

Total **abCORE** with weight assist.



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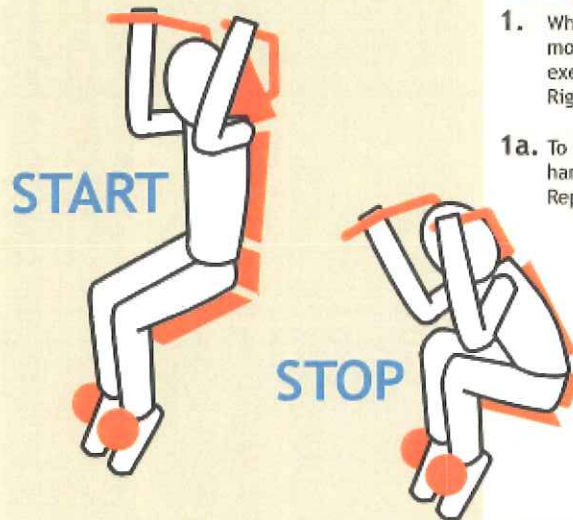
ABCORE PHOTOS INSTRUCTIONS REVIEWS CONTACT US

To Exercise Abdomen

1. Place desired weight by placing olympic weights on one of the two weight holders.

STOP Use of excess weight may result in injury to the user.

2. Sit on pad with feet under rollers and place hands on hand grips.
3. Begin by bringing knees up and upper body forward which will result in crunching movement.
4. Maintain proper form by using slow controlled movement. Don't allow to return to relaxed position during exercise. Slowly exhale as bringing upper body toward knees.



To Exercise Obliques

1. While sitting in machine move seat to the Left to exercise Right Side or to the Right to exercise Left Side.

- 1a. To adjust seat pull up on handle under center of seat. Repeat Steps 2, 3 and 4.

...PATENT PENDING

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DEALERS