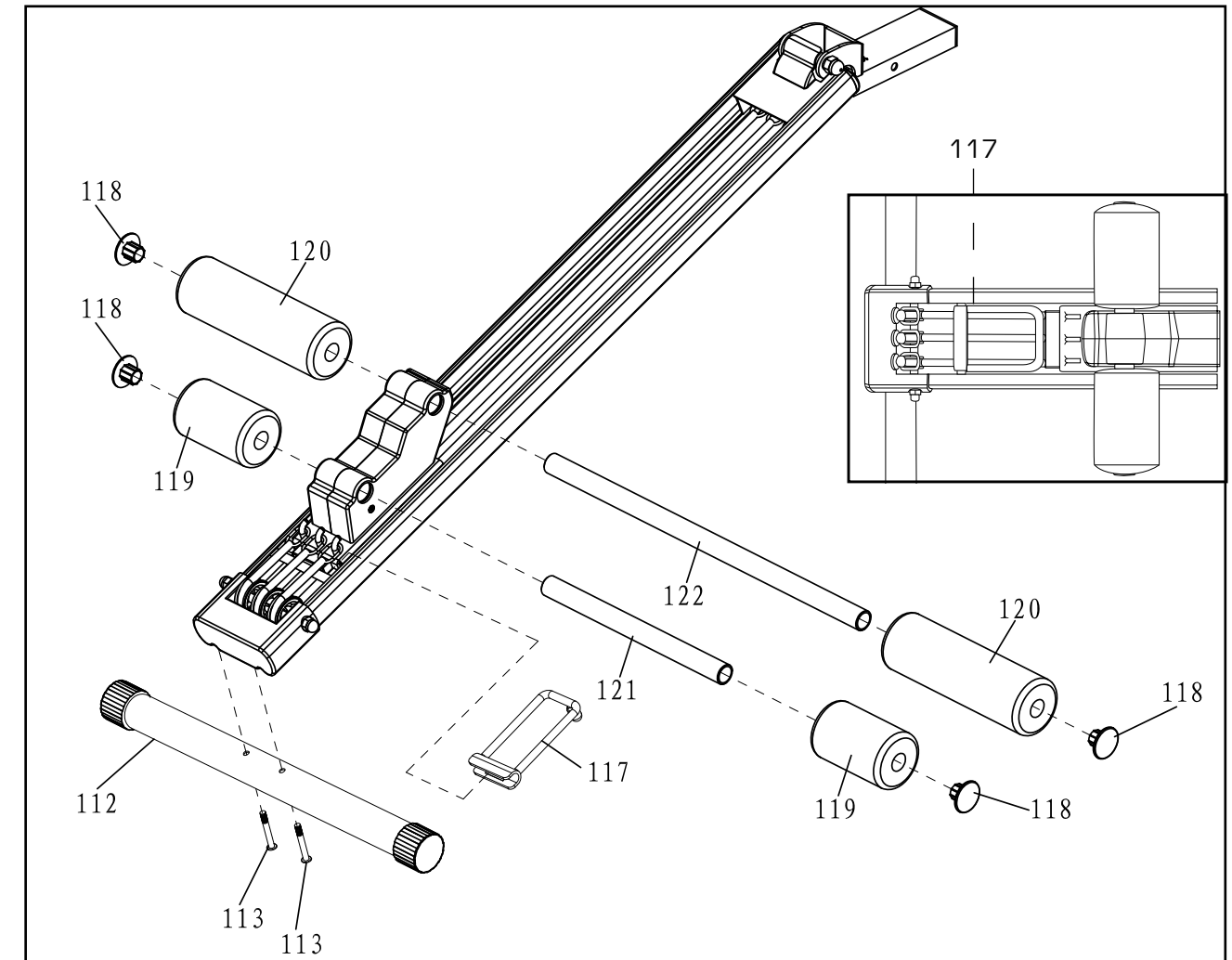
ITEM NO.	DESCRIPTION	SPEC.	QUANTITY
69	Connector End Cap	To Assemble With 53.5*23.5*1.5 Tube, Black	1
95	Seat Connector	Assembly	1
96	Rail Hinge	Assembly	1
97	Hex Screw	M10*70, Zinc Coat	1
98	Spring Washer	φ10, Zinc Coat	1
99	Acorn Nut	M10, Zinc Coat	1
100	Rail Cover	Black	1
101	Hex Nut	M5, Zinc Coat	2
102	Stopper	Black	2
103	Rail	Assembly	1
104	Resistance Band Assembly	Black φ8.0	1
105	Resistance Band Assembly	Red φ8.6	1
106	Resistance Band Assembly	Grey φ7.0	1
107	Acorn Nut	M8, Zinc Coat	2
108	Pulley Axel	Q235, Zinc Coat	1
109	Pulley Wheel	Black	3
110	Pulley Holder	Black	1
111	Foot Tube End Cap	Black	2
112	Front Foot Pipe		1
113	Hex Screw	M6*45, Zinc Coat	2
114	Cross Screw	M4.0*10, Zinc Coat	4
115	Rubber	Black	1
116	Stop Collar	Black	1
117	Positioning Bracket	Assembly	1
118	Foam Roller End Cap	Red	4
119	Short Foam Roller	Black	2
120	Long Foam Roller	Black	2
121	Short Foam Roller Pipe		1
122	Long Foam Roller Pipe		1

PARTS

PARTS LIST

ITEM NO.	DESCRIPTION	SPEC.	QUANTITY
123	Hex Screw	M5*10, Zinc Coat	4
124	Pu Roller Wheel	Assembly	4
125	Bumper	Black	1
126	Cross Screw	M4*8, Zinc Coat	2
127	Right Carriage Cover	Black	1
128	Left Carriage Cover	Black	1
129	Sliding Frame	Assembly	1
130	Cross Tapping Screw	ST4.2*13, Zinc Coat	1
131	Pan Head Screw	M5*18, Zinc Coat	2
132	Button Head Screw	M6*12, Zinc Coat	4
133	Cross Tapping Screw	ST2.9*8, Zinc Coat	2
134	Allen Wrench	4#, Zinc Coat	1

MAIN COMPONENTS

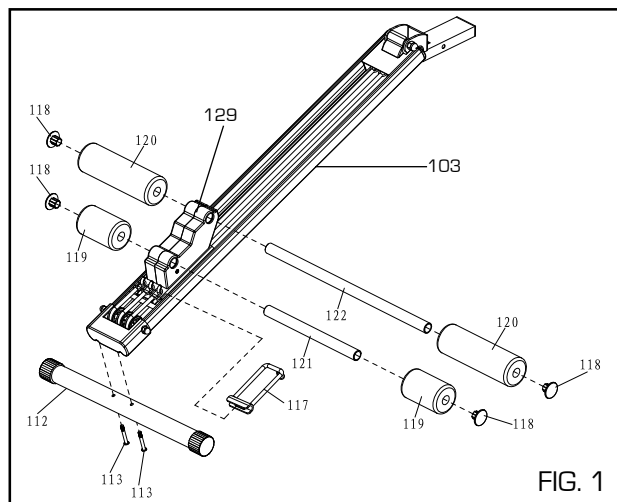


- Front Foot Pipe [112]
- Rail Assembly [103]
- Short Foam Roller with Short Foam Roller Pipe x 2 [119, 121]
- Long Foam Roller with Long Foam Roller Pipe x 2 [120, 122]
- Foam Roller End Caps x 4 [118]
- Resistance Band Assembly [with Oval Ring] [104,105,106]
- Positioning Bracket [117]
- Seat Connector [95]
- Carriage with Hooks [129]

ASSEMBLY INSTRUCTIONS

Important: Please carefully read the assembly instructions below before assembling the Ab Developer attachment.

1. Lay the Ab Developer box flat on its side, carefully open one side of the box and slowly slide the Ab Developer unit out. If the Seat Assembly (with Rail assembly over it) is not facing upwards, carefully turn the pre-assembled Ab Developer unit over, with the Seat Assembly facing upwards.
2. Carefully remove the packaging material. Check that all parts are included before beginning assembly (see FIG. 1).

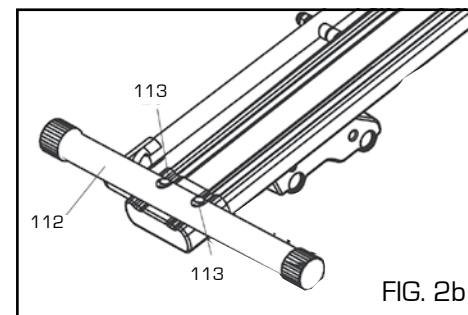
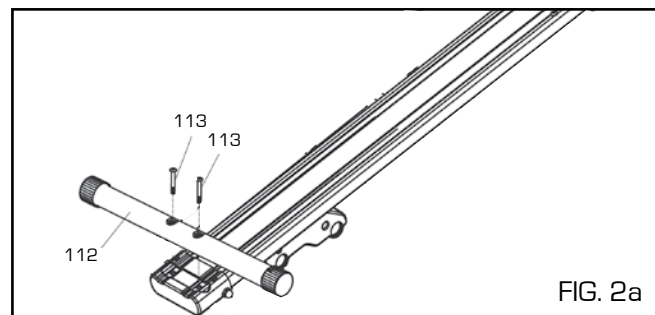


3. To assemble the Ab Developer, the following parts must be assembled as shown in steps 1-5 below:
 Front Foot Pipe [112]
 Rail Assembly [103]
 Short Foam Roller Pipe x 2 [121]
 Short Foam Roller x 2 [119]
 Long Foam Roller Pipe x 2 [122]
 Long Foam Roller x 2 [120]
 Foam Roller End Caps x 4 [118]
 Resistance Band Assembly (with Oval Ring) [104,105,106]
 Positioning Bracket [117] (if required)

STEP 1

Connect Front Foot Tube to Rail Assembly.

1. Align the holes in the Front Foot Pipe with the two holes in the Rail Assembly (see FIG 2a).



Important: Two of the holes on one side of the Front Foot Pipe are sunken; the other two on the opposite side are not. Place the Front Foot Pipe side with the holes that are not sunken against the Rail Assembly for fastening.

2. Insert the two Allen Bolts using the supplied Allen Wrench and securely tighten the Front Foot Pipe into the Rail Assembly (see FIG 2b).

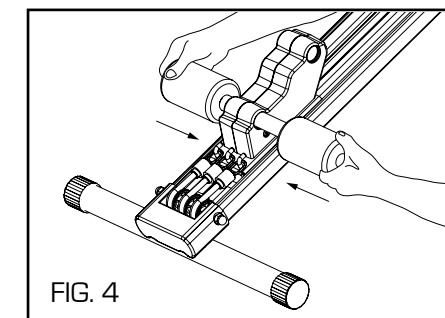
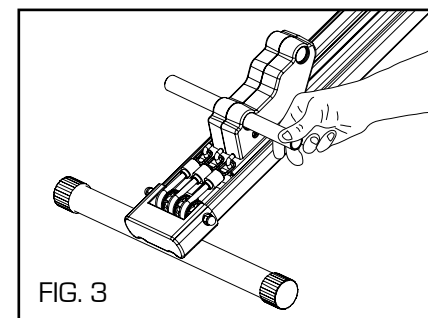
ASSEMBLY INSTRUCTIONS

STEP 2

Fit Roller Pipes & Foam Rollers.

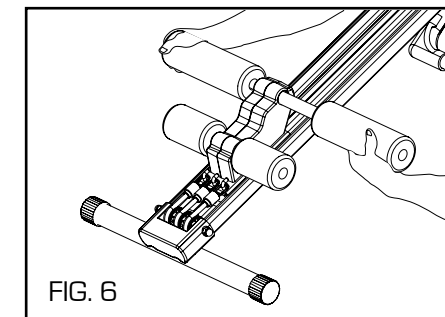
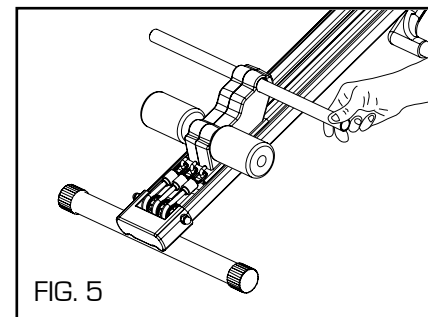
Fitting the Short Foam Roller Pipe & Foam Rollers

1. Insert the short Foam Roller Pipe through the bottom hole of the Carriage Assembly (the hole closest to the Foot Pipe) (see FIG. 3).
2. Slide the two small Foam Rollers over the Pipe ends (see FIG. 4).



Fitting the Long Foam Roller Pipe & Foam Rollers

1. Insert the long Foam Roller Pipe through the top hole of the Carriage Assembly (the hole closest to the Seat) (see FIG. 5).
2. Slide the two long Foam Rollers over the Pipe ends (see FIG. 6).



Important: When fitting the Foam Rollers, ensure that the Long Foam Rollers are closest to the Seat.

ASSEMBLY INSTRUCTIONS

Inserting the End Caps

Insert the four End Caps into the Long and Short Foam Roller Tube Pipe (see FIG. 7).

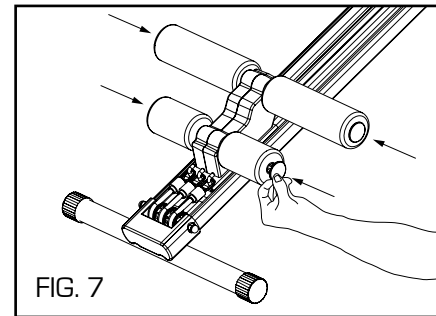


FIG. 7

STEP 3

Connect one or more of the Resistance Bands by hooking the oval rings over the hooks on the Carriage (see FIG. 8).

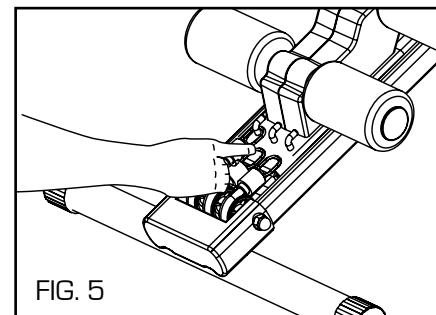


FIG. 5

STEP 4

Connecting the Ab Developer attachment to the Total Flex exercise machine (see FIG. 9.)

Before connecting the Ab Developer to the Total Flex, ensure the Receptor Tube Assembly is attached to the underside of the Power Pod Seat (see D—Leg Extender Assembly on page 4 of the Total Flex User's Guide).

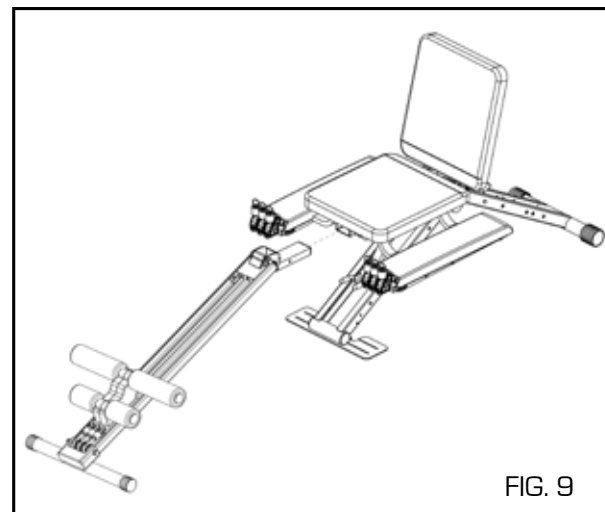


FIG. 9

Important: When attaching or detaching the Ab Developer to the Total Flex, ensure that at least one Resistance Band is connected to a Hook on the Carriage.

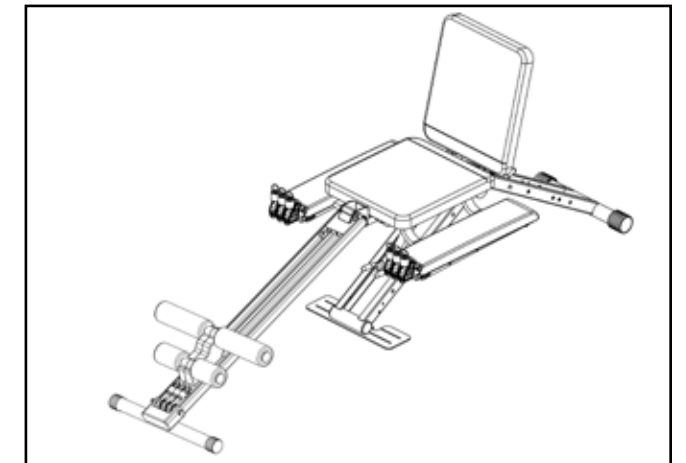
Important: Before connecting the Ab Developer to the Total Flex, adjust the Seat (with Receptor Assembly) to setting 2 —this is the only settings that must be used with the Ab Developer.

ASSEMBLY INSTRUCTIONS

Attach the Ab Developer attachment to the Total Flex exercise machine by pulling the Lock Pin on the underside of the Power Pod Seat and insert the Seat Connector (95) into the Receptor Tube (see FIG. 10).

Check that the Lock Pin engages fully when released (see FIG. 3b).

When exercising, adjust the seat of the Total Flex to following setting: 2 & D.



STEP 5

Fit the Positioning Bracket. (if required)

Depending on your height, you may have to fit the Positioning Bracket to reposition the Carriage Assembly (holding the Foam Rollers) closer to the Seat.

To check whether or not you must fit the Positioning Bracket, sit on the Seat, facing towards the Foam Rollers and extend your legs forwards. If you can hook your heels comfortably over the Long Foam Roller, use of the Positioning Bracket is not required. (see FIG. 11)

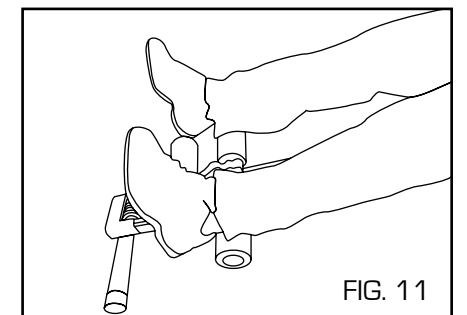


FIG. 11

If you are unable to hook your heels over the Long Foam Roller as illustrated, use of the Positioning Bracket is required (see FIG. 12) and proceed as follows:

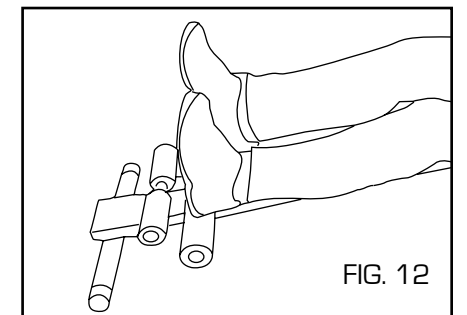
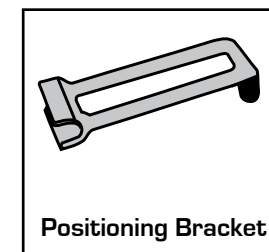


FIG. 12

1. Disengage the Cable Resistance Bands before placing the Positioning Bracket (see FIG. 13 & 14) below.



Positioning Bracket

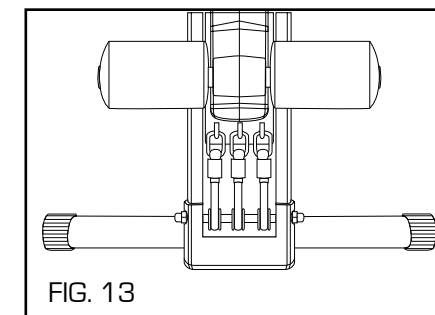


FIG. 13

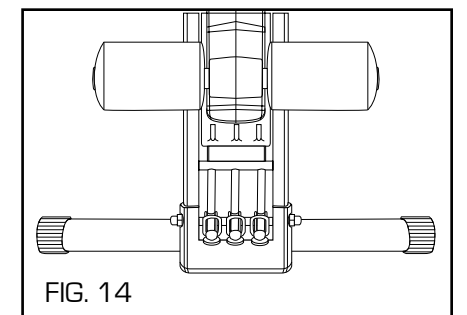
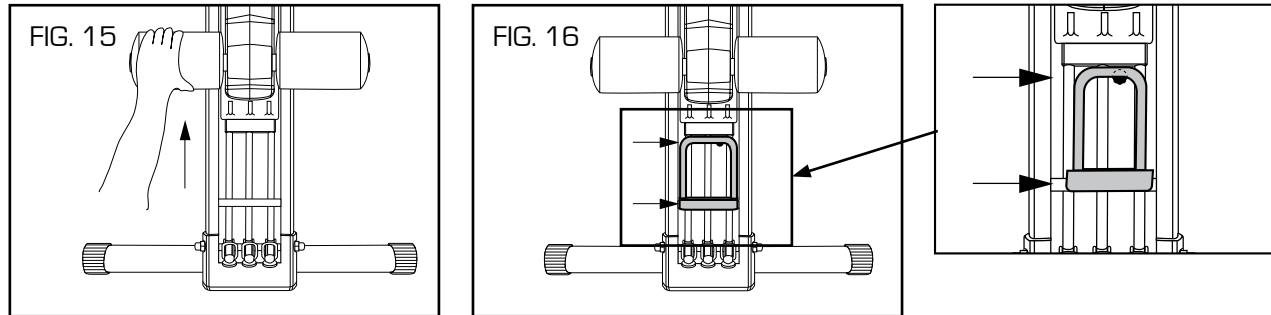


FIG. 14

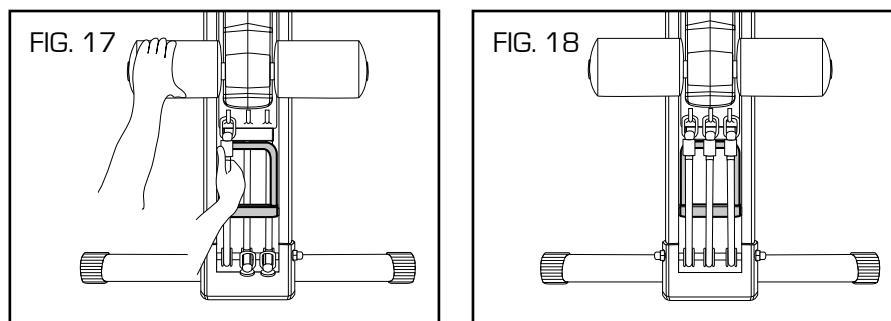
ASSEMBLY INSTRUCTIONS

2. Once the Resistance Bands are disengaged, move the Carriage Assembly away from the Rail Pipe (see FIG. 18) and place the curved section of the Positioning Bracket over the Rail Pipe (see FIG. 19). The other end of the Positioning Bracket must rest against the Carriage Assembly Bumper. This way, the Carriage (with Foam Rollers) is moved closer to the Seat, enabling you to hook your heels over the Long Foam Rollers.



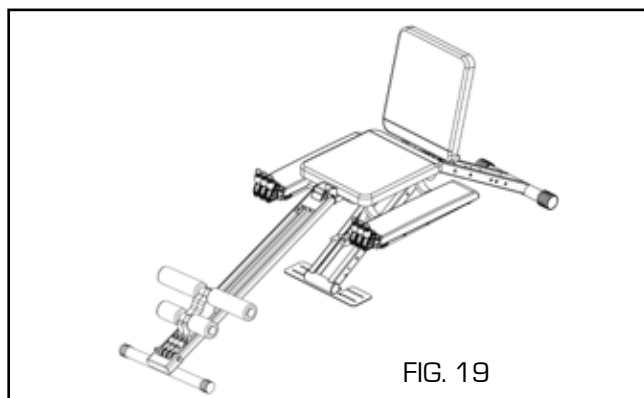
3. After fitting of the Positioning Bracket, engage one or more of the Cable Resistance Bands (see FIG. 17 & 18).

Note: The Resistance Bands must be pulled over the Positioning Bracket.



Important: When performing Exercise 1 (see Exercise 1 in the Exercise Guide of this Manual), the positioning Bracket must be properly adjusted to the height of the user.

4. Assembly of the unit is complete (see FIG. 19).



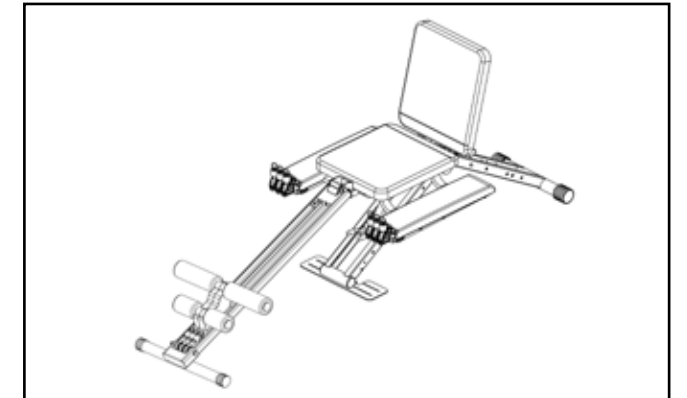
Resistance Bands
There are 3 Resistance Bands varying in color. By hooking one or more of the Resistance Bands to the Hook(s) on the carriage, different levels of resistance can be obtained, depending on your comfort level or desired results.
Grey - Low Resistance
Black - Medium Resistance
Red - High Resistance

STORAGE & MOVING

For storing flat on the floor underneath a bed:

To replace a worn or damaged Cable Resistance Band, proceed as follows:

Fold the Legs and lay the Ab Developer unit on the floor with the Rail folded over the Seat [see Fig. 1]. Use the Allen Wrench to unscrew the 4 Button Head Screws connecting the Rail Assembly to the Hinge Bracket [see Fig. 2].

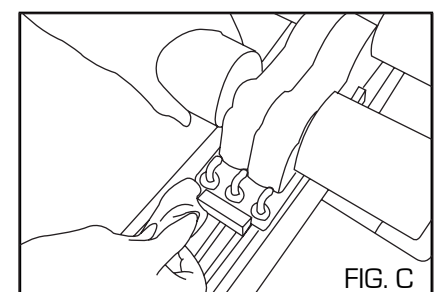
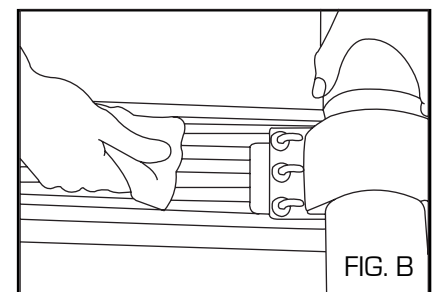
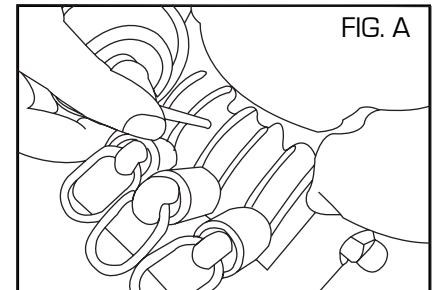


CARE AND MAINTENANCE

- Before each use, inspect your Ab Developer attachment and check for any loose parts that may need to be tightened due to wear and tear.
- After each use, keep your Ab Developer attachment clean - wipe sweat, dust and other dirt off the Rail and Seat Assembly with a soft, clean cloth.
- If any of the Pulleys should squeak, use a silicon-based lubricant to spray between the Pulleys onto the Pulley Shaft [see fig. A].

Note: Do not spray directly onto the Pulley

- The inside of the Rail Assembly will need cleaning periodically, so with a clean cloth, dampened with a silicone liquid, clean and lubricate the insides of the Rail [see Fig. B]. Wipe away any excess lubrication.
- The Roller Assemblies (i.e. the Carriage Wheels) also will require cleaning from time to time. To do so, disengage the Resistance Bands from the Carriage Hooks. Slightly dampen a clean, soft cloth with a silicon lubricant and press against one of the Wheels. Then move the Carriage up and down the Rail (while pressing the cloth against the Wheel) [see Fig. C]. Repeat for the remaining three Wheels.

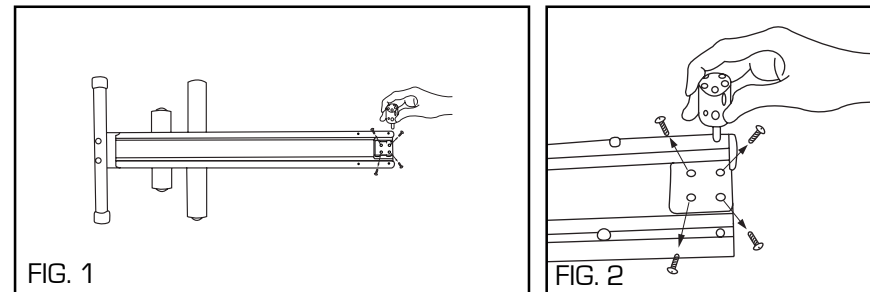


REPLACING RESISTANCE BANDS

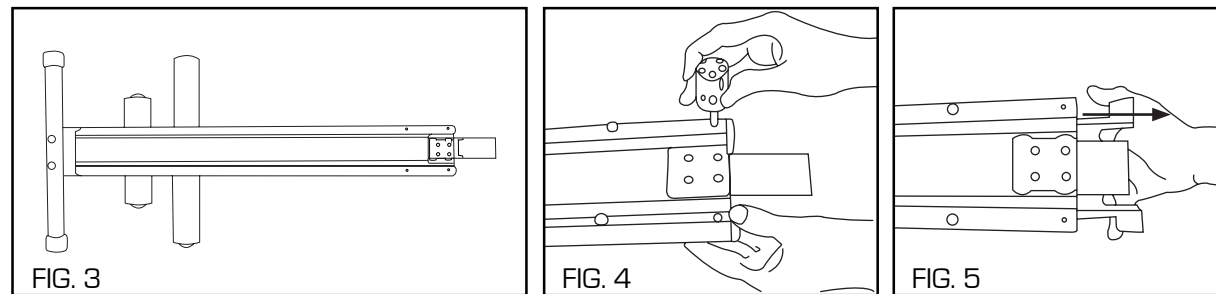
Removing a Damaged or Worn Resistance Band

To replace a worn or damaged Resistance Band, proceed as follows:

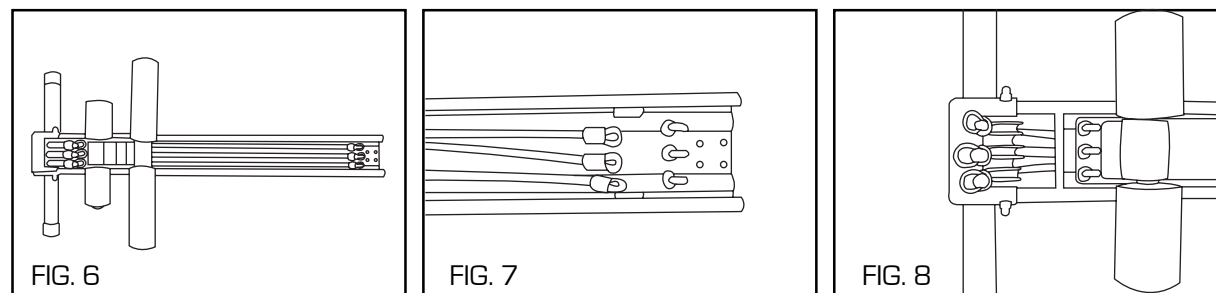
Fold the Legs and lay the unit on the floor with the Rail folded over the Seat [see Fig. 1]. Use the Allen Wrench to unscrew the 4 Button Head Screws connecting the Rail Assembly to the Rail Hinge [see Fig. 2].



Separate the Rail Assembly from the machine [see Fig. 3], unscrew the Rail Cover and slide out [see Fig. 4 & 5].

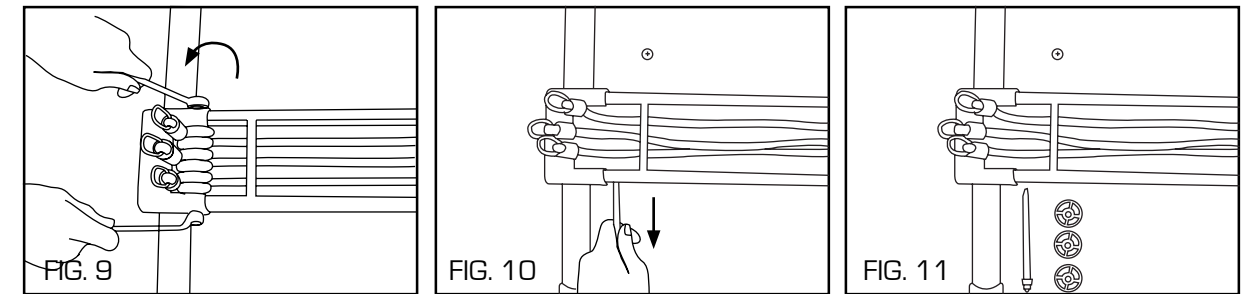


Turn the Rail Assembly over with the Foam Rollers facing up [see Fig. 6], unhook the Resistance Bands from the Rail hooks [see Fig. 7] and unhook the Resistance Bands from the Carriage Hooks [see Fig. 8].

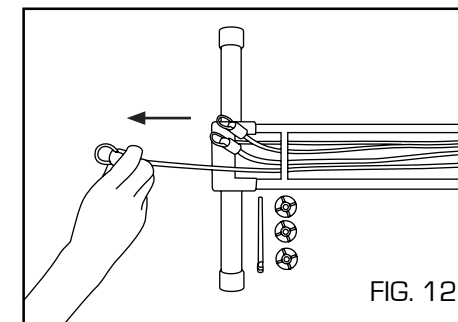


REPLACING RESISTANCE BANDS

Using two no. 13 wrenches (not provided), unscrew the Acorn Nut on one side of the Pulley Axle. [see Fig. 9]. Remove the Axle by pulling it sideways [see Fig. 10 & 11].



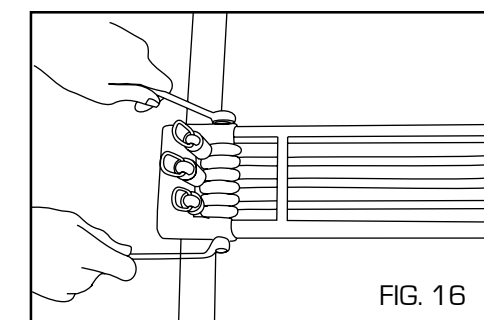
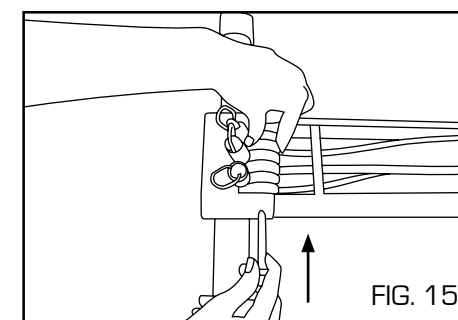
Pull the damaged and/or worn Resistance Band(s) out from underneath the Carriage [see Fig. 12].



Fitting New Resistance Band(s)

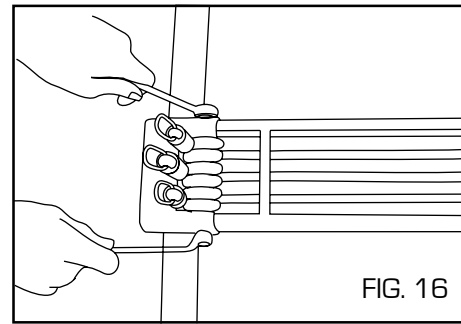
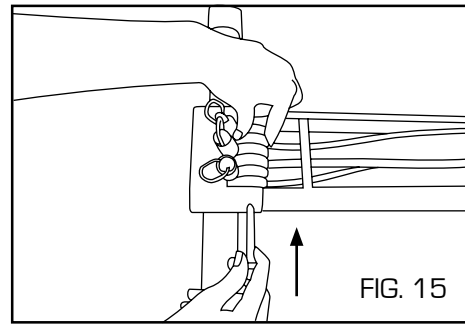
Fit a new Resistance Band by pushing it underneath the Rail Tube, then underneath the Carriage Assembly [see Fig. 13 & 14].

Important: Do not hook the Resistance Bands to the Rail Hooks



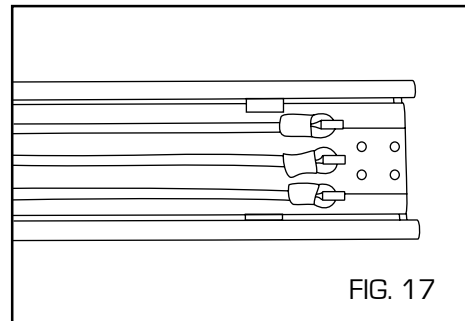
REPLACING RESISTANCE BANDS

Lay a Pulley over the first Resistance Band and insert the Pulley Axle through the first Pulley before laying the next Pulley over the second Resistance Band and inserting the Pulley Axle through the second Pulley. Repeat for the third Pulley. Push the Pulley Axle all the way through and screw on the Acorn Nut [see Fig. 15].

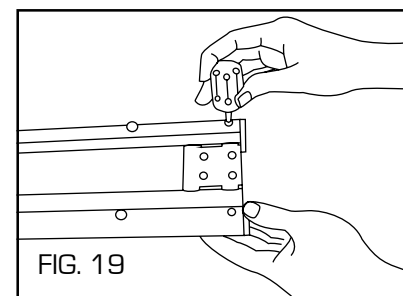
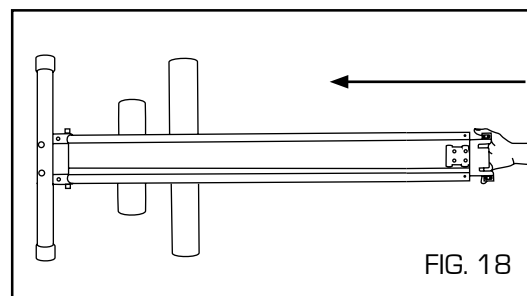


Important: Once the Acorn Nuts have been tightened by hand, securely tighten the two Nuts at either end of the Pulley Axle by using two no. 13 wrenches (not provided) [see Fig. 16].

Hook Resistance Bands to Rail Hooks at the top of the Rail [see Fig. 17].

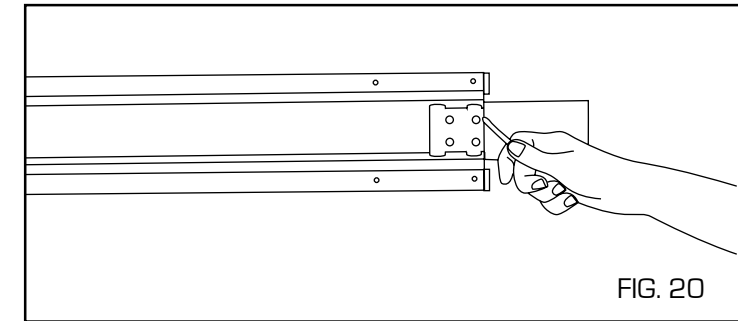


Turn the Rail Assembly over with the Foam Rollers facing up and insert the Rail Cover and screw into place [Fig. 18 & 19].



REPLACING RESISTANCE BANDS

Connect the Seat Connector to the Rail Assembly by aligning the 4 holes in the Rail Assembly with the 4 holes in the Hinge Bracket. Insert the 4 Button Head Screws and tighten securely with the supplied Allen Wrench [see Fig. 20].



This completes the replacement of the Resistance Band (s).

WORKOUT EXERCISES

Exercise Notes

The Ab Developer exercises can be done following any one of the Total Flex exercises. Alternatively, the Ab Developer exercises can be used as a stand-alone workout.

If the Ab Developer exercises are performed as a stand-alone workout, start and end your workout with a warm up as shown on the Total Flex Exercise Chart.

Exercise Program

The Program consists of 3 groups of Exercises: Warm Up, Workout & Cool Down. Do not skip any stage.

Warm Up & Cool Down: See Total Flex Exercise Chart

Workout: The exercises can be performed in the sequence as indicated below.

Note: After performing exercise 7, chose either one of exercises 8, 9 or 10 and vary the choice during subsequent workout sessions.

The exercises below can be performed by both males and females. Each exercise is accompanied by a brief description of how to perform the exercise with two accompanying pictures:

A: The start of the exercise

B: The midpoint of the exercise

By returning to the starting position (A), one repetition (rep) of the exercise will be completed. Repeat each exercise for 10–20 reps. The major muscle group(s) exercised are listed for each exercise.

Targets Outer Abdominals

1. LEG PULL WITH CRUNCH

Muscles:

Abdominals,
Hamstrings,
TVA



Engage resistance. Sit on the Seat and grip the sides. Place heels over the Long Foam Roller. Lean back slightly.



Flex the legs and pull the Rollers up towards the Seat, while moving your upper body towards your knees. Slowly return to starting position. Repeat the required number of reps.

WORKOUT EXERCISES

2. OBLIQUE LEG PULL

Muscles:

Abdominals,
Hamstrings,
TVA



Engage resistance. Sit on the Seat and grip one front corner with one hand and the opposite back corner with the other hand, causing the upper body to be positioned at an angle. Place heels over the Long Foam Roller.



Flex the legs and pull the Rollers up towards the Seat. Slowly return to starting position. Repeat by twisting the body in the opposite direction and holding the opposite corners of the Seat.

3. OBLIQUE CRUNCH

Muscles:

Obliques,
TVA

WARNING:

Make sure to keep the Rail Assembly steady, when in use for this exercise, to avoid any injury to the head or body. Less resistance will allow you to have more control. Once you have gained full control of the Rail Assembly position and Carriage Assembly movement, you can then increase the resistance to the level you are comfortable with.



Engage resistance. Sit slightly sideways on the Seat so that you are able to lift the Rail to a vertical position. Then shift fully sideways holding the Rail with the hand closest to the Rail gripping the Short Foam Roller from behind with palm facing towards you and the other hand gripping the Long Foam Roller with the palm facing away from you. Sit upright.



Contract the abdominal muscles while pulling the Rollers downwards. Slowly return to starting position. Repeat the required number of reps. Repeat by sitting on the other side of the Seat.

WORKOUT EXERCISES

4. STRAIGHT-ARM PULL DOWN

Muscles:

Abdominals,
Lats,
TVA

WARNING:

Make sure to keep the Rail Assembly steady, when in use for this exercise, to avoid any injury to the head or body. Less resistance will allow you to have more control. Once you have gained full control of the Rail Assembly position and Carriage Assembly movement, you can then increase the resistance to the level you are comfortable with.



Engage resistance. Sit on the Seat and grip the Short Foam Roller. With palms facing down, arms extended.



Stabilize the back and contract the abdominal muscles. Keep the arms extended and pull the Rollers all the way down. Slowly return to the starting position. Repeat the required number of reps.

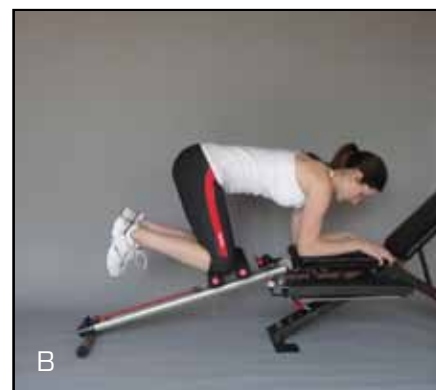
5. REVERSE CRUNCH (Incline)

Muscles:

Abdominals,
Quads,
Hip Flexors,
TVA



Engage resistance. Place elbows spaced apart on the Seat and hold onto Seat with both hands. Place one knee and then the other knee between the Long and Short Foam Rollers.



Contract the abdominal muscles and pull the knees up towards the Seat, keeping the upper body stable. Slowly return to the starting position. Repeat the required number of reps.

WORKOUT EXERCISES

6. BACK EXTENSION

Muscles:

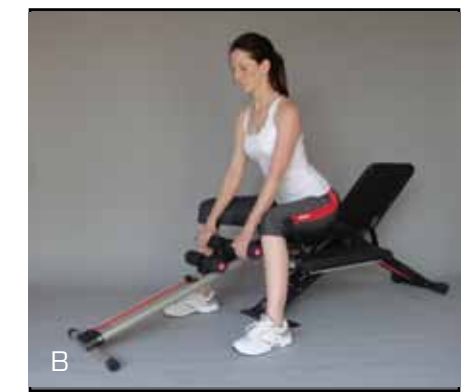
Back,
Glutes,
TVA

WARNING:

Make sure to keep the Rail Assembly steady, when in use for this exercise, to avoid any injury to the head or body. Less resistance will allow you to have more control. Once you have gained full control of the Rail Assembly position and Carriage Assembly movement, you can then increase the resistance to the level you are comfortable with.



Engage resistance. Sit on the Seat with legs apart. Lean forward and grip the Long Foam Rollers with the palms facing down.



Straighten the back, keeping arms straight (while pushing downwards) and pulling the Rollers towards the Seat. Slowly return to the starting position. Repeat the required number of reps.

7. INVERTED PLANK

Muscles:

Abdominals,
Quads,
Hip Flexors,
TVA



Steady the unit up against a wall or sturdy structure. Engage resistance. Kneel in front of the Ab Developer attachment, placing your hands on the top Roller.



Contract the abdominal muscles and push the Rollers towards the Seat, fully extending your upper body. Hold for a few seconds and then back to the starting position.

WORKOUT EXERCISES

8. FRONT RAISE & LEG PULL COMBO

Muscles:

Abdominals
Hamstrings
TVA
Shoulders



Engage Ab Developer & Total Flex resistance. Sit on the Seat and place heels over the Long Foam Roller.



Flex the legs and pull the Rollers up towards the Seat while simultaneously lifting the handles to shoulder height at the front of the chest. Slowly return to starting position. Repeat the required number of reps.

9. SIDE RAISE & LEG PULL COMBO

Muscles:

Abdominals
Hamstrings
TVA
Shoulders



Engage Ab Developer & Total Flex resistance. Sit on the Seat and place heels over the Long Foam Roller.



Flex the legs and pull the Rollers up towards the Seat while simultaneously lifting the handles sideways to shoulder height. Slowly return to starting position. Repeat the required number of reps.

WORKOUT EXERCISES

10. ROWING & LEG PULL COMBO

Muscles:

Abdominals
Hamstrings
TVA
Biceps
Shoulders
Back



Engage Ab Developer & Total Flex resistance. Sit on the Seat and place heels over the Long Foam Roller.



Flex the legs and pull the Rollers up towards the Seat while simultaneously rotating both arms to simulate a rowing movement.

TOTAL FLEX[™] AB DEVELOPER



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