

AB KING PRO



AB King Pro



Folds down for easy storage!

OWNER'S MANUAL



VIDEO SERIES

Video 1

3 Minute "Burn It Up!"

Abdominal Conditioning Program

AB-1001

Video 2

"WorkOut 1"

Instructional Program

AB-1000

AB King Pro

AB KING PRO • OWNER'S MANUAL



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Cathie Bernard Kathy Doyl

HI AND WELCOME TO THE AB KING PRO GET FIT FAST™ PROGRAM!

Kathy and I have learned up to create an effective system of tightening, toning & training for your entire midsection. Our goal is to make the time and effort that you spend working out as effective and easy as possible. Kathy and I work as personal trainers everyday to help people reach their goals, and we know what it takes to get results! Improving your health, making changes to your lifestyle, getting fit and losing weight can be challenging but it starts with a positive "I can do it" attitude. Consistency not perfection is the key to success. You've clearly taken the first steps into the right direction by purchasing the AB KING PRO and as the TEAM TRAINERS for the product you can rest assured that if you follow the program, you'll get results!

Along with the workout program we have created our 10 Day SLIM DOWN Meal Plan that will help jump start your fat burning efforts. If you need a more detailed nutrition weighting system with additional support formulas come out to all of our 225 member personal trainers. We'll be here to answer your questions along the way.

WARNING:

Consult your physician before starting this or any exercise program.

If you experience dizziness or lightheadedness, discontinue use of the AB KING PRO immediately. Before getting started please read your AB KING PRO Manual thoroughly and view the instructional tapes before you begin to use the equipment. Follow all the safety instructions.

Model shown on this page is wearing size 12. © 2000 275 86



HOW TO ASSEMBLE

Before starting, lay out all the parts and hardware in a clear flat area. Familiarize yourself with the parts and assembly by carefully reading the instructions.



Step 1 →



Step 1 - Unfold the front leg and lock it with the pin. Then, turn the seat over.



Step 2 →



Step 2 - Lift up the cushion in order to set up the square pipe (#7). Aim the square pipe (#7) at the appropriate hole, and insert the pin to lock it.

Step 3 - Aim the right handle (#4) at the round pipe hole (#10), and insert pin to lock it. Aim the left (#5) at the left round pipe hole (#10), and insert pin to lock it.



Step 3 →



Step 4 - Insert right round pipe (#4) into the elbow (#2), and then aim it to left side. Insert the other end of the elbow and lock with pin. Then, buckle up on the other end of the elbow.



Step 4 →



Step 5 - Fasten square pipe (#22) to the appropriate hole, and insert the pin to lock it.



Step 4 →



Step 6 - Fold down for easy storage. Remove both pins from front leg (#20) and remove round pipe support (#14) to fold down (no illustration).

Refer to hardware illustration for parts identification on Page 6.



Step 5 →



HARDWARE ILLUSTRATION



AB KING PRO - OWNER'S MANUAL

CAT/ITEM #	PARTNAME	QUANTITY
1	Round thread, (handle), foam rubber grip	1
2	Flange, round pipe, (handle), metal	1
2a	Round thread, (below #2), metal	2
2b	Screw, (below #2), metal	1
3	Pin, (below #2), metal	2
4	Flange, round pipe, (handle), metal	1
4a	Washer, (below #4), metal	1
5	Flange, round pipe, (handle), metal	1
5a	Round screw, (below #5), metal	2
6	Washer, (between) foam rubber & wood	1
6a	Round thread, (between) metal	2
6b	Round washer, (below #6)	1
7	Square pipe, (between) board supporting, metal	2
7a	Square Plug, (square pipe #7), plastic, black	2
8	Screw, (square pipe #7), metal	2
9	Washer, (steel), foam rubber & wood	1
10	Metal plate, (steel) supporting, metal	2
10a	Screw, (metal plate), metal	2
11	Steady, round pipe, (steel) supporting, metal	2
11a	Wash, (between) metal	1
12	Washer, (steady #11), plastic, black	2
13	Screw, (steady #11), metal	2
14	Steady, round pipe, (support), metal	2
14a	Round screw, (steady #14), plastic, grey	2
15	Plastic plate, (steady #14), metal	2
15a	Washer, (steady pipe), (steel) metal	1
15b	Washer, (steady pipe), (steel) metal, black	1
16	Washer, pipe, (support), metal	2
16a	Washer, (between), (steel) metal	2
17	Washer, (steel), (between) metal	1
17a	Screw, (1/2 inch) plate #17, metal	2
17b	Washer, (1/2 inch) plate #17, plastic	2
18	Washer, round pipe, (between), metal	2
18a	Screw, (1/2 inch) plate #17, metal	1
19	Round pipe, (between), metal	1
19a	Round plug, (round pipe #19), metal	2
20	1/2 inch plate, (between) metal	2
20a	Screw, (1/2 inch) plate #20, metal	1
20b	Pin, (1/2 inch) plate, metal	2
20c	Screw nut, (screw #20c), metal	2
20d	Washer plate	1
20e	Screw nut	2
21	Square pipe, (between) above #15, metal	1
21a	Round thread, (round pipe #21a), plastic, black	2
21b	Round pipe, (support), metal	1
22	Round pipe, (rubber), metal	1
22a	Rubber plate, (below) rubber, black	1
22b	Washer plate, (between), metal	1
22c	Washer, round pipe, (hole), metal	1
22d	Round plug, (below #22), plastic, grey	2
23	Washer thread, (below #23), foam rubber	2
24	Wash, (between) metal	1
25	Washer, (between) metal	1

BEFORE YOU GET STARTED

- Please remember to consult with a professional trainer, licensed fitness authority or physician before starting this or any other exercise machine or program.
- Use the AB KING PRO on a level surface only.
- Make sure when you're using your AB KING PRO to maintain a gentle grip on the handles at all times that is comfortable for your height.
- For better results, allow your midsection (abdominal muscles) to do the work. Try not to use your arms too much or you won't get the full benefit of the exercise. On the AB KING PRO, you get two way toning... it's effective both on the way up and on the way down!
- While using your AB KING PRO, keep your head on the back pad while performing the exercises to maintain proper form. Lifting your neck off the pad you could cause unnecessary strain to your neck, as well it makes the exercise less effective. Make sure to keep your abs tight and contract the muscle through the full range of motion.
- Start by using the AB KING PRO workout that comes with your purchase.

AB KING PRO WORKOUT

Before you begin this or any other exercise program consult with your physician.

WARM UP

March in place for 2-3 minutes to get the blood circulating through your body...the warm up gets you ready for exercise and will increase the positive results you will get from the AB KING PRO Workout!

STRETCH

Side Bends: Stand with feet shoulder width apart, with a slight bend in your knees. With chest up and your eyes looking forward, raise your left arm overhead and place your right arm on your hip and lean towards your right to stretch the left side of the torso. Hold that stretch for 20-30 seconds and repeat this stretch to the other side. Raise your right arm and stretch your right side. For 20-30 seconds. Do not bounce, swing or jerk into the movement, it should be slow and controlled.

Torso Twists: Stand with feet shoulder width apart, knees slightly bent. With chest up and your eyes looking forward, raise your arms straight out to your sides, with a slight bend at the elbow. Slowly pivot, or twist your midsection as far to the right and then come back around as far to the left as you can. Do 10 rotations from left to right. Do not bounce, swing or jerk into the movement, it should be slow and controlled.

Now its time to strengthen, tone, and firm your midsection! Remember to let yourself breathe naturally while going through the exercises. Don't hold your breath. Keep your head resting on the pad throughout the entire move and use your abdominal muscles to do the movement instead of using your arms. Rest your feet on the foot support or on the floor where it feels most comfortable to you. The benefit of using the AB KING PRO is that you'll be working your muscles both on the way up and on the way down. You'll be using your own bodyweight as the resistance so you won't have to bother with annoying resistance band attachments or extra weights to add. We make it so easy to get that midsection in shape, plus the design of the AB KING PRO won't allow you to cheat while doing the movement so every workout counts! It's so simple and effective just about anyone can do it! Check your settings before you begin.

BEGINNER/RS

8-10 repetitions
1-2 sets each

Start with exercise 1-3. When you can complete all three exercises for the recommended repetitions move forward in the program and add exercise 4-6. Work up to doing all 6 exercises for 8-10 repetitions for 2 complete sets. Position your AB KING PRO at the setting that your most comfortable with depending on your fitness level. As far as tempo, you should count 2 seconds for the way up and 2 seconds for the way down.

When you've mastered this program your ready to move on to the Intermediate / Advanced level of the workout.

INTERMEDIATE / ADVANCED

10-20 repetitions
3-4 sets each

Work up to doing all 6 exercises for 10-20 repetitions each at 3-4 sets. Position your AB KING PRO at the setting that your most comfortable with depending on your fitness level. As far as tempo, you should count 2 seconds for the way up and 2 seconds for the way down. Remember you can always increase your repetitions or sets should this program become too easy. Or go to www.abkingpro.com to get the

AB KING PRO Video Series for more advanced workouts!

AB KING PRO Level Settings



1
Beginners



2
Beginners / Intermediate



3
Intermediate / Advanced



4 / 5
Advanced

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#1 BASIC ABDOMINAL CRUNCH: Position yourself on the machine with your head resting on the pad with your hands gently holding onto the handles. Place your feet on the foot support or on the floor in front of you. Maintain proper form throughout the exercise and repeat for the designated repetitions. This exercise benefits the entire abdominal area with an emphasis placed on the upper region.



Start



Finish

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#2 OBLIQUE CRUNCH RIGHT HIP POSITION: Position yourself on the machine with your legs rotated over onto your right hip. Make sure you are in a comfortable position resting your hands gently on the handles with your feet on the foot support or on the floor. Begin by coming up slowly keeping your head on the pad while controlling your motion back down. This exercise works your upper left oblique and your lower right.



Start



Finish

#3 OBLIQUE CRUNCH LEFT HIP POSITION:

Position yourself on the machine with your legs rotated over onto your left hip. Make sure you are in a comfortable position and your hands are gently holding onto the handles, your feet placed on the foot support or on the floor. Begin by coming up slowly keeping your head on the pad. Maintain proper form throughout the exercise and repeat for the designated repetitions. This exercise works your upper right oblique and your lower left.

Start to Finish:
Same as #2 OBLIQUE CRUNCH
Switch to the left hip and work the other side.

#4 DOUBLE ABDOMINAL CRUNCH

Position yourself on the machine with your legs in a bent position as shown in photo. Resting your head on the pad and your hands gently on the handles. Begin by coming up slowly at the same time your knees come towards your chest squeezing together and back to your start position. This exercise is a more intermediate / advanced movement, so make sure you have already completed the others comfortably. This exercise targets both the upper and lower areas of the abdominal.



Start



Finish

#5 LOWER HALF ABDOMINAL BUSTER

Position yourself on the machine with your legs in a bent position as shown in the photo. Rest your head on the pad and your hands gently on the handles. Begin by just bringing your knees in towards your chest and back to the start position, when your legs come back to start position don't allow your low back to come up off the pad. Don't raise your upper body off the pad. This exercise targets the lower area of your abdominals.



Start



Finish

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#6 ALTERNATING SINGLE LEG CRUNCH

Position yourself in the machine with your head resting on the pad and your hands resting comfortably on the handles. Start with knees bent, alternating 1 leg at a time out straight in front of you. Crunch with your upper body while slowly coming back to the start position and then repeating with the other leg. This is an intermediate/advanced exercise. The exercise places advanced emphasis on both the upper and lower area of the abdominals.



Start



Finish

10 - DAY SLIM DOWN MENU PLAN

The 10-day Slim Down Menu Plan will have you looking great in no time at all. Remember that this is only a temporary nutritional program used for special occasion weight loss and should be followed for only 10 days. For a 90-day weight loss system with meal plan, exercise program and nutritional support formulas go to www.abkingpro.com.

BREAKFAST CHOICES:

- 1 slice of sourdough toast with 1 tablespoon of peanut butter and 1 apple
- Or
- 3 egg white omelet with spinach
- 1 slice sourdough toast
- Or
- 1 low fat yogurt, 6 almonds
- Or
- 1 cup oatmeal with 1 tablespoon brown sugar
- 3 egg whites, hard-boiled or scrambled
- Or
- 1 cup plain Greek yogurt
- 1 cup non-fat milk, 3 egg whites, hard-boiled or scrambled
- Or
- 1 glass of water and either 1 cup coffee or tea with breakfast

SNACK: Mid morning

- protein snack
- (turkey lunch meat, fat-free string cheese or high protein bar)
- Or
- 1 piece fruit (apple, orange or plum)
- Or
- 2 pieces of celery with peanut butter
- Or
- 1 glass of water

LUNCH CHOICES:

- Open face turkey burger with nonfat mayo or mustard or ketchup, lettuce and tomatoes
- Or
- 4 pieces sushi and cucumber salad
- Or
- 3 strips grilled chicken
- 1/2 cup black beans
- 1 cup steamed or grilled green vegetables
- Or
- A sandwich made with sourdough or rye bread with either chicken, turkey, or water packed tuna
- 2 you (ie mayonnaise, (use fat) free mayo), lettuce and its lettuce and tomatoes or tomatoes
- Or
- A large green salad topped with grilled chicken breast, turkey or tuna. Be creative and use tomato rich cucumbers, celery, tomatoes, green or red peppers
- Don't forget only use a non fat dressing.
- Or
- A cup of steamed rice topped with grilled chicken or steamed vegetables (with sauce added for flavor)
- Or
- A glass of water, iced tea or a diet soda

SNACK: Mid afternoon

- 1 protein snack
- (turkey lunch meat, fat-free string cheese or high protein bar)
- Or
- 1 glass of water

DINNER CHOICES

- 3-4 ounces of grilled chicken or turkey breast, or grilled fish or lean steak 1 cup steamed green vegetables
- Or
- A grilled turkey patty
- 1 cup steamed green vegetables
- A large bowl of salad with non-fat dressing and vegetables like cucumbers, celery, tomatoes and/or red or green peppers for added nutritional value
- Or
- 3-4 ounces of grilled shrimp
- 1 cup steamed green vegetables
- a large bowl of salad with non-fat dressing and vegetables of your choice
- Or
- 1 glass of water

SNACK: Late Night

- 1 protein snack or non-fat yogurt
- And a glass of water

WEIGHT LOSS TIPS:

- 1 - Don't skip a meal! By skipping meals it encourages binge eating, or uncontrolled eating, if you eat all you're so hungry you'll end up making the wrong choices. Skipping meals also leads to greater fat storage.
- 2 - On average we eat approximately twice as much food as we should. Become aware of how much you're actually eating each day, calories from fat should not exceed 20-30% of your caloric intake each day.
- 3 - Drink plenty of water, try to drink your body weight in ounces of water each day. For example, if you are 150 lbs, drink 75 ounces of water. It will fill you up and cleanse your body of all the same time.
- 4 - Eat plenty of fruits and vegetables. They not only taste great, they are nutrient dense foods containing many vitamins, minerals, phyto-nutrients and fiber protecting you from the aging effects of free radicals.
- 5 - Eat smaller, more frequent meals. 2-12-3 hours apart, this will keep your metabolism working at peak performance, and energy levels very high. Balanced throughout the day. Small frequent meals help regulate blood sugar levels, a way that can contribute to other than weight issues, including cholesterol etc.
- 6 - Each meal should include: a lean protein, a low glycemic carbohydrate and an essential (good) fat for optimum nutritional balance.
- 7 - Lean proteins consist of fish, skinless white meat chicken or turkey, lean cuts of beef, pork or protein powder drink mixes, legumes, etc.
- 8 - Vegetables that are steamed or eaten raw contain a much higher percentage of nutrients than prepared in any other form. Steaming vegetables causes most of the nutrients to be lost in the water. So best to steam or microwave vegetables.
- 9 - Remember salad dressings are high in fat, use fat free dressings or other alternatives like lemon, juice, and rice vinegar.
- 10 - Always think ahead and be prepared. Pack up healthy food to take to work with you each day, and if you go out to the movies bring your own snacks.
- 11 - Try and eat all your meals before 7 o'clock. For more tips on losing weight, cooking tips and recipes, come visit us at www.abkingpro.com

MEAL TRACKER-

Keep track of your meals during the 10-Day Risk Break

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

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