Owner's Manual

Ab Circle Pro™

Assembly & Instructional Guide
CAUTION

Before getting started, please read this manual thoroughly and view the instructional DVD to understand how to safely use your Ab Circle Pro™.

The Ab Circle Pro™ is designed for a maximum user weight of 125kg

The following warning labels appear on your Ab Circle Pro™. Please read them before using the machine.

WARNING
To avoid serious injury, read the instruction manual and all warnings on this product completely before use.

This machine has moving parts which can present crush or pinch hazards. Keep hands and fingers away from moving parts.

Keep children away from machine at all times.

Inspect machine before each use to ensure machine is in proper operating condition.

To avoid injury and equipment damage, maximum user weight not to exceed 275 lbs.

Not intended for commercial use. Replace label if damaged or illegible.

WARNING
MOVING WHEELS
KEEP HANDS CLEAR OF TRACK WHEN RIDING YOUR PRODUCT
KEEP CHILDREN AWAY FROM PRODUCT!
IMPORTANT SAFETY INSTRUCTIONS

- Read ALL warning labels posted on the machine.
- Read and follow the use, care and maintenance instructions provided in this manual for safe use of your Ab Circle Pro™.
- Prior to using this equipment and starting an exercise program, please consult your physician to ensure it is ok for you to exercise using this equipment.
- If at any time during the exercise you feel faint or dizzy or experience pain, stop and consult your physician.
- Keep children away from the machine. If used in the presence of children, supervision should be provided by a third party.
- Do not wear loose or dangling clothing or jewelry while using the equipment.
- Keep fingers away from moving parts.
- Inspect machine for worn or loose components prior to each use. Tighten or replace any loose or worn out components prior to use. Replacement parts can be obtained by calling 1-800-983-6905.
- Set up the equipment on a solid and level surface.
- If you did not purchase the computer upgrade, the mounting bracket for the computer will be covered with a black sleeve. Leave this sleeve on the bracket to prevent contact with the bracket during exercise.
- Do not exceed the maximum weight limit of 275 lbs. Exceeding the allowable weight limit may result in damage to the equipment and serious injury to the user.
- The Ab Circle Pro™ has been designed for consumer use only and should not be used in any commercial application.

ATTENTION

MAINTENANCE WARNING:
PLEASE CLEAN THE AB CIRCLE STEEL TRACK WITH SOAP AND WATER AFTER EACH SESSION. THIS WILL LIMIT RESIDUE BUILD UP AND ENSURE A LONG PRODUCT LIFE.
Dear Valued Customer,

Congratulations on your wise decision of investing in your health with the most innovative piece of exercise equipment to hit the market in a long time. So get ready for the ride of your life on the new Ab Circle Pro™! As a once overweight mother, I know first hand what it’s like to want to get in shape FAST! And now with your very own Ab Circle Pro™, you too can achieve amazing results, just like I did!

I love so many things about the Ab Circle Pro™. I’m able to do cardio and sculpt my abs all at the same time, so when I am short on time, and needing a workout, I simply do a few minutes on my Ab Circle Pro™, and I can instantly feel the results! I lost over 80 pounds and have since been able to maintain my weight loss and sculpted abs with this amazing piece of exercise equipment! Now it’s your turn!

Remember, I’m here for you as you embark on your weight loss journey. I would love to hear from you at www.abcirclepro.com, so please e-mail your before/after pictures and your story and I may post yours on our web site. Stay focused, have fun and enjoy the journey of getting and staying in shape!

All my best,

Jennifer Nicole Lee
Fitness Celebrity
88 lb. Weight Loss Success!
BEFORE GETTING STARTED

CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE PROGRAM TO ENSURE IT IS SAFE FOR YOU TO EXERCISE USING THIS MACHINE.

1. Consult your physician to ensure you are able to work out and have no pre-existing condition that would cause you to injure yourself by performing exercises on this product.

2. Read this manual thoroughly and view the instructional DVD to ensure proper and safe use of your Ab Circle Pro™. Follow all safety instructions posted on warning labels on the Ab Circle Pro™.

3. Use the Ab Circle Pro™ on a level surface.

4. Do not forget to warm up. March in place for 1-2 minutes to get your blood circulating through your body.

5. Be sure to go slow when you swing side to side on the machine. If your machine moves when you are riding it, it is because you are moving too fast from side to side. Slow down and your machine will not jump, jerk or move.

6. The Ab Circle Pro™ aids the consumer in performing a lateral side flexion side to side motion that may be a movement your body and muscles are not used to performing. Therefore, be sure to use extreme caution when you begin using this product. If you feel any soreness or tightness in your lower back, immediately stop using your machine. If you feel faint, dizzy or experience any pain discontinue use of your Ab Circle Pro™ immediately. Injuries to health may occur from incorrect or excessive training.

Direct Entertainment Media Group, Inc. assumes no responsibility for personal injury or property damage sustained by or through the misuse of this product. This product should not be used by pregnant women or anyone with a pre-existing medical condition.
REMovable Parts List

- Swing arms (2)
- Red disc (1)
- Knee bowls (2)
- End caps (4)
- Locking pins (4)
- Knee bowl screws (2)
- Right arm (1)
- Left arm (1)
- Chrome bushings (2)
- Knee bowl center hole caps (2)
- Knee bowl lock tool (1)
- U bolts (2)
- Fitness computer (optional)
- Middle lock pin (1)
Assembly Instructions

Front Legs
Insert safety pin into front support holes 1, 2 or 3 based on level of resistance desired. First-time users should start on position 1.

Position 1
Beginner
Beginner position should be set in hole 1.

Position 2
Intermediate
Intermediate position should be set in hole 2.

Position 3
Advanced
Advanced position should be set in hole 3.

Additional DVD workouts and product upgrades available at www.abcirclepro.com
Assembly Instructions continued

Front End Caps
Place plastic end caps securely over open ends of front base tubing.

Rear Legs
Insert safety pins into rear support holes of both rear legs.

Rear End Caps
As on front legs, insert plastic end caps securely over open end of rear base tubing.
Assembly Instructions continued

Screw on Knee Bowls

Insert a knee bowl screw inside a collar and attach a knee bowl using the knee bowl lock tool to each swing arm on the base unit. Place a knee bowl center hole cap over each knee bowl screw.

Install Handle Bars

Insert the left arm handle (marked L on the end of the arm) into the arm opening on left side and the right arm handle (marked R) into the arm opening on the right side so that the hand grips face inward. Adjust the arm handles to your preferred length using the U bolts, based on your height and level of comfort while using the machine. Make sure the U bolts are completely inserted through both sides of the tubing.

Visually check to ensure all parts have been assembled correctly.

The recommended minimum area for access and safe operation of the machine is 10 square feet.

Additional DVD workouts and product upgrades available at www.abcirclepro.com
**Workout Routine**

Read and follow all safety instructions on the machine and provided in this manual.

*Middle lock pin:* Keep the pin locked in place for all basic and beginner moves on your Ab Circle Pro™.

*Main position:* Place your knees inside the knee bowls and your hands evenly on the handle bars. Keep your body center balanced over the middle of the machine and your head up and facing forward.

*Right side flexion:* Slowly swing your entire lower body to the right side as far you can go without straining yourself. In time, you’ll be able to rotate further as your body gets used to the lateral side flexion motion.
**Workout Routine continued**

**Left side flexion:** Slowly swing your entire lower body to the left side as far as you can go without straining yourself. In time, you’ll be able to rotate further as your body gets used to the lateral side flexion motion.

**Right crawl:** Remove the pin holding the two swing arms together from the left swing arm and store it in the hole above the right knee bowl. Slowly lift your right leg to the top of the machine with your left leg following directly behind simulating a crawling motion.

**Left crawl:** Slowly lift your left leg to the top of the machine with your right leg following directly behind simulating a crawling motion.
Workout Routine continued

**Bun & thigh move:** Remove the pin holding the two swing arms together from the left swing arm and store it in the hole above the right knee bowl. Perform the inner/outer thigh moves by rolling each leg up to the top of the machine.

**Advanced right side flexion:** Using the same machine setting as the bun and thigh movement (locking pin in hole above your right knee), slowly swing your entire lower body to the right side as far you can go without straining yourself. In time, you’ll be able to rotate further as your body gets used to the lateral side flexion motion.

**Advanced left side flexion:** Using the same machine setting as the bun and thigh movement (locking pin in hole above your right knee), slowly swing your entire lower body to the left side as far you can go without straining yourself. In time, you’ll be able to rotate further as your body gets used to the lateral side flexion motion.
CARE AND MAINTENANCE INSTRUCTIONS

Regular inspection of your machine is important for your safety and the safe use of the machine.

Your Ab Circle Pro™ has been professionally designed to require very limited customer care and maintenance. To ensure this, we recommend that you do the following:

Prior to each use inspect your machine for loose components and tighten or any loose components.

Regularly check all nuts, bolts, screws and the frame to be sure that they are tight and secure and have not suffered any long-term wear that may cause the machine to break down.

If parts are damaged, do NOT use the machine until they have been replaced.

Spray the plastic surface with mild, non-abrasive cleaner to keep dust, sweat and marks off your unit after each use.

Prior to each use check the wheels under the knee bowls to ensure that they are tight and secure and have not suffered any long term wear and tear.

If any items on your Ab Circle Pro™ including the warning labels, are damaged or appear to be near failure, please contact our customer care center at 1-800-983-6905 or at www.abcirclepro.com.

Additional DVD workouts and product upgrades available at www.abcirclepro.com
LIMITED ONE-YEAR WARRANTY

The warrantor warrants that your Ab Circle Pro™ is free of defects in materials and workmanship and will, at its option, repair or replace any defective Ab Circle Pro™ that is returned to it. This warranty runs for one year from the original date of purchase, and is valid only in accordance with the conditions set forth below:

1. This limited warranty is the only written or express warranty given by the warrantor. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

2. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

3. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, abuse, improper maintenance or repair, unauthorized modification, or use in a manner contrary to the accompanying instructions or by anyone weighing more than 275 pounds (or 125 kg).
LIMITED ONE-YEAR WARRANTY  continued

4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The warrantor shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repair or Replacement

If warranty service is necessary, the original purchaser must go to www.abcirclepro.com to contact the warrantor’s service center and obtain a return authorization number. The purchaser must then pack the Ab Circle Pro™ securely and send it postage paid with a description of the defect, proof of purchase, and a check or money order for $34.50 (to cover return postage and handling) to the following address:

Ab Circle Pro™ Returns
RMA #__________
7850 Ruffner Ave.
Van Nuys, CA 91406

Additional DVD workouts and product upgrades available at www.abcirclepro.com
Additional DVD Workouts

Get more DVD workouts and product upgrades at www.abcirclepro.com

6 Minutes to Fab Abs: This is Jennifer Nicole Lee's beginner workout that will get you off to a great start on your way to leaner and fabulous abs!

20 Minutes to Lean Mean Abs: This is advanced workout is the ultimate in core and abdominal conditioning. If you can keep up with Jennifer Nicole Lee for the entire video workout then you're well on your way to getting in the best shape of your life. Good luck! This workout is rated AWESOME!

12 Minutes to Awesome Abs: Get ready to go to the next level with Jennifer Nicole Lee's intermediate workout that is guaranteed to have you burning calories and starting to get that ripped core that you've always wanted.
Ab Circle Pro™ Upgrades

Protect Your Ab Circle Pro™ for Up to Three Full Years!

Your Ab Circle Pro™ is more than a machine. It is an investment in your good health! Now, you can protect that investment with an Extended 3-Year Warranty. You can enjoy peace of mind knowing that your Ab Circle Pro™ is protected against defects above and beyond the standard 1-Year Manufacturer’s Warranty.

Our Fast Track Computer Takes Your Workout to the Next Level!

The fast track computer conveniently attaches to the front of your Ab Circle Pro™, letting you maximize your workouts by keeping track of the number of calories burned, the length of your workout and the revolutions completed. You’ll enjoy the extra motivation that comes from watching your burned calorie count soar!

Improved Results with a Free 30-day Supply of Vitamins!

To get the best results, it is important for your body to have all the nutrients it needs to break down and metabolize the food you eat. That’s why we’re offering you a FREE 30-day trial of “Fitness Complete” fat-burning vitamins from Complete Fitness Nutritionals. The formula is 100% natural and contains a combination of nutrients designed to protect and nourish your bones, improve your energy level and provide life-enhancing anti-oxidants.

Additional DVD workouts and product upgrades available at www.abcirclepro.com