



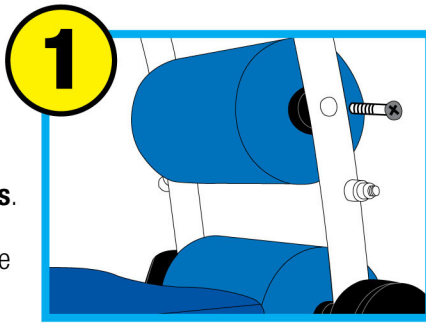
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## ASSEMBLY INSTRUCTIONS

# FIRST

**NOTE: AB ROCKET unit needs to be assembled prior to use.**

1. Locate the **Padded Back Support** piece. Insert it between the **Metal Bars**. Align with the openings.
2. Attach **Padded Back Support** piece to the **Metal Bars** with screwdriver (included). See **Illustration 1**.



# SECOND

1. To attach the **Resistance Springs**, choose the proper resistance:

**Blue Spring**-Lowest Resistance

**Red Spring**-Middle Resistance

**Black Spring**-Highest Resistance

## Resistance Springs

LOW RESISTANCE



MIDDLE RESISTANCE



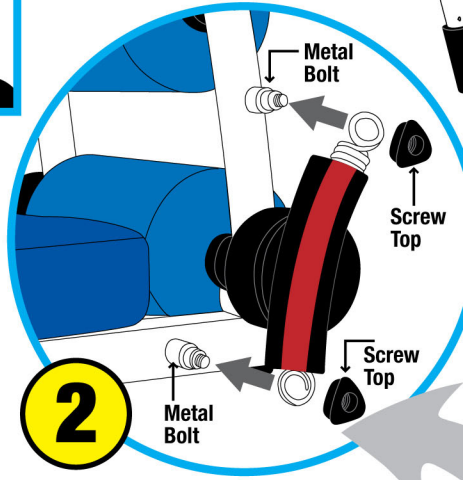
HIGH RESISTANCE



2. Place both ends of the **Resistance Spring** over the **Metal Bolts**. See **Illustration 2**.

Secure it with the **Screw Top** by rotating it clockwise. Make sure the **Screw Top** is tightened all the way. Push down on the **Resistance Spring** while tightening the **Screw Top**. Repeat for second **Resistance Spring**.

3. To change the **Resistance Spring**, just unscrew the **Screw Top** by rotating it counterclockwise. Remove the spring, replace it with another one. Repeat **Step 2** above.



# THIRD

Pull out **Support Bracket** from underneath the seat as shown in **Illustration 3**. This will give you extra support when using the Ab Rocket™.

# FOURTH

1. Insert **Right** or **Left Grip Handles** into the base of the seat. See **Illustration 4**.
2. Press in the **Spring Pin** and push the **Grip Handle** in. Repeat for the other **Grip Handle**.
3. To remove the handle, press and hold the **Spring Pin** as you are pulling the **Grip Handle**.

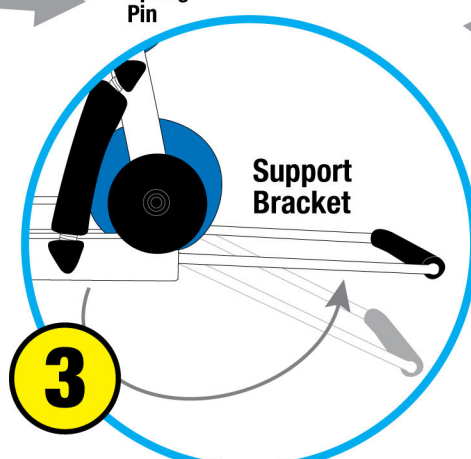
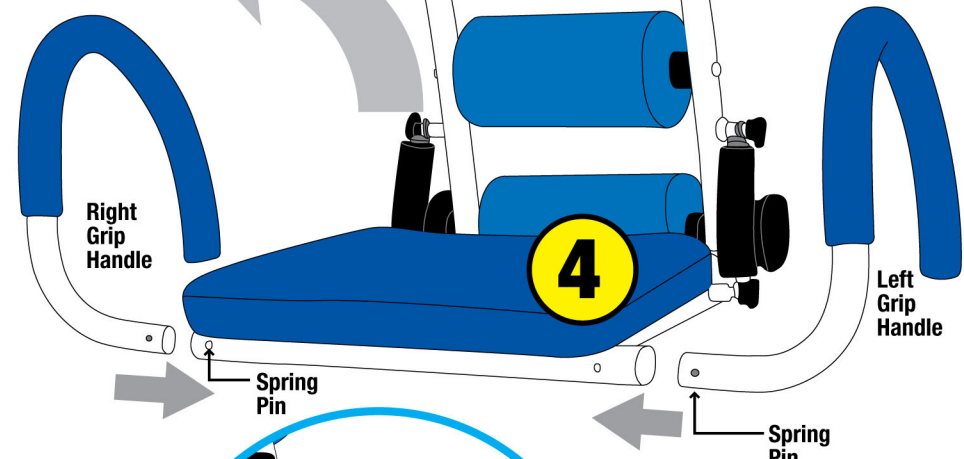
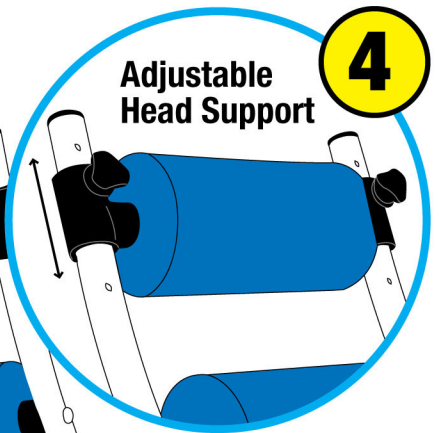
## NECK SUPPORT ADJUSTMENT See Illustration 4

**NOTE: WHEN EXERCISING, REMEMBER TO REST YOUR HEAD ON THE HEAD SUPPORT.**

You can adjust the **Head Support** to your comfort. Just loosen both **Adjustment Knobs** by rotating them counterclockwise. Move the **Neck Support** up or down and align with openings. Tighten the **Adjustment Knobs** by rotating them clockwise.

## STORAGE

For easy storage under the bed, simply remove both top **Screw Tops** by rotating them counterclockwise. Leave the bottom **Screw Top** attached. Bring the **Resistance Springs** down, replace the **Screw Tops**. Bring down the **Padded Back Support**. Both **Grip Handles** can fold down for easy storage. Just press the **Spring Pins** on both **Grip Handles** and rotate them forward or remove them.



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