

THANE Fitness®

ROCKIN' ABS®



User's Guide





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ROCKIN' ABS® JUMP START 4-WEEK PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rest
WEEK 2	Rockin' ABS® Core 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Pilates 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rest
WEEK 3	Rockin' ABS® Core 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Pilates 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Core 30 Minute Cardio @ Target HR	Rest
WEEK 4	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Pilates 30 Minute Cardio @ Target HR	Rockin' ABS® Upper Body 30 Minute Cardio @ Target HR	Rockin' ABS® Lower Body 30 Minute Cardio @ Target HR	Rockin' ABS® Core 30 Minute Cardio @ Target HR	60 Minute Cardio @ Target HR	Rest

REGULAR PROGRAM

Note again that your back, torso, shoulders or head should not touch the back rest during the exercise.

Now remove your hands from the arm rests and extend your arms out and away from your body. As you do this, use your lower abs and core to maintain proper body form and keep the Rockin' ABs® machine motionless as shown in Fig, 73.



Once your arms are fully extended, begin raising and lowering your arms up and down while maintaining straight arm and pointed fingers. The up and down motion should be small and controlled with about 8 to 12 inches in distance. The faster the pace of your arm motions, the more challenging the exercise. The key is to make sure your torso and legs remain motionless. If either move when fluttering your arms, slow the pace of your arms to the point where your body remains motionless. For maximum challenge, you can do the Rockin' Hundreds exercise with the Rockin' ABs® machine locked in Active mode. This is an advanced variation and the increased range of motion of the Rockin' ABs® machine requires advanced balance and core strength.

SAFETY WARNINGS AND USAGE

Important: Do not start exercising before fully studying this User's Guide.

- This User's Guide provides instruction on assembly of the Rockin' ABs®, and proper use, storage and maintenance. Use this manual in conjunction with the Rockin' ABs DVDs.
- You must read and follow this User's Guide completely before using your Rockin' ABs machine. Keep this guide in a safe place and make sure everyone who uses the Rockin' ABs® also reads this guide. Have a safe and enjoyable workout.
- The Rockin' ABs® machine is intended for individual home use. It is not intended for institutional, health club or commercial use.

WARNING: Please consult with your doctor before you start using this equipment. Your doctor 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 any medication (especially medication which affects your heart rate), you must seek medical advice from your doctor before starting your exercise program with this machine.

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 Rockin' ABs® machine is 300 LBS (136 kg). 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 appears to be damaged.
3. Use this device EXCLUSIVELY for its intended purpose as described in this User's Guide. Do not alter the equipment and only use those parts and accessories referred in this User's Guide.
4. Rockin' ABs® exercise involves a rocking/rolling, movement that causes the machine to move in ALL directions during use. It is important that you expect your machine movement before beginning any Rockin' ABs® exercise.
5. While using Rockin' ABs® you will be unable to see things behind you, around you and/or in your immediate area. This means you should not use your Rockin' ABs® machine in an area over which you do not have full control.

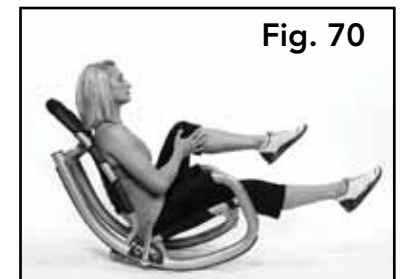
6. Ensure that there is at least 10-13 feet (2-3 meters) of free space surrounding the entire unit. It is important that small children, pets, furniture and other objects are kept away from the equipment during its use.
7. Only use your Rockin' ABs® on a clean and dry floor. A slick, slippery, wet or similar floor surface adversely affects and materially alters the Rockin' ABs® performance.
8. The Rockin' ABs® machine works best on a low pile carpeted surface. The thicker the carpeted surface the more the Rockin' ABs® performance may be adversely affected.
9. Never use the Rockin' ABs® machine near stairs, ledges, glass windows, appliances, fireplaces, candles, open flames, pets, small children, or other obstructions.
10. 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.
11. Handicapped or disabled persons should not use the Rockin' ABs® machine without the presence of a qualified health professional or physician.
12. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes with good support and have non-slip soles, such as running shoes or trainers.
13. Always warm up and stretch before each training session.
14. 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.
15. Check all screws and bolts before each use the Rockin' ABs® machine and tighten if loose.
16. 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.
17. Begin slowly and get used to the unique movement of the Rockin' ABs® prior to starting your routine.
18. To avoid serious injury, never place any part of your body, especially your hands or feet, between or near any moving parts.
19. Rockin' ABs® exercise involves a rocking/rolling motion that may not be suitable for all users and especially those subject to motion sickness, balance disorders, light headedness, vertigo and/or other medical conditions.
20. DO NOT use any accessories not recommended by the manufacturer. Understand correct use of this machine.

Rockin' Knee Hug - With your Rockin' ABs® handle fully engaged in the Pilates Assist position, arrange your body in the starting Rockin' V Sit position. Once you are properly balanced and the Rockin' ABs® machine is motionless, bend one of your knees so your legs are positioned in a "knee hug" form as shown in Fig. 69.



From this position and with a controlled pace, simultaneously begin alternating knee hugs maintaining a controlled and steady pace.

As you do this, use your core to keep the Rockin' ABs® machine as motionless as possible and your back, torso, shoulders and head off the back rest. Keep knee hugging for 30 seconds. Speed is not your intent. You should complete only 20 to 23 knee hug movements during each 30 second sequence. Proper form is shown in Fig. 70.



After 30 seconds, return to the rest position.

Rockin' Hundreds - With your Rockin' ABs® handle fully engaged in the Pilates Assist position, arrange your body in the starting position shown in Fig. 71.

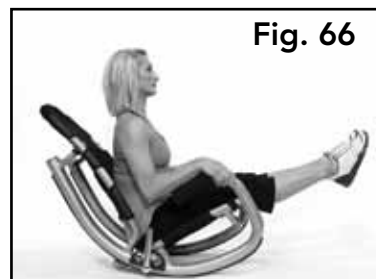


Note the back rest should be at an approximate 60 degree angle, your feet on the ground, your back should NOT be contacting the back rest, your butt should be on the rear part of the seat, each hand should be on an arm rest and the Rockin' ABs® machine should be motionless.

In one motion, use your core and lower abs to raise your legs off the ground while maintaining the same position with your upper body, head, and arms. At this point, the Rockin' ABs® machine may rock slightly forward, but the goal is to keep the machine motionless by maintaining the proper Rockin' Hundreds form as shown in Fig. 72.



Next, use your core and lower abs to raise your legs off the ground while maintaining the same position with your upper body, head, and arms. At this point, the Rockin' ABs® machine may rock slightly forward but the goal is to keep the machine motionless by maintaining the proper Rockin' V Sit form shown in Fig. 66. Note again that your back, torso, shoulders and head should not touch the back rest during the V Sit exercise.



Hold this position for 30 seconds. Return to the starting V Sit position by simultaneously lowering both legs to the floor slowly to complete the exercise. To add more challenge to the Rockin' V Sit, remove your hands from the arm rests when your legs are off the ground. Also raising your legs higher off the ground adds further challenge, but do not raise your feet above your shoulders.

Rockin' Scissors - With your Rockin' ABs® handle fully engaged in the Pilates Assist position, arrange your body in the starting Rockin' V Sit position shown above in Fig. 66 and begin to perform the Rockin' V Sit exercise. Once you are properly balanced and the Rockin' ABs® machine is motionless, raise one leg approximately one foot higher than the other while maintaining both legs in a straight form with toes pointed as shown in Fig. 67.



From this position and with a controlled pace, simultaneously lower the raised leg and raise the lower leg in a "scissoring" fashion. As you do this, use your core to keep the Rockin' ABs® machine as motionless as possible and your back, torso, shoulders and head off the back rest. Keep raising and lowering each leg in unison for 30 seconds. Speed is not your intent. You should complete only 15 to 17 scissor movements during each 30 second sequence. Proper form is shown in Fig. 68.

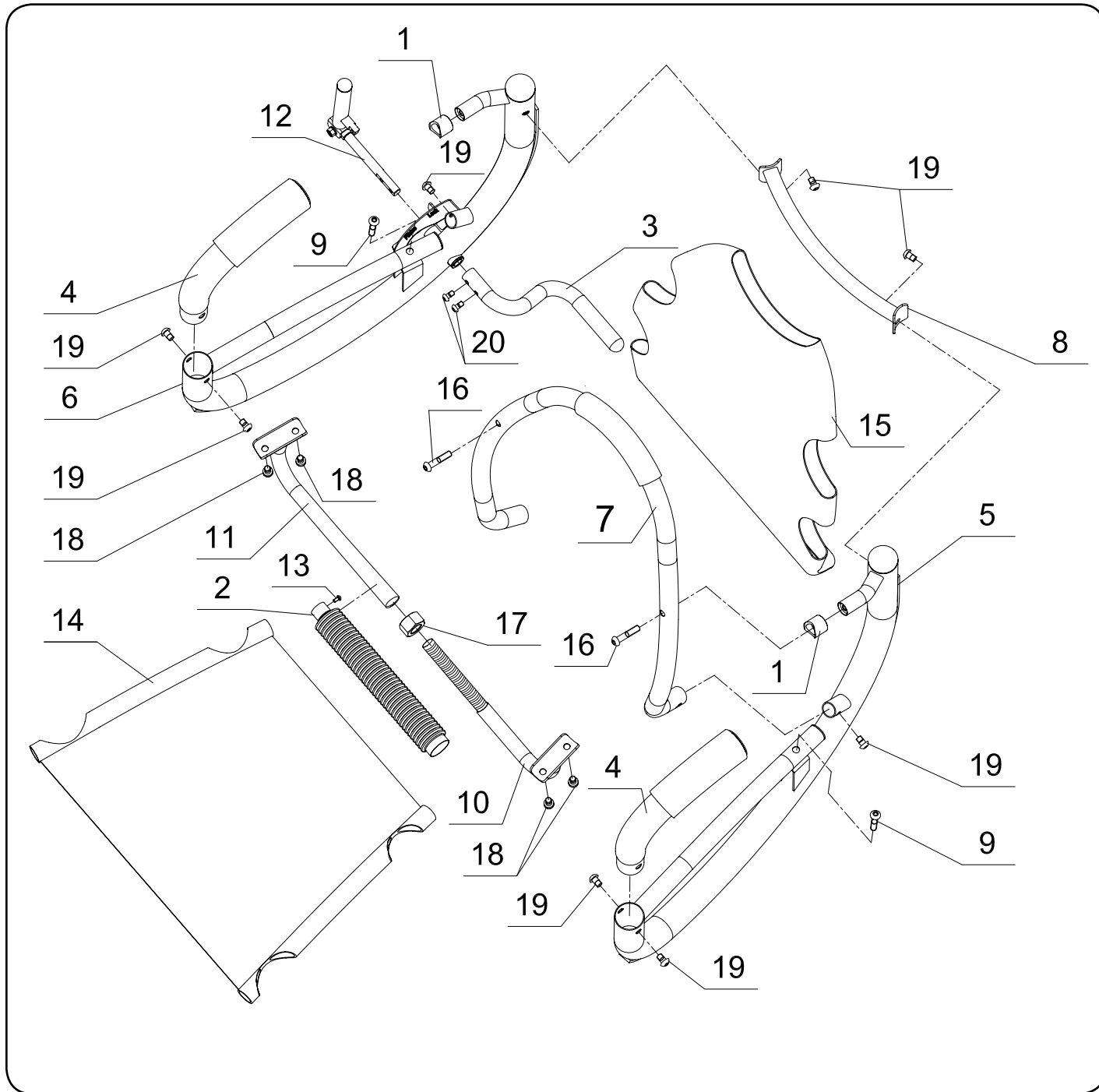


After 30 seconds return to the rest position. As with the V Sit exercise, you can add more challenge to the Rockin' Scissors exercise by removing your hands from the arm rests when your legs are off the ground, and/or reaching forward the knee or calf with both hands on each Scissor movement.

21. Carefully read all of the assembly instructions included to make certain your unit is properly assembled.
22. If you have long hair, tie it up to avoid getting caught in moving parts of the equipment.
23. Do not place the unit in direct sunlight, as heat can degrade the non-steel materials.
24. Never use your Rockin' ABs® machine on fine, delicate or expensive floor surfaces because they may be scratched, marred, stained, and/or damaged by the Rockin' ABs® rolling action.
25. Always use your Rockin' ABs® machine on a flat and level surface.

SAVE THESE INSTRUCTIONS

ROCKIN' ABS[®] MAIN COMPONENTS



Rockin' Plies - Standing behind and facing the Rockin' ABS[®] machine with the handle engaged in the Active Mode, grab the foam covered portion of the back rest frame with both hands. At no time during this exercise should you use the Rockin' ABS[®] machine to support your weight or control your balance. The Rockin' ABS[®] machine serves as a focus bar for keeping you in proper form and rhythm. Next spread your legs wide apart with your toes pointing away from you. Proper form is shown in Fig. 62.

In one motion, bend your knees to squat down as you extend both arms away from you, rocking the upper portion of the Rockin' ABS[®] machine forward. Your ending body position should mirror the image shown in Fig. 63.

From this position, use your legs to "pulse" your torso up and down for three to five reps as you maintain your arms in an extended position, keeping the Rockin' ABS[®] machine as motionless as possible. After your pulses, return to an upright position.

To return to an upright position. To add a bit of challenge as you return to the upright position, you can rise slightly to the balls of your feet to more fully engage your lower leg and calf muscles as shown in Fig. 64

Repeat the exercise at the same pace, keeping proper balance and form.

Rockin' V sit - With your Rockin' ABS[®] handle fully engaged in the Pilates Assist stance, place your body in the starting position shown in Fig. 65.

NOTE: The back rest should be at an approximate 60 degree angle, your legs should be fully extended, your feet on the ground, your back should NOT be contacting the back rest, your butt should be on the middle/front part of the seat, each hand should be on an arm rest and the Rockin' ABS[®] machine should be motionless.



Fig. 62



Fig. 63



Fig. 64



Fig. 65

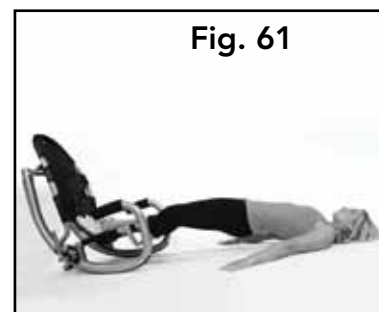
Maintain this plank position for 30 seconds. To add challenge, you can lift one leg at a time up off the floor in a slow controlled movement, being careful to maintain balance and control. When lifting your leg, do not bend your knee, and keep your toes pointed away from you. The higher you raise your leg, the more challenging the exercise can be. Proper form is shown in Fig. 60.



To complete the Rockin' Reverse Plank, slowly use your core muscles to lower your butt and torso back into the Rockin' ABs® machine. As you lower your torso, you may bring one leg back, by bending at the knee for added balance.

Rockin' Bridge - With the Rockin' ABs® machine in Locked Mode, get in a seated position on the floor in front of and facing the Rockin' ABs® machine. Extend both legs forward, placing your feet on the top center portion of the Rockin' ABs® seat. Using your hands to support your descent, lay your back and torso on the ground in a straight line. Once your upper body and head are flat on the ground, extend your arms to the side with your hands palm side down on the floor.

Using your core and upper body, lift your lower torso, butt and legs up off the floor creating a "bridge". Your upper torso and shoulders should remain firmly on the floor so as not to create stress on your head or neck. Your proper position should mirror the form shown in Fig. 61.



Maintain this motionless and rigid position for 30 seconds or until you tire. Use your core to slowly lower your lower torso, butt and legs to complete the exercise. Add challenge to this exercise by lifting one foot off the Rockin' ABs® seat slightly. Alternate to work each leg. Further challenge can be added by lifting your hands and arms off the ground during the exercise.

PART LIST

Part#	Description	Spec.	Q'ty (pcs)
1	Plastic Bushing Caps		2
2	Accordion Sleeve		1
3	Support Tube		1
4	Hand Rest		2
5	Left Arc Frame		1
6	Right Arc Frame		1
7	Back Rest Support Tube	31.8*1.5	1
8	Rear Upper Cross Bar		1
9	Button Head Screws	M10*50	2
10	Left Front Cross Bar		1
11	Right Front Cross Bar		1
12	Handle Assembly	20	1
13	Phillips Head Screw	M5*8	1
14	Reinforced Seat Fabric		1
15	Back Rest Fabric		1
16	Button Head Screws	M10*60	2
17	Hex Nut	M24	1
18	Head Cap Screws	M10*20	4
19	Button Head Screws	M10*20	8
20	Hexagon socket button head screws	M8*12	2
21	Hex Key Wrench/Phillips Screwdriver	6#	1
22	Hex Nut Wrench	3	1
23	Hex Key Wrench	8#	1
OPTIONAL ACCESSORIES			
	Challenge Strap		2
	Fitness Computer		1
	Mesh Seat Fabric		1

NOTE: Each Optional Accessory comes with its own assembly instructions.

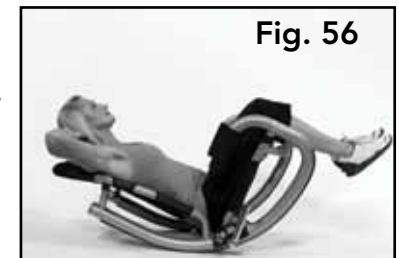
ASSEMBLING THE ROCKIN' ABS®

Demonstrated in the image below are all the parts out of the box, after their protective packaging is removed.



ROCKIN' PILATES EXERCISES

Rockin' Pilates Roll Up - With your Rockin' ABs® handle fully engaged in the Active position, descend back to the starting position as shown in Fig. 56. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into the lower portion of the back rest, and your butt should be nestled deep into the seat's rear part. Next, bring your hands to a position where each palm is about two inches from each ear palms facing inwards. Your feet should still be up off the ground and the Rockin' ABs® machine motionless.



In one motion, use your abdominal muscles to curl forward, lifting your shoulders off the backrest as the Rockin' ABs® machine rocks forward. Following the progress of your abs, simultaneously straighten your legs and reach forward with your arms. At the upper most portion of your rep, your body should be in the position shown in Fig. 57. Contract your abs to hold the Rockin' ABs® motionless for a short beat.



In a controlled motion, descend backwards to the start position, slowly lowering your legs and bending your knees to 90 degrees while simultaneously bringing your arms back to the starting position as shown in Fig. 56. Pause for a beat, allowing the Rockin' ABs® machine to become motionless. Repeat the exercise maintaining an even rhythm.



Rockin' Reverse Plank - With the Rockin' ABs® machine in Locked Mode, get in a seated position with each hand grabbing the front part of the foam covering the arm rests. Your butt should be in the front part of the seat, your back straight, knees bent and both feet together and flat on the floor as shown in Fig. 58.

Maintaining a firm grasp on the arm rests, slide your legs out in front of you and use your core muscles to lift your hips and torso out of the Rockin' ABs® machine. Your arms should be straight and your body should be in a straight line as shown in Fig. 59.



Rockin' Plank - With the Rockin' ABs® machine in Locked Mode, get in a kneeling position in front of and facing the Rockin' ABs® machine. Lean forward and bring your forearms to rest on the Rockin' ABs® seat. Note that your elbows should be close to the front of the Rockin' ABs® seat but not extending beyond the seat's raised front seam, your elbows should be bent at a 90 degree angle and your head should be positioned above but slightly behind your hands. Grasp your hands together and interlock your fingers. Your proper position should mirror the form shown in Fig. 54.



Next, extend your legs backwards in a straight position, with your knees off the ground and keeping your feet approximately shoulder width apart to provide an easy and stable balance. The closer your feet are together, the more challenging the exercise. Your head and upper body should remain in the same position shown in Fig. 55.

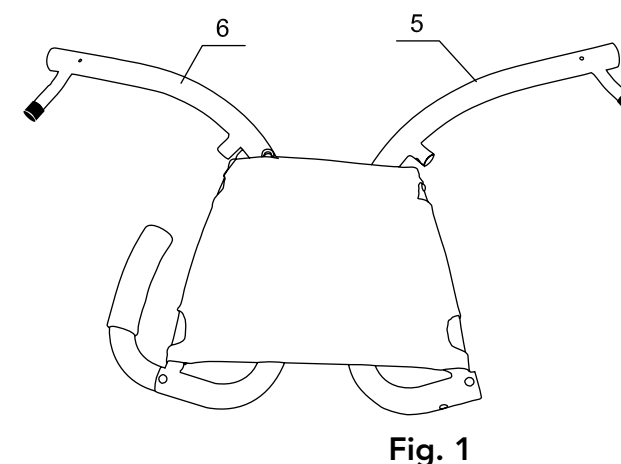
Maintain this plank position for 30 seconds. If you want more challenge, lift one foot off the ground using your core muscles to stabilize and control your balance. Return to the start position by lowering your knees. Note that at no time during the exercise should your head contact the mesh back rest fabric and/or any other part of the Rockin' ABs® machine. The Rockin' ABs® machine should also remain firm and solid on the floor.

Repeat the exercise at the same pace, keeping proper balance and form making certain not to over tire. After your final rep, return to the start position. Bring your knees down to contact the floor and then raise your upper body to a kneeling position releasing your grip once you are balanced on your knees.

STEP I Attaching the Back Rest Support Tube to the Right and Left Arc Frames

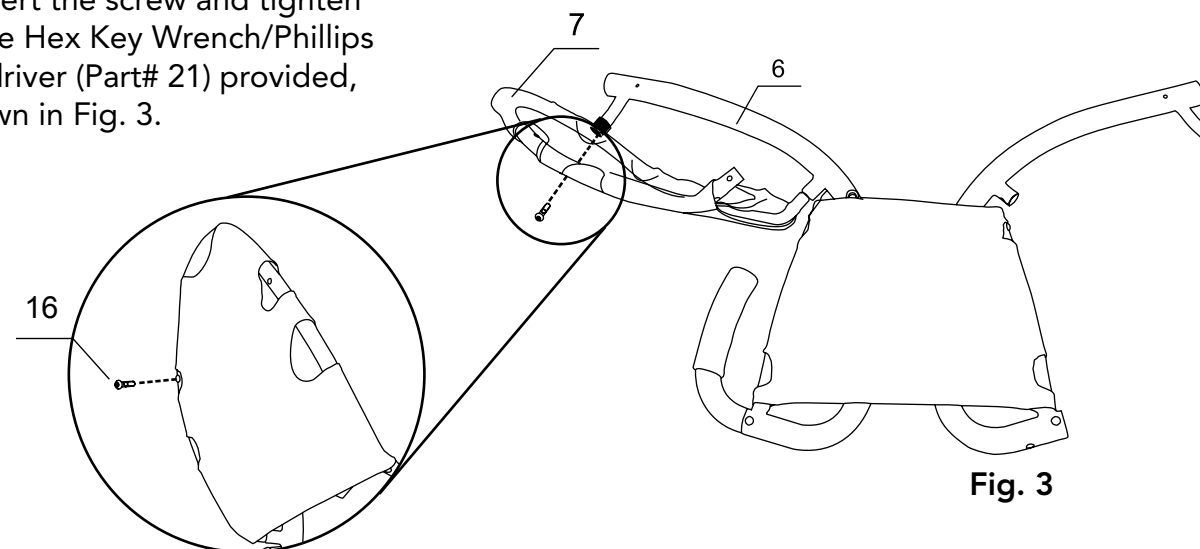
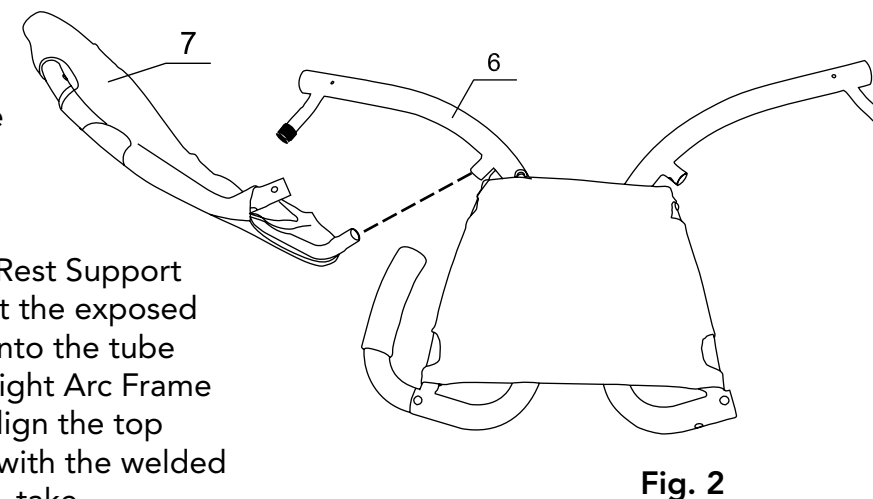
Locate the Left Arc Frame (Part# 5), the Right Arc Frame (Part# 6), two M10/60 Button Head Screws (Part# 16) and two M10/20 Button Head Screws (Part# 19).

Once out of the package carefully untwist the Left Arc (Part# 5) and Right Arc Frame (Part# 6) and place it on a flat surface in a position as shown in Fig. 1.

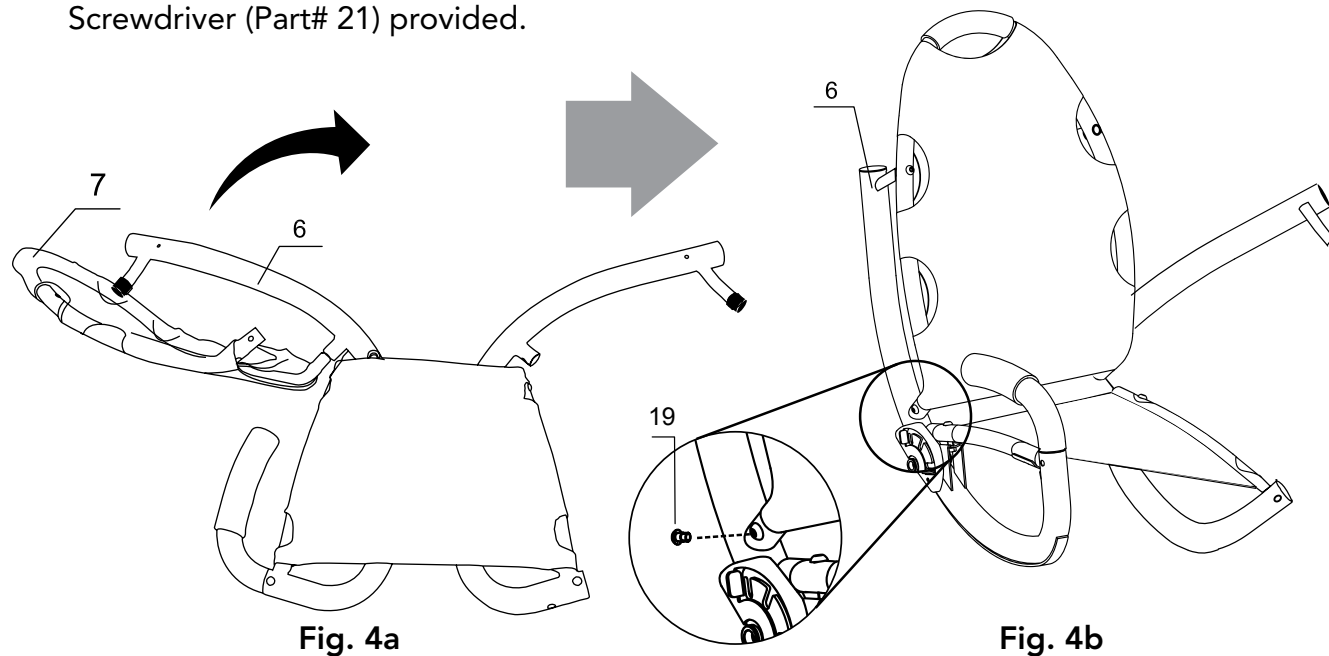


NOTE: The fabric seat comes pre assembled. Make sure the seat fabric is smooth and not twisted before proceeding.

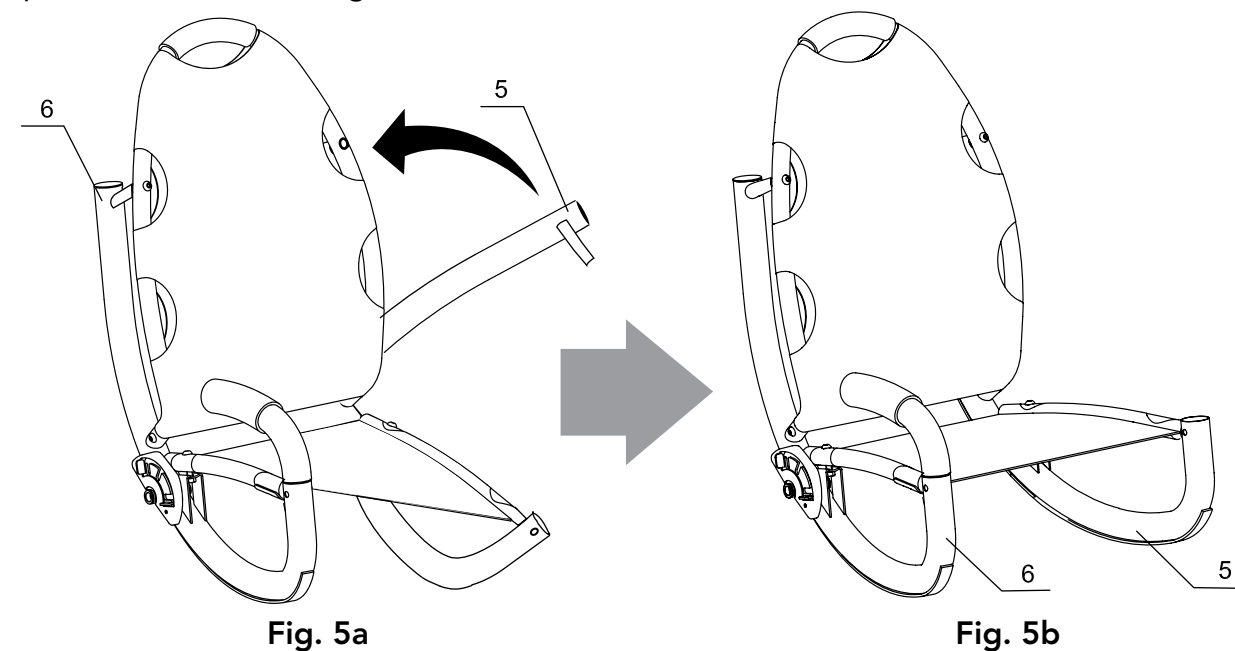
Next step is to take the Back Rest Support Tube (Part# 7), align and insert the exposed end at the right bottom side into the tube welded in the middle of the Right Arc Frame (Part# 6) as shown in Fig. 2. Align the top Back Rest Support Tube hole with the welded tube with Plastic Bushing Cap, take one M10/60 Button Head Screw (Part# 16) and insert the screw and tighten with the Hex Key Wrench/Phillips Screwdriver (Part# 21) provided, as shown in Fig. 3.



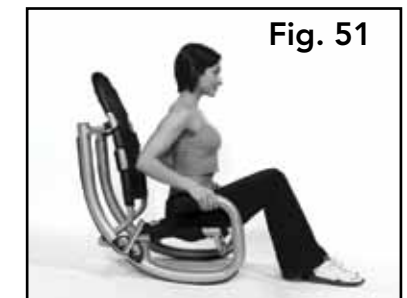
When the upper screw (Part# 16) is fully tightened, place the Right Arc Frame (Part# 6) in an upright position as shown in Fig. 4a and 4b. Locate the M10/20 Button Head Screw (Part# 19) and make sure that the hole on the tube welded in the middle of the Right Arc Frame (Part# 6) is aligned with the hole on the exposed end of the Back Rest Support Tube (Part# 7) and insert the M10/20 Button Head Screw as shown in Fig. 4b. Tighten the screw with the Hex Key Wrench/Phillips Screwdriver (Part# 21) provided.



When the right side of the Back Rest Support Tube and Right Arc Frame (Part# 6) are connected properly, take the Left Arc Frame (Part# 5) and place it in a parallel position as shown in Fig. 5a and 5b.

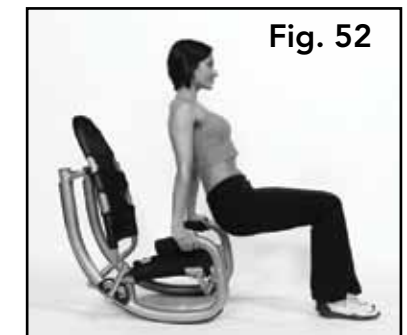


Rockin' Tricep Dip - With the Rockin' ABs® machine in Pilates Assist Mode, sit in the front portion of the seat with your back away from the Rockin' ABs® back rest and both feet close together in front of you and firmly on the floor. With each hand, grasp one of the Rockin' ABs® arm rests as shown in Fig. 51.



Note the proper position of your hands on the middle portions of the black foam arm rests.

Using your arms, upper body and core, lift your torso up out of the Rockin' ABs® machine so your arms are fully extended and your shoulders and head are directly over your hands. Your feet should be firmly planted on the floor with your knees bent at a 90 degree angle as shown in Fig. 52.



Using your arms, upper body and core bend at the elbows to lower your upper body while bending at the knees. Your butt and torso should shift forward during your descent so they avoid contacting the front of the Rockin' ABs® seat frame and any other part of the machine or the floor. The further you descend the more challenging the exercise. At no time during your descent should your elbows be bent more than 90 degrees. Always maintain a sure grip on the Rockin' ABs® arm rests during the entire exercise. Your Rockin' ABs® machine should rock forward slightly during the exercise but the rocking motion is slight and limited in scope. Proper body position is shown in Fig. 53.



In one controlled and continuous movement reverse the motion, to return to the starting position shown above in Fig. 52.

Repeat the exercise at the same pace keeping proper balance and form making certain not to over tire. After your final rep use your arms, upper body and core to lower yourself back into the Rockin' ABs® seat as shown in Fig. 51.

ROCKIN UPPER BODY AND CORE EXERCISES

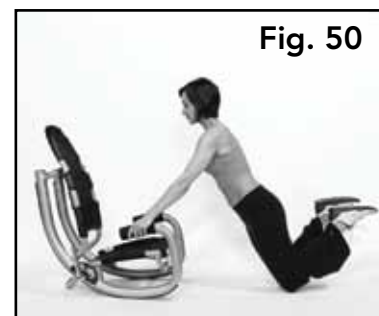
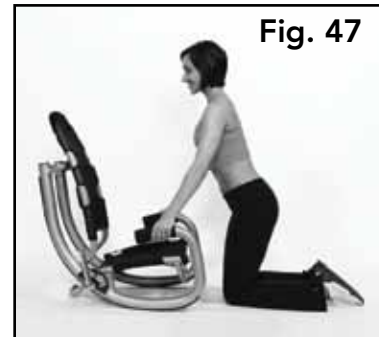
Rockin' Push Up - With the Rockin' ABs® machine in Locked Mode, get in a kneeling position in front of and facing the Rockin' ABs® machine. With each hand, grasp one of the Rockin' ABs® arm rests as shown in Fig. 47. Note the proper position of your hands on the front portions of the black foam arm rests.

Next, extend your legs backwards in a straight position with your knees off the ground and keeping your feet apart to provide stability. Your head should be over the top of your hands in this starting position as shown in Fig. 48. If the extended leg position is too challenging, you can do the Rockin' Push Up from a kneeling position as shown in Fig. 50.

While maintaining a solid and secure grip, bend at the elbows lowering your chest to a comfortable level just above the Rockin' Abs arm rests (as shown in Fig. 49).

Return to the start position by pushing up and straightening your arms (as shown in Fig. 48). Note that at no time during the downward or upward motion should your head contact the mesh back rest fabric and/or any other part of the Rockin' ABs® machine. The Rockin' ABs® machine should also remain firm and solid on the floor.

Repeat the exercise at the same pace, keeping proper balance and form making certain not to over tire. After your final rep, return to the start position. Bring your knees down to contact the floor and then raise your upper body to a kneeling position, releasing your grip on the Rockin' ABs® machine once you are balanced on your knees as shown in Fig. 47.

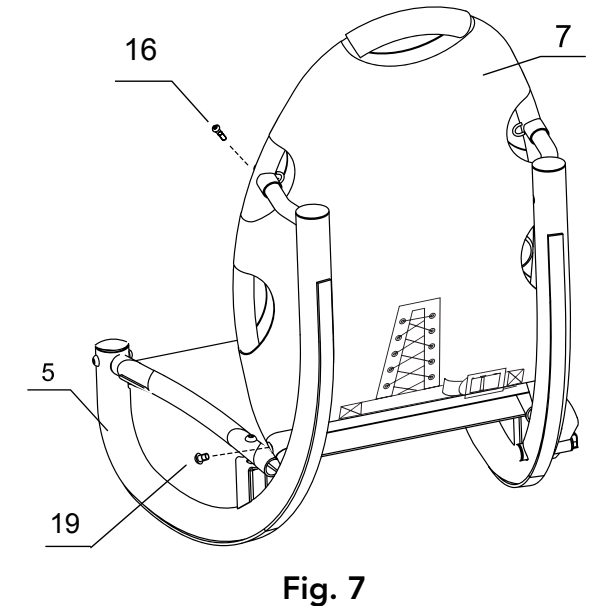
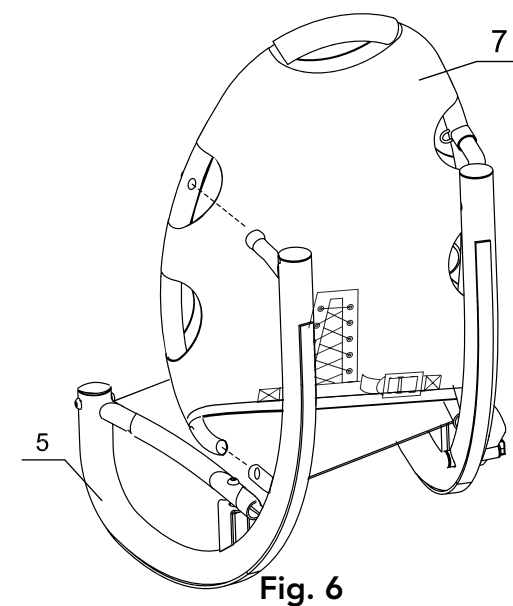


Once the unit is in this position, it is time to assemble the left side of the Back Rest Support Tube (Part# 7) with the Left Arc Frame (Part# 5).

Insert the left exposed end of the Back Rest Support Tube (Part# 7) into the tube welded in the middle of the Left Arc Frame (Part# 5) as shown in Fig. 6. Take one M10/20 Button Head Screw (Part# 19) and insert it into the hole on the side portion of the tube and hand tighten only, as shown in Fig. 7.

Locate a M10/60 Button Head Screw (Part# 16) and take the upper portion of the Back Rest Support Tube (Part# 7) and place it over the upper welded tube with a Plastic Bushing Cap, when the holes align insert the screw and hand tighten only, as shown in Fig. 7.

NOTE: Make sure the mesh on the back support tube is fully tightened before proceeding to Step 2.



STEP 2
Attaching the Left Hand Rest

Locate the Left Hand Rest (Part #4), and two M10/20 Button Head Screws (Part #19).

Insert the Left Hand Rest into the opening located at the front of the Left Arc Frame (Part #5). Note that the black foam covered part of the hand rest should point inwards towards the Rockin' ABS® back rest. Visually align the pre drilled holes of the hand rest with the pre drilled holes of the Left Arc Frame. Insert one M10/20 Button Head Screw into each of the aligned holes. Tighten each M10/20 Button Head Screw with the Hex Key Wrench/Phillips Screwdriver (Part #21) provided.

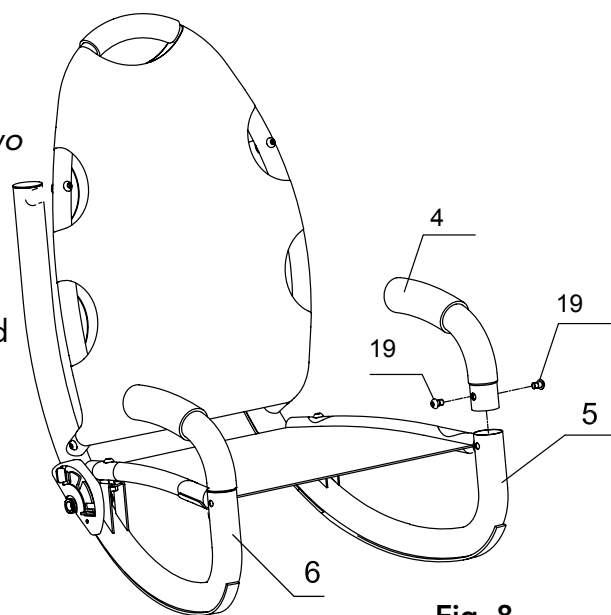


Fig. 8

STEP 3
Attaching the Rear Upper Cross Bar

Locate the Rear Upper Cross Bar (Part #8) and two M10/20 Button Head Screws (Part #19).

Insert the Rear Upper Cross Bar between the upper parts of the Left and Right Arc Frame (Parts #5 and #6) as shown in Fig. 9.

NOTE: The bend in the Rear Upper Cross Bar points inwards towards the backside of the Back Rest Fabric.

Step 3 continued on the next page.

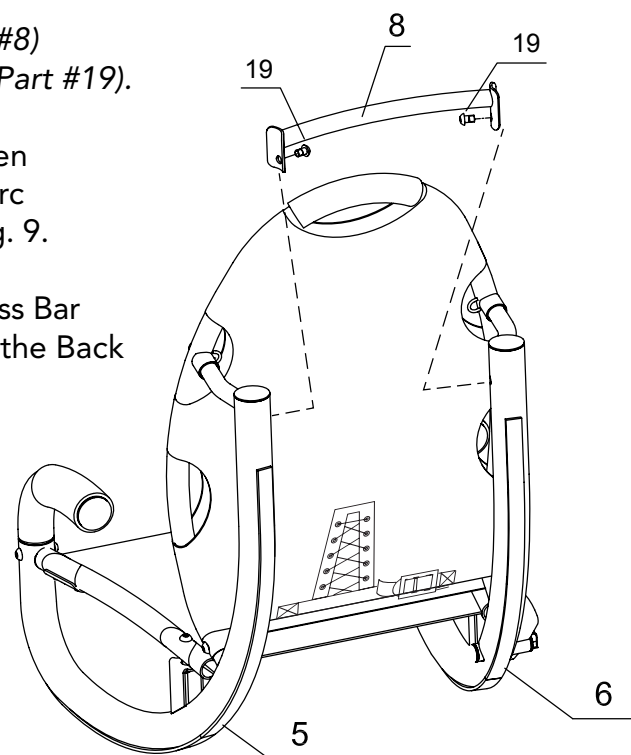


Fig. 9

Rockin' Standing Rock and Row - With the Rockin' ABS® machine in Active Mode, get in a standing position in front of and facing the Rockin' ABS® machine. With your right hand, grasp the foam covered top of the Rockin' ABS® back rest and rock the upper portion of the Rockin' ABS® machine forward towards you. Lift your left foot off the floor by bending your left knee. You should be standing upright and balanced on your right leg as shown in Fig. 45.

In one motion, bend at the waist leaning forward and extending your right arm forward rocking the Rockin' ABS® machine away from you as you extend your left leg straight out behind you, not allowing your left foot to contact the floor. Note this position shown in Fig. 46 and the almost straight line of the body from the left foot all the way up through the extended leg, torso, shoulders and head.

Once fully extended, simultaneously reverse the motion to return to your original starting position shown in Fig. 45. Repeat the same exercise on the opposite leg, keeping the same proper balance and form.

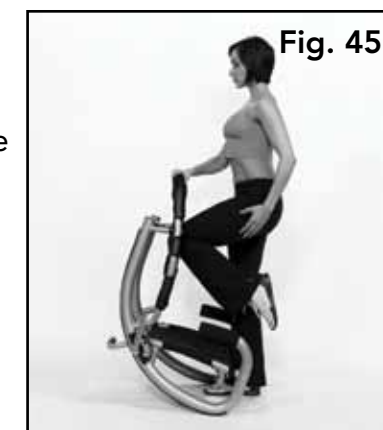


Fig. 45



Fig. 46

Rockin' Sideways Single Leg squat - Stand behind the Rockin' ABs® machine with the machine on your immediate left. With the handle engaged in the Active Mode, grab the foam covered portion of the back rest frame with your LEFT hand as shown in Fig. 42.

At no time during this exercise should you use the Rockin' ABs® machine to support your weight or control your balance. The Rockin' ABs® machine serves as a focus bar for keeping you in proper form and rhythm.

Lift and bend your RIGHT leg, balancing yourself on your LEFT leg. Once you are properly balanced on your LEFT leg, bend at the LEFT knee to do a single leg squat while simultaneously extending your LEFT hand outwards to your left, rocking the upper portion of the Rockin' ABs® machine away from you. Your ending body position should mirror the image shown in Fig. 43, noting that your upper chest should be directly over the top of your LEFT bent knee and your head up.

In one motion from the squat position, simultaneously return to the single leg upright position while allowing your left arm to return towards your body, bringing the upper portion of the Rockin' ABs® back towards your body. Do NOT let go of the Rockin' ABs® machine at anytime during the up and down movement.

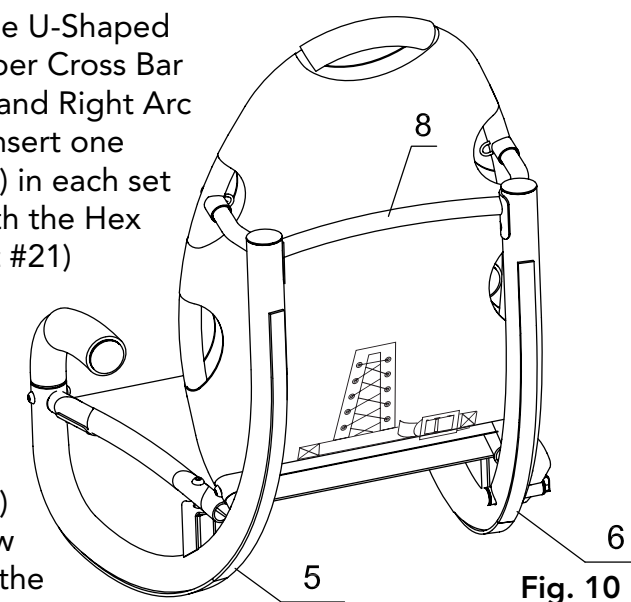
Repeat the same exercise on the same leg, keeping the same pace, balance and form. Once your set is complete, reverse your body position by turning 180 degrees facing in the opposite direction. The right side of your body should now be closest to the back of the Rockin' ABs® machine. Perform the Sideways Single Leg Squat, balancing on your Right leg following the same directions described in Fig. 44.



Next, align the pre drilled holes on the U-Shaped brackets on each end of the Rear Upper Cross Bar with the pre drilled holes on the Left and Right Arc Frames. Once the holes are aligned insert one M10/20 Button Head Screw (Part #19) in each set of aligned holes and tighten them with the Hex Key Wrench/Phillips Screwdriver (Part #21) provided.

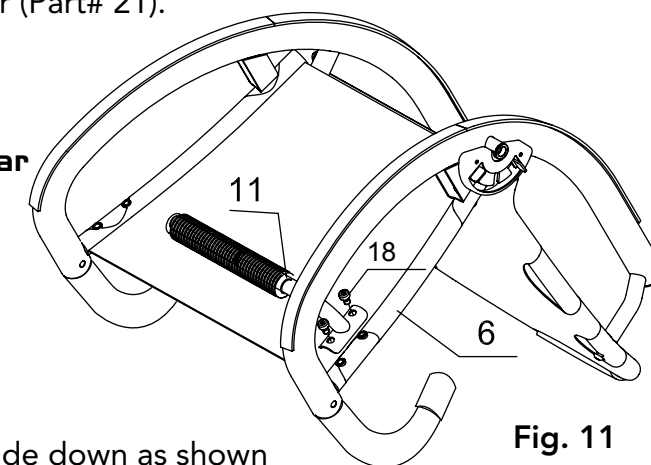
Fig. 10. shows the Rear Upper Cross Bar fully assembled.

Now it's time to tighten the screw M10/20 Button Head Screw (Part# 19) and screw M10/60 Button Head Screw (Part# 16) (located on the left side of the Back Rest Support Tube (Part# 7) with the Hex Key Wrench/Phillips Screwdriver (Part# 21). Please refer to Fig. 7 in Step 1.



STEP 4
Attaching the Right Front Cross Bar and Accordion Sleeve to the Right Arc Frame Underside

Locate the Right Front Cross Bar (Part #11), two M10/20 Head Cap Screws (Part# 18).



Turn the Rockin' ABs® machine upside down as shown in Fig. 11. Take the Right Front Cross Bar (Part #11) and align the holes with the exposed holes on the underside of the tube on the Right Arc Frame (Part #6) as shown in Fig. 9.

NOTE: That the entire curved U piece of the Right Front Cross Bar nests beneath the opening of the Reinforced Seat Fabric's bottom as shown in Fig. 12.

Take two of the M10/20 Head Cap Screws (Part #18) and insert them into the aligned holes and hand tighten each screw. These two screws should be fully tightened once the Left Front Cross Bar is assembled.

NOTE: The top of each Head Cap Screw should extend above the front and back side of the Reinforced Seat Fabric's opening as shown in Fig. 12.



STEP 5

Attaching the Left Front Cross Bar to the Left Arc Frame Underside

Locate the Left Front Cross Bar (Part #10), and two M10/20 Head Cap Screws (Part #18).

With one hand, push Accordion Sleeve (Part #2) back to expose the open end of the Right Front Cross Bar (Part #11) as shown in Fig. 14. Insert the threaded screw of the Left Front Cross Bar into the open end of the Right Front Cross Bar as shown in Fig. 13 and Fig. 14. Once inserted, align the holes on the U-shaped piece of the Right Front Cross Bar with the exposed holes on the underside of the tube on the Left Arc Frame (Part #5).

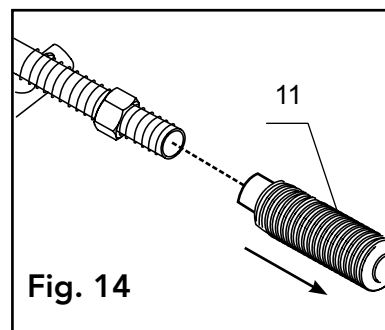


Fig. 14

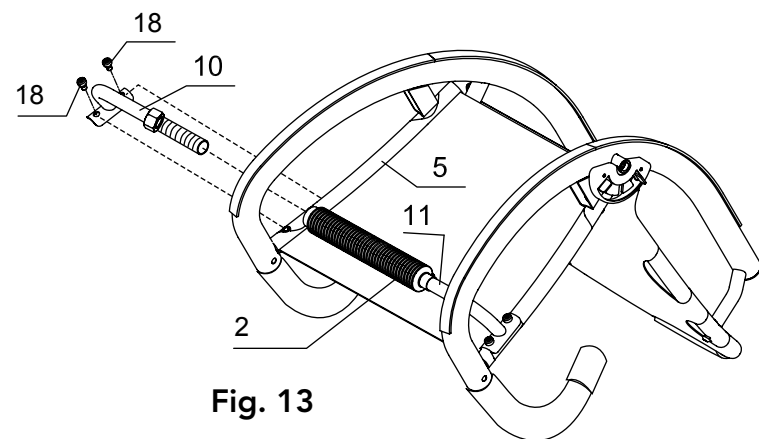


Fig. 13

NOTE: That the entire curved U piece of the Left Front Cross Bar nests beneath the entire opening of the Reinforced Seat Fabric's bottom as shown in Fig. 12 on page 12.

Take two of the M10/20 Head Cap Screws (Part #18) and insert, them into the aligned holes and tighten each screw with the Hex Key Wrench (part # 23).

Now you can fully tighten the two M10/20 Head Cap Screws (Part #18) on the Right Front Cross Bar with the Hex Key Wrench (part # 23).

NOTE: The top of each Head Cap Screw should extend above the front and back side of the Reinforced Seat Fabric's opening as shown in Fig. 12 on page 12.

Congratulations! This was the trickiest part of assembling your Rockin' ABS® machine, get ready to rock because you are almost done!

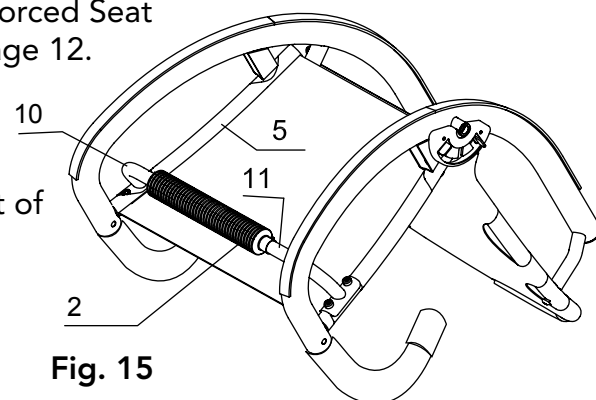


Fig. 15

In one motion, bend your RIGHT knee while simultaneously stepping straight backwards with the LEFT leg as you extend both arms away from you, rocking the upper portion of the Rockin' ABS® machine forward. Your ending body position should mirror the image of Fig. 40. Your upper chest should be directly over the top of the RIGHT bent knee and your head should be up and looking forward at your extended arms.



Fig. 40

In one motion from the extended lunge position, simultaneously return to the standing start position while using your arms to rock the upper portion of the Rockin' ABS® back towards your body. Do NOT let go of the Rockin' ABS® machine at anytime during the up and down movement.

Next, in one motion bend your LEFT knee while simultaneously stepping backwards with the RIGHT leg as you extend both arms away from you, rocking the upper portion of the Rockin' ABS® machine forward. Your ending body position should mirror the image shown in Fig. 41. Your upper chest should be directly over the top of the LEFT bent knee and your head should be up and looking forward at your extended arms.



Fig. 41

In one motion from the extended lunge position, simultaneously return to the standing start position while using your arms to rock the upper portion of the Rockin' ABS® back towards your body. Do NOT let go of the Rockin' ABS® machine at anytime during the up and down movement.

Repeat the exercise at the same pace, keeping proper balance and form.

Once you have mastered the Rockin' Reverse Lunge form, you can add a bit of challenge by changing the direction of the leg that extends backwards during the lunge movement. Instead of extending it straight back, you can angle it slightly. while keeping your upper body and arms in the same position.

ROCKIN' LOWER BODY EXERCISES

Rockin' Squat and Calf Raise - Standing behind and facing the Rockin' ABs® machine with the handle engaged in the Active Mode grab the foam covered portion of the back rest frame with both hands as shown in Fig. 36.

At no time during this exercise should you use the Rockin' ABs® machine to support your weight or control your balance. The Rockin' ABs® machine serves as a focus bar for keeping you in proper form and rhythm.

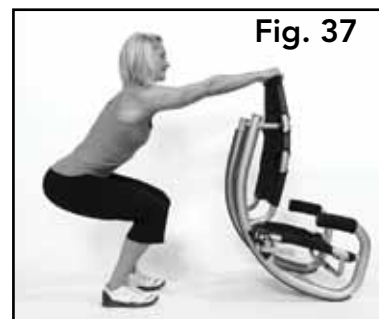
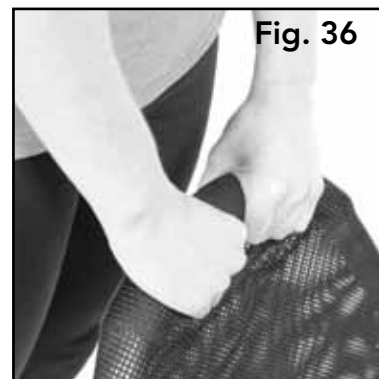
In one motion, bend your knees to squat down as you extend both arms away from you, rocking the upper portion of the Rockin' ABs® machine forward. Your ending body position should mirror the image shown in Fig. 37.

In one motion from the squat position, simultaneously stand up rising to the balls of your feet while using your arms to rock the upper portion of the Rockin' ABs® back towards your body. Do NOT let go of the Rockin' ABs® machine at anytime during the up and down movement. Your ending body position should mirror the image shown in Fig. 38.

Repeat the exercise at the same pace keeping proper balance and form.

Rockin' Reverse Lunge - Standing behind and facing the Rockin' ABs® machine with the handle engaged in the Active Mode, grab the foam covered portion of the back rest frame with both hands as shown in Fig. 39.

At no time during this exercise should you use the Rockin' ABs® machine to support your weight or control your balance. The Rockin' ABs® machine serves as a focus bar for keeping you in proper form and rhythm.



STEP 6 Attaching the Handle Assembly and S Support Tube

Locate the Support Tube (Part #3), the Handle Assembly (Part #12) and two M8/12 Button Head Screws (Part #20).

On the right frame, insert the long thin portion of the Handle Assembly (Part #12) in the hole on the outside part of the Right Arc Frame (Part #6) as shown in Fig. 16. Ensuring that the outer part of the handle is inserted in the "LOCKED" position. Once it is fully inserted, take the Support Tube (Part #3) and place it over the lever portion of the Handle Assembly that is sticking out on the underside of the Rockin' ABs® machine, and making sure that arrow heads on the support tube and Right Arc Frame are aligned, as shown in Fig. 17. Align the pre drilled holes on the lever portion of the Handle Assembly and the Support Tube. Once the holes are aligned, insert each M8/12 Button Head Screw and tighten with the Hex Key Wrench provided.

NOTE: Make sure that the Handle Assembly is in LOCKED position.

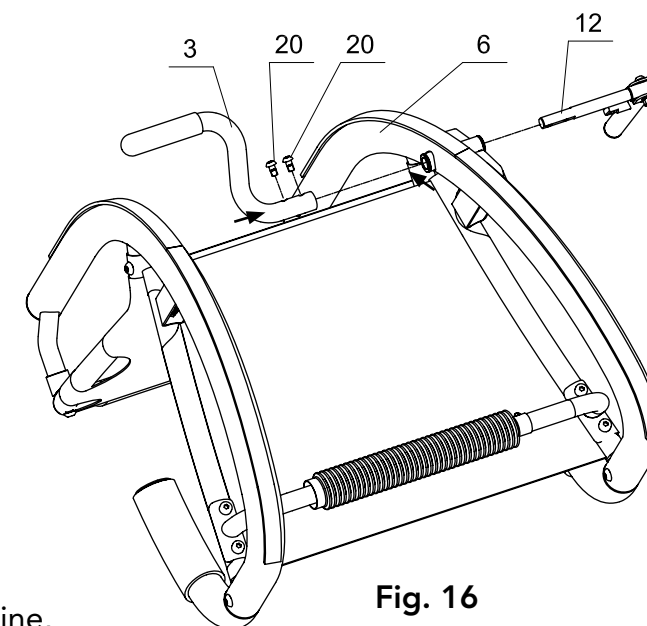


Fig. 16

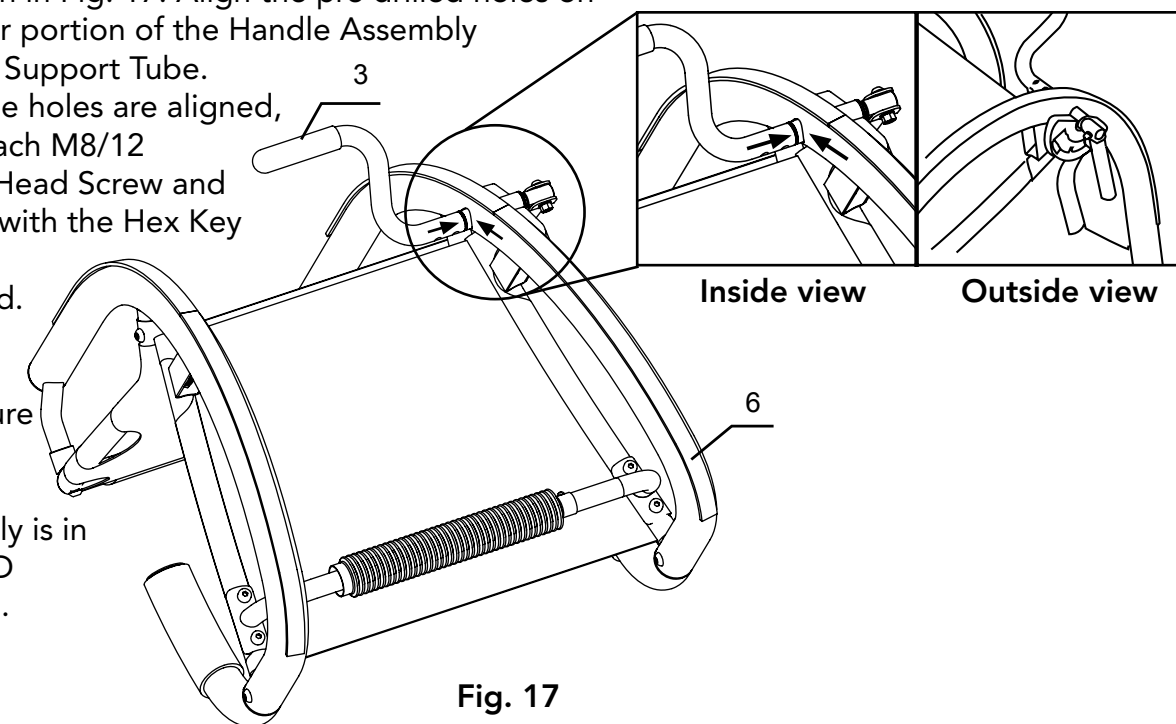


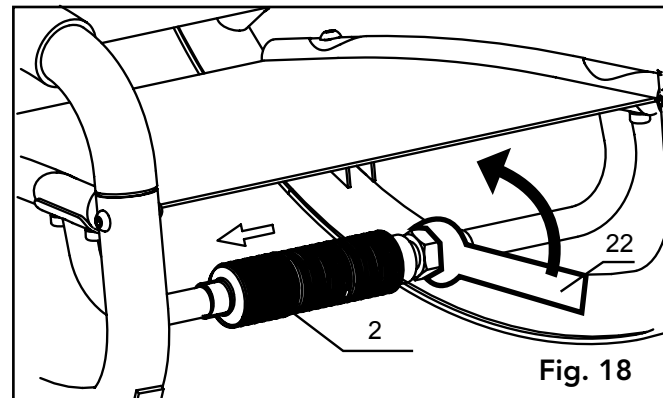
Fig. 17

STEP 7

Tighten the Hex Nut on the Left Front Cross Bar

Locate the Hex Nut Wrench (Part #22).

Slide the Accordion Sleeve (Part #2) to expose the threaded portion of the Left Front Cross Bar (Part #10). Using the Hex Nut Wrench (Part# 22), rotate the hex nut clockwise down the threaded screw towards the Right - Arc Frame (Part #6). Keep rotating the hex nut until it is firmly in place against the outer edge of the Right Front Cross Bar (Part #11) as shown in Fig. 18.

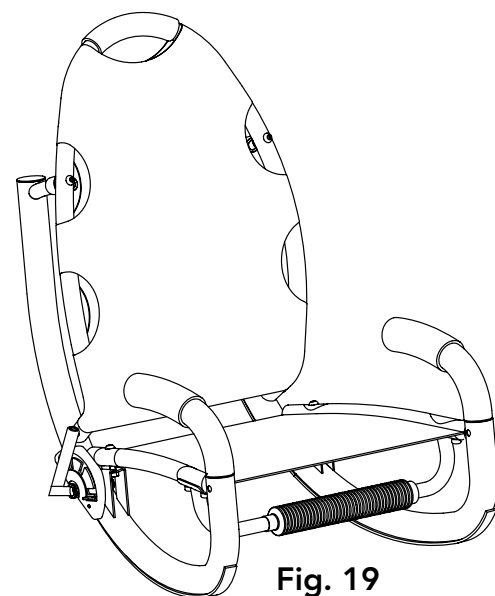


NOTE: Tightening the Hex Nut is crucial to ensure your Rockin' ABs® machine has a firm and strong frame that does not wobble or shake, as well as ensuring a taut supportive seat. Through normal use, this hex nut may need to be retightened from time to time to realign your Rockin' ABs® machine and/or to tighten the seat fabric. Once the product is fully assembled, it should look like Fig. 19.

CAUTION: Make sure that all screws are fully tightened before resuming workout.

MAINTENANCE:

To maintain the high quality standard of this product, check all screws connections and ensure that all parts are properly tightened on a regular basis. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.



ROCKIN' UP RIGHT CRUNCH AND ADVANCED VARIATION

Rockin' Up Right Crunch - With your Rockin' ABs® handle fully engaged in the Pilates Assist Mode, descend back to the starting position shown below in Fig. 32.



The seat back should be at an approximate 60 degree angle, your feet should be on the ground, your entire back should be contacting the seat back, your butt should be on the rear part of the seat, and the Rockin' ABs® machine should be motionless. Insert each hand into a Challenge Strap (Optional Item) and bring your hands to rest just off your upper chest/shoulders just beneath each side of your chin as shown in Fig. 33.



Each Challenge Strap (Optional Item) should be taut but not too tight so as to prevent you from crunching forward.

With your feet remaining solidly on the floor. contract your abs crunching forward in one continuous motion while bringing your elbows towards your hips. You may actually crunch to the point where you feel the Rockin' ABs® machine roll slightly forward. Contract your abs to hold for a beat and slowly return to the start position.



NOTE: The Challenge Straps (Optional Item)s should be tight enough in the start position to enable you to feel progressively harder resistance when you crunch forward, but the amount or resistance should not prevent you from achieving full range of motion.

Advanced Rockin' Up Right Crunch - Perform the exercise in the same manner as the Rockin' ABs® Up Right Crunch described above, but instead of keeping your feet solidly on the floor, lift one foot off the floor while simultaneously raising the knee of that leg towards your chest as you begin each forward crunch as shown in Fig. 35.



As your upper body returns to the start position, lower your leg at the same pace so your upper body and leg come to rest at the same time. Repeat at the same pace and rhythm with the other leg.

ROCKIN' JACK KNIFE

With your Rockin' ABS® handle fully engaged in the Active Mode, descend back to the starting position. Note that your feet should be elevated off the ground, with your legs straight. Your lower back should be nestled deep into the lower portion of the backrest, your butt should be nestled deep into the seats rear part, and the Rockin' ABS® machine should be motionless.

With your hands extended directly over head, use only your abdominal muscles to put the Rockin' ABS® machine into a gentle rock. This motion should be controlled and rhythmic and not too fast or jerky. Use your abs to crunch against the descending portion of the rocking motion. Your shoulders should lift slightly off the upper portion of the Rockin' ABS® backrest, but your legs should remain straight and motionless throughout the exercise. Your body position should be as depicted in Fig. 31.

Contract your abdominal muscles at the peak of your Jack Knife to slow and/or pause the rocking motion for a beat for maximum muscle firing, then descend backwards to return to the starting position and without stopping the descent, stay in rhythm with the Rockin' ABS® machine and repeat the Rockin' Jack Knife exercise.

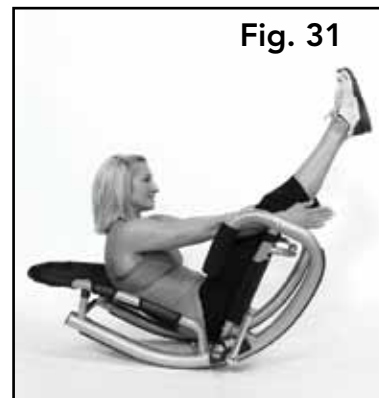


Fig. 31

ROCKIN' ABS® EXERCISES

UNDERSTANDING YOUR ROCKIN' ABS® PRODUCT

Your Rockin' ABS® product is designed to assist you in performing a variety of abdominal, core and total body exercises. There are basic, advanced and enhanced variations for many of the exercises. To maximize your efforts, you need to understand how the Rockin' ABS® machine works. Closely reading this manual will help you do this. You should also watch each Rockin' ABS® workout featured in the DVD accompanying this product prior to beginning any exercise because each of the exercises described in this manual are demonstrated for you.

THREE HANDLE POSITIONS

Your Rockin' ABS® machine includes a handle that helps control the Rockin' ABS® action. There are three handle positions as shown in the photos below:



LOCKED

PILATES ASSIST

ACTIVE

Fig. 1

Locked - With the Rockin' ABS® handle fully engaged in the Locked position, your Rockin' ABS® machine remains essentially stable, basically functioning as a comfortable chair, offering body support for stretching and sitting. This is called the Locked Mode. In the Locked Mode, the Rockin' ABS® machine will "roll" forward slightly when you shift your weight and/or when you get in or out of the chair. The Locked Mode is also used for performing certain upper and lower body exercises demonstrated in this manual, as well as in the Rockin' ABS® DVD workouts.

Pilates Assist - With the Rockin' ABS® handle fully engaged, the Pilates Assist position puts your Rockin' ABS® in the Pilates Assist Mode. This allows the Rockin' ABS® machine to perform similar to the way it does in the Locked Mode. The Pilates Assist Mode also allows you to sit in a more reclined position and enables your Rockin' ABS® to have an expanded rolling motion which occurs especially when your weight shifts forward. These key differences are important when performing certain Pilates inspired exercises demonstrated in this manual as well as in the Rockin' ABS® DVD workout and/or when you get in or out of the chair.



Active - With the Rockin' ABS® handle fully engaged in the Active position, you essentially turn your Rockin' ABS® machine into a moving exercise and muscle isolation device. This is the Active Mode. Once your machine is in the Active Mode, you must use your muscles, body position and activity in the chair to control the machine's rocking/rolling motion. The majority of the exercises demonstrated in this manual as well as in the Rockin' ABS® DVD workouts are performed in the Active Mode.

GETTING IN AND OUT OF THE ROCKIN' ABS® MACHINE

Do not be fooled! Know your body! Getting in and out of the Rockin' ABS® machine is an exercise in itself. Make sure you're clear headed, alert and not out of breath before getting in or out of your Rockin' ABS® machine. This is especially true after exercising in the Rockin' ABS® because exercise often causes people to get winded, tired or a bit light headed. It's not a bad thing to pause a minute or two to make sure you are in full control before getting in or out of your Rockin' ABS® machine.

When getting in and/or out of the Rockin' ABS® machine, the Rockin' ABS® handle should be in the Locked Mode. Your Rockin' ABS® machine can provide some assistance during the in and out process, but remember your Rockin' ABS® still moves a bit even in Locked Mode, so do not rely on it to support you. Your concentration and your body are the key when getting in and out of the Rockin' ABS® machine.

Always use the front of the Rockin' ABS® machine when getting in and out. Never try to enter the machine from the side. Never try to drop into your Rockin' ABS® in one motion.



Advanced Rockin' Oblique Twist - Perform the exercise in the same manner as the Rockin' Oblique Twist described above but in lieu of placing your hands behind your head extend one hand directly over head and keep it there throughout the exercise as shown in Fig. 29.

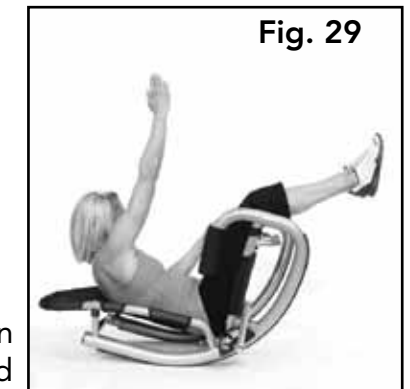


Fig. 29

Enhanced Rockin' Oblique Twist - Perform the exercise in the same manner as the Rockin' Oblique Twist described above, but instead of placing your hands behind your head, insert each hand in a Challenge Strap (Optional Item) and bring your hands to just above your upper chest/shoulders, just beneath each side of your chin.

Each Challenge Strap (Optional Item) should be taut, but not too tight so as to prevent you from crunching forward. You should be able to feel progressively harder resistance when you crunch forward, but the amount or resistance should not prevent you from achieving a full range of motion.

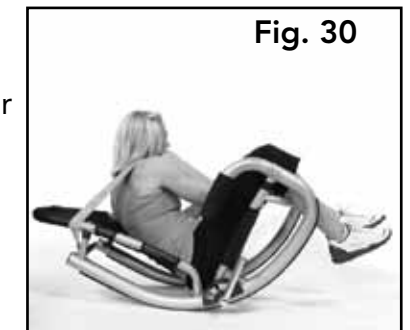


Fig. 30

With one hand behind your head and the other hand holding the other side arm rest, use only your abdominal muscles to put the Rockin' ABS® machine into a gentle rock. This motion should be controlled and rhythmic and not too fast or jerky. Use your abs to crunch against the descending portion of the rocking motion, while rotating your upper body to the right side of the Rockin' ABS® machine. Your shoulders should lift slightly off the upper portion of the Rockin' ABS® backrest, but your legs should remain motionless, with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 27.



Fig. 27

Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing, then descend backwards to return to the starting position and without stopping the descent, stay in rhythm with the Rockin' ABS® machine and repeat the Rockin' Oblique Twist exercise 15 to 20 times. Once you complete the reps switch position and rotate your body to the left side of the Rockin' ABS® machine. Again, your shoulders should lift slightly off the upper portion of the Rockin' ABS® backrest, but your legs should remain motionless with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 28.



Fig. 28

Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing, then descend backwards to return to the starting position and without stopping the descent, stay in rhythm with the Rockin' ABS® machine and repeat the Rockin' Oblique Twist exercise 15 to 20 times.

When getting in your Rockin' ABS® machine stand in front and face the machine, as shown below. Bend at your knees, maintaining proper balance until you are level with your Rockin' ABS® machine. While on bended knee, grab one of the Rockin' ABS® arm rests and slowly turn yourself around and slide your butt in the Rockin' ABS® seat.



Fig. 3



Fig. 4



Fig. 5

Once seated in the Rockin' ABS® machine, your body should be positioned as noted in Fig. 6.



Fig. 6

When you're ready to get out of the Rockin' ABS® machine, place the handle in the Rockin' ABS® locked position. Do NOT try to stand up or rise to a standing position all at once when getting out of the Rockin' ABS® machine.



Fig. 7

Instead, grab both of the Rockin' ABs® arm rests and then slide yourself forward to the front edge of your Rockin' ABs® machine. With both feet firmly on the floor, rise out of the Rockin' ABs® machine into a kneeling position. While still kneeling, turn around to face your Rockin' ABs® machine. Once comfortably balanced, rise to a standing position, also as shown.



Fig. 8



Fig. 10



Fig. 11

Enhanced Rockin' Double Crunch - Perform the exercise in the same manner as the Rockin' Double Crunch described above, but instead of placing your hands behind your head, insert each hand in a Challenge Strap (Optional Item) and bring your hands to just above your upper chest/shoulders, just beneath each side of your chin as shown in Fig. 25.

Each Challenge Strap (Optional Item) should be taut, but not too tight so as to prevent you from crunching forward. You should be able to feel progressively harder resistance when you crunch forward, but the amount of resistance should not prevent you from achieving a full range of motion as shown in Fig. 26.



Fig. 25



Fig. 26

ROCKIN' OBLIQUE TWIST, ADVANCED AND ENHANCED VARIATIONS

Rockin' Oblique Twist - With your Rockin' ABs® handle fully engaged in the Active Mode, descend back to the starting position shown in Fig. 21. Note that your feet should be elevated off the ground, with your knees bent to 90 degrees. Your lower back should be nestled deep into the lower portion of the backrest, your butt should be nestled deep into the seat rear part, and the Rockin' ABs® machine should be motionless.



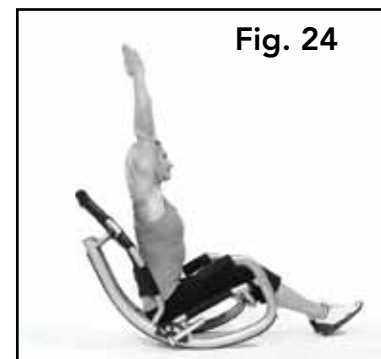
The Rockin' Double Crunch requires that you crunch against the rocking motion of the Rockin' ABS® machine. This means that you must use your body weight and abdominal muscles to start the machine rocking back and forth in a gentle rhythm.

With your hands behind your head, use only your abdominal muscles to put the Rockin' ABS® machine into a gentle rock. This motion should be controlled and rhythmic and not too fast. Use your abs to crunch against the descending portion of the rocking motion. Your shoulders should lift slightly off the upper portion of the Rockin' ABS® backrest, but your legs should remain motionless with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 22.



Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing, then descend backwards to return to the starting position and, without stopping the descent, stay in rhythm with the Rockin' ABS® machine and repeat the Rockin' Double Crunch exercise.

Advanced Rockin' Double Crunch - Perform the exercise in the same manner as the Rockin' Double Crunch described above but in lieu of placing your hands behind your head extend your hands directly over head and keep them there throughout the exercise as shown in Fig. 23. and 24.



PUTTING YOUR ROCKIN' ABS® IN LOCKED, PILATES ASSIST AND ACTIVE POSITIONS

When properly seated in your Rockin' ABS® machine as shown in Fig. 12. you can put the device into anyone of the three above described positions by changing the handle position with your right hand. You do this by firmly grasping the handle as shown, pulling it away from the Rockin' ABS® machine, visually locating and moving the handle to the desired position and pushing it back towards the Rockin' ABS® machine until it is properly settled into place.



LOCKED



PILATES ASSIST



ACTIVE

Fig. 12

CAUTION

When changing handle positions, be extra careful to place your hands and fingers on the upper portion of the handle. Do NOT let your fingers dip below the position indicator, or injury may result.

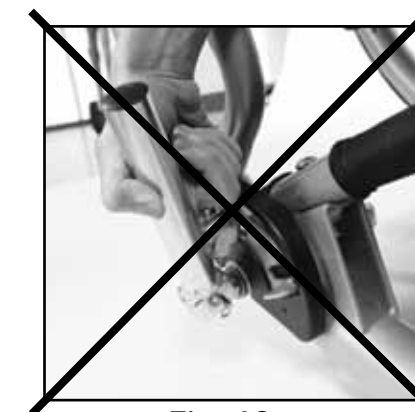


Fig. 13

Also, Make sure that the Rockin' ABS® handle is fully engaged into one of the three desired positions at all times.

ROCKIN' CRUNCH, ADVANCED AND ENHANCED CRUNCH VARIATIONS

Rockin' Crunch - With your Rockin' ABs® handle fully engaged in the Active Mode, descend back to the starting position shown in Fig. 14. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into the lower portion of the backrest, your butt should be nestled deep into the seat rear part, and the Rockin' ABs® machine should be motionless.

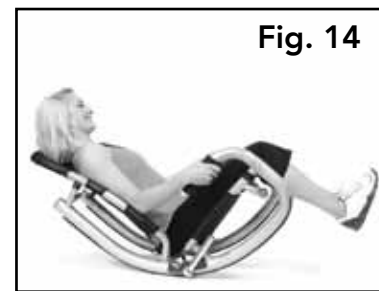


Fig. 14

With your hands behind your head, use only your abdominal muscles to crunch forward in a controlled movement. The entire Rockin' ABs® machine will begin to rock forward. Continue your crunch forward movement until the heels of your feet touch the floor. Your knees should remain bent at a 90 degree angle, without any kicking or fluttering motion as shown in Fig. 15.

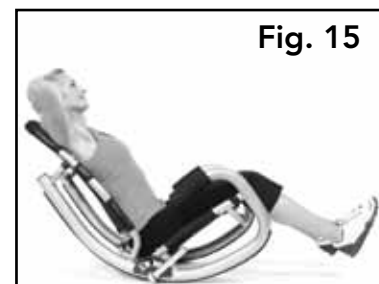


Fig. 15

Once your heels touch the floor use your abdominal muscles to pause the Rockin' ABs® machine for a beat. At this point, you should feel your upper torso, shoulders and head lift slightly from the back rest as shown in Fig. 16. Once you feel this and the Rockin' ABs® machine pauses for a beat, then descend backwards in a controlled motion to return to the starting position. This will also take about a second or two. You should feel your core and abs progressively unload/disengage during your descent. Pause for a beat, allowing the Rockin' ABs® machine to become motionless. Repeat the exercise, maintaining an even rhythm.

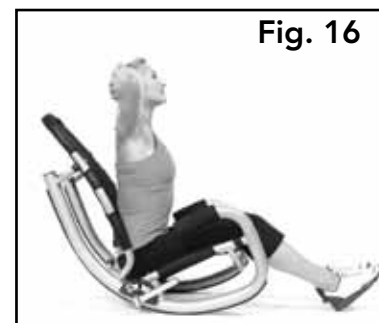


Fig. 16

Advanced Rockin' Crunch - Perform the exercise in the same manner as the Rockin' Crunch described above, but instead of placing your hands behind your neck, extend your hands directly over head and keep them there throughout the exercise. For an increased challenge, reach as far behind your head as possible when your feet contact the ground as shown in Fig. 17.

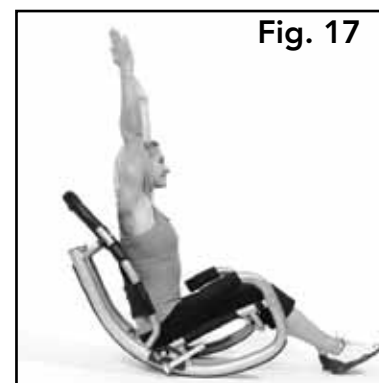


Fig. 17

Enhanced Rockin' Crunch - Perform the exercise in the same manner as the Rockin' ABs® Crunch described above but instead of placing your hands behind your head insert each hand, into a Challenge Strap (Optional Item) as shown in Fig. 18 and bring your hands to just above your upper chest/shoulders, just beneath each side of your chin as shown in Fig. 19.

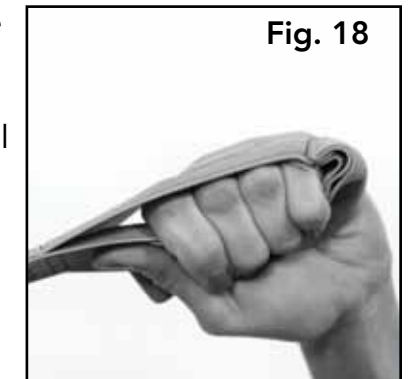


Fig. 18

Each Challenge Strap (Optional Item) should be taut but not too tight so as to prevent you from crunching forward.

You should be able to feel progressively harder resistance when you crunch forward, but the amount of resistance should not prevent you from achieving a full range of motion as shown in Fig. 20.



Fig. 19



Fig. 20

ROCKIN' DOUBLE CRUNCH, ADVANCED AND ENHANCED VARIATIONS

Rockin' Double Crunch - With your Rockin' ABs® handle fully engaged in the Active Mode, descend back to the starting position shown in Fig. 21. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into the lower portion of the backrest, your butt should be nestled deep into the seat rear part, and the Rockin' ABs® machine should be motionless.



Fig. 21



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