

S U P E R

AbWheel

Super Grip. Super Wide.

Training Manual



WARNING



IMPORTANT: Read and follow all warnings and information before using this product to reduce the risk of injury.

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WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes, the illustrations depicted in this program portray well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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WARNING

- **DO NOT** use the Super Ab Wheel if you have shoulder or back injuries. Sedentary individuals should not use the Super Ab Wheel until core strength is developed to avoid injury.
- **NEVER** leave the Super Ab Wheel unattended as it could pose a hazard to children and pets. To avoid accidents, store the Super Ab Wheel out of the reach of children and keep away from pets when not in use.
- **DO NOT** attempt gymnastic movements on the Super Ab Wheel. **DO NOT** attempt to ride on the Super Ab Wheel in any way. Use only as shown/illustrated/intended.
- The Super Ab Wheel is not a toy; it is not intended for use by children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- **ALWAYS** inspect the Super Ab Wheel before every use, to ensure that hand grips are securely tightened in place. Inspect the hand grips and wheel for any cracks or defects before every use. If you find any defects that would cause unsafe usage, discontinue use immediately.
- The Super Ab Wheel may be used indoors or outdoors. **DO NOT** store the Super Ab Wheel outdoors.
- Make sure you have adequate clearance in the area around the Super Ab Wheel where you are using it. It should be a clean, level surface.
- Before each use, remove any sharp objects from the exercise area (such as rocks when using outdoors) that might impede the Super Ab Wheel from rolling properly, or may cause injury.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Super Ab Wheel or any object coming into contact with the Super Ab Wheel.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- Wear appropriate exercise clothing and footwear.
- The Super Ab Wheel is not recommended for use during pregnancy.

Maintenance / Workout Guide

MAINTENANCE AND CARE

- Clean your Super Ab Wheel using a soft cloth with mild soap and warm water. Remove all residue and water before use.
- DO NOT use abrasive or chemical cleaners.
- Keep the Super Ab Wheel out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

WORKOUT GUIDE

The Super Ab Wheel is intended as part of your complete exercise regimen. It's ideal for developing your entire core and promoting total-body fitness. As you advance, always improve your technique and form before increasing your repetitions or pushing your physical limitations.

BEGINNER: Choose 3 different exercises per workout, performed 2-3 times weekly.

Per Exercise: Do 2 sets of 5-10 reps

Rest: • (AR) Active recovery between each set
• 2 minutes rest between each exercise

INTERMEDIATE: Choose 3 different exercises per workout, performed 3 times weekly.

Per Exercise: Do 2 sets of 10-15 reps

Rest: • (AR) Active recovery between each set
• 2 minutes rest between each exercise

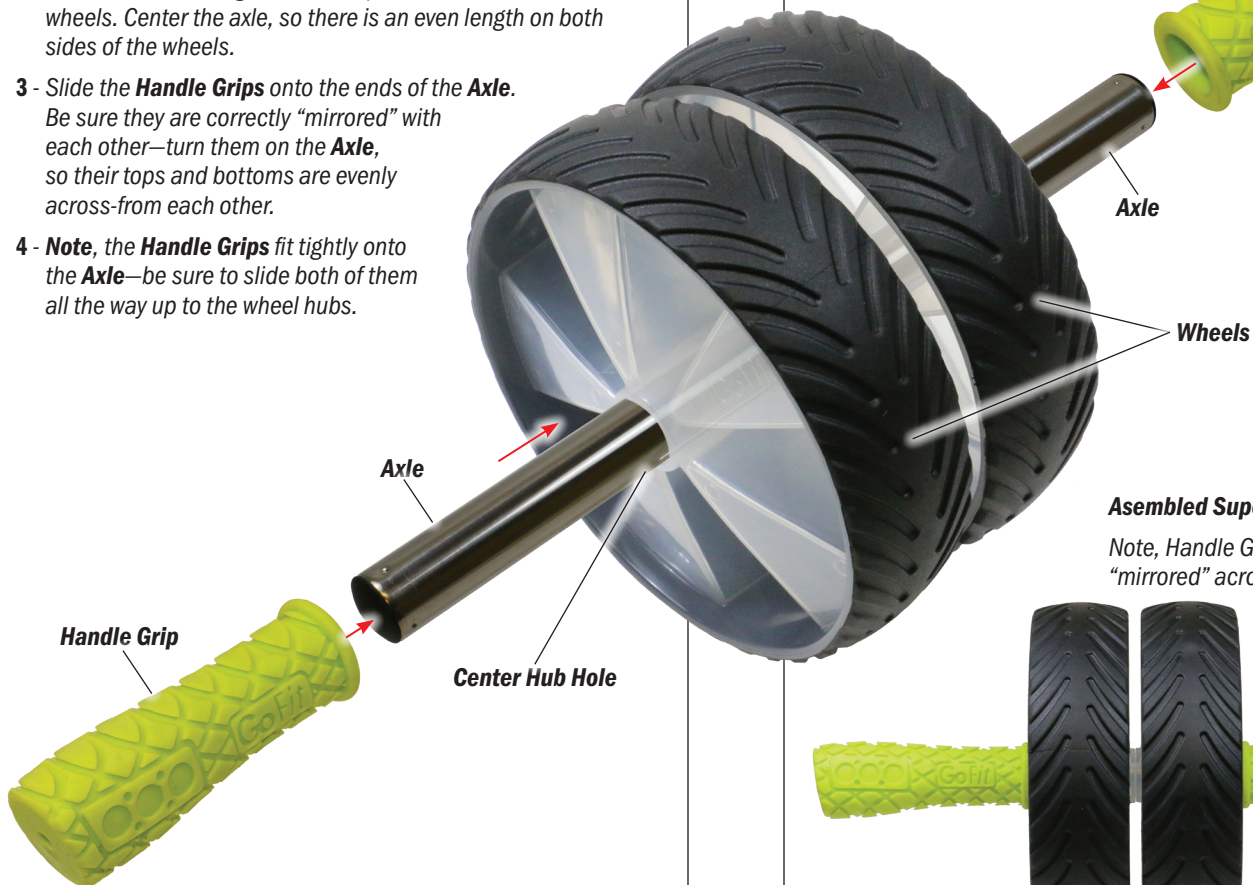
ADVANCED: Choose 3 different exercises per workout, performed 3-4 times weekly.

Per Exercise: Do 2 sets of 15-20 reps

Rest: • (AR) Active recovery between each set
• (AR) Active recovery between each set

Assembly

- 1 - Align the two **Wheels** so their **Center Hub Holes** are lined up (the GoFit logos should face outward).
- 2 - Slide the **Axle** through the lined-up **Center Hub Holes** of the wheels. Center the axle, so there is an even length on both sides of the wheels.
- 3 - Slide the **Handle Grips** onto the ends of the **Axle**. Be sure they are correctly “mirrored” with each other—turn them on the **Axle**, so their tops and bottoms are evenly across from each other.
- 4 - **Note**, the **Handle Grips** fit tightly onto the **Axle**—be sure to slide both of them all the way up to the wheel hubs.



4A

Included Parts (no tools required):

- 2 Wheels
- 1 Axle
- 2 Handle Grips



5A

Kneeling Roll Out

Starting position - Start in a kneeling position, with your thighs at 90 degrees to the floor. Brace your core and slightly tilt your pelvis back. Grasp the handles, with the wheel placed directly under your shoulders, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Slowly roll the wheel forward as far as you can go, keeping correct form (if your back starts to arch too much, you've gone too far forward). Then crunch your abs and roll back into the starting position. Do 5-to-10 repetitions.



Advanced Exercise - Roll further forward and then increase repetitions. To increase intensity, lift your feet off the floor.

Kneeling Roll Out - Elevated Leg

Starting position - Start in a kneeling position, with your thighs at 90 degrees to the floor. Raise one knee, extending leg backward, parallel to the floor. Brace your core and slightly tilt your pelvis back. Grasp the handles, with the wheel placed directly under your shoulders, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Slowly roll the wheel forward as far as you can go, keeping correct form (if your back starts to arch too much, you've gone too far forward). Then crunch your abs and roll back into the starting position. Switch raised legs and repeat. Do 5-to-10 repetitions.



Advanced Exercise - Roll further forward and then increase repetitions.

Kneeling Roll Out - Diagonals

Starting position - Start in a kneeling position, with your thighs at 90 degrees to the floor. Brace your core and slightly tilt your pelvis back. Grasp the handles, with the wheel placed directly under your shoulders, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Slowly roll the wheel forward, steering it slightly left or right (as if aiming the wheel toward 10 or 2 o'clock). Roll out as far as you can go, keeping correct form (if your back starts to arch too much, you've gone too far forward). Then crunch your abs and roll back into the starting position. Continue to alternate sides for 5-to-10 repetitions.



Advanced Exercise - Roll further forward and then increase repetitions.

Standing Roll Out

Starting position - From a standing position, bend forward at the hips. With the wheel placed directly under your shoulders, on the floor in front of you, grasp the handles, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Contract your abs and tighten your pelvic floor, as you slowly roll the wheel forward until your body is in plank position. (Keep correct form, so your back does not arch or sink). Then crunch your abs and slowly roll back into the starting position. Do 5-to-10 repetitions.



Advanced Exercise - Roll further forward and then increase repetitions.

Plank Roll Out

Starting position - Start in a plank position. Grasp the handles, with the wheel placed directly under your shoulders, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Slowly roll the wheel forward as far as you can go, keeping correct form (if your back starts to arch too much, you've gone too far forward). Then crunch your abs and roll back into the starting position. Do 5-to-10 repetitions.



Advanced Exercise - Roll further forward and then increase repetitions.

Push Up

Starting position - Start in a push up position. Grasp the handles, with the wheel placed directly under your shoulders, keeping your arms straight.



- Tips** -
- Breathe with a steady rhythm
 - Keeping chin down helps keep back flat
 - Sharp lower back pain indicates over arching
 - Improve your technique before advancing

Movement - Keeping the wheel from rolling forward, lower your body until your chest almost touching the wheel. Without rolling the wheel, perform a standard push up, back to your starting position. Do 5-to-10 repetitions.



Advanced Exercise - Work to perfect your form—keeping the wheel from rolling—then increase repetitions.

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with companion products and
instructional content from GoFit.

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TRAIN. RECOVER. REPEAT.



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