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Team Trainers:
CAMEO BERNARD
CPT & National Fitness Champion

KATHY BOYD
CPT & Fitness Expert



Folds down for easy storage!

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Photos: Robert Reiff

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WEIGHT LOSS TIPS:

- 1 - Don't skip a meal! By skipping meals it encourages binge eating, or uncontrolled eating. If you wait till 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 (bad) fat 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 all at 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 ageing effects of free radicals.

5 - Eat smaller, more frequent meals; 2 1/2-3 hours apart; this will keep your metabolism working at peak performance, and energy levels stay more balanced throughout the day. Small frequent meals help stabilize blood sugar levels in a way that discourages, rather than encourages, the storage of calories as fat.

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, tofu 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. Boiling vegetables causes most of the nutrients to be lost in the water. Its 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 7:00pm For more tips on losing weight, cooking tips and recipes, come visit us at www.slimsensations.com

MEAL TRACKER -
Keep track of your meals during the 10 - Day Slim Down

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

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.slimsensations.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 bran type cereal, 1 cup non-fat milk 3 egg whites, hard boiled or scrambled

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

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. If you use mayonnaise, (use fat free only), ketchup and /or lettuce and tomatoes as condiments.
 - Or
 - A large green salad topped with grilled chicken breast, turkey or tuna. Be creative and add fiber-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 salsa added for flavor)
- 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)
- 1 glass of water

DINNER CHOICES:

- 3-4 ounces of grilled chicken or turkey breast, or grilled fish or lean steak1 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.

1 glass of water

SNACK: Late Night

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



Cameo Bernard Kathy Boyd

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

Kathy and I have teamed up to create an effective system of, tightening, toning & trimming 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 this 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 trim down efforts...if you want a more detailed 90-day weight loss system with nutritional support formulas come visit us at www.slimsensations.com, we will be there to answer your questions online...

WARNING:

Consult your physician before starting this or any exercise program.

If you experience dizziness or faintness, discontinue use of the AB KING PRO™ immediately. Before getting started please read your AB KING PRO™ manual thoroughly, and view the instructional tape before you begin to use the equipment. Follow all the safety instructions. Thane Direct Canada, and Michael Casey Enterprises assumes no responsibility for personal injury or property damage sustained by or through the misuse of this product. We do not recommend use of this product by pregnant women or persons with pre-existing health problems.

Note:Weight on this product should not exceed 275 lbs.



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Thane Direct Canada, Inc.
5409 Eglinton Av. W, #203
Toronto, Ontario
M9C 5K61
www.thane.ca
Customer Service: 1-866-338-4263
M-F 8:30am - 4:30pm Central St. Time

AB KING PRO™
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AB KING PRO™ • OWNER'S MANUAL

LIMITED WARRANTY

MODEL: AB KING PRO™

ONE YEAR LIMITED WARRANTY

Thank you for your purchase of the amazing Ab King Pro. With this warranty, the Ab King Pro is warranted, to the original owner, for one (1) year from the date of purchase against defects in material and workmanship under normal use and service. Should your Ab King Pro prove defective within one (1) year from date of purchase, return the defective part or unit, freight prepaid along with an explanation of the claim to Ab King Pro.

Please package your Ab King Pro carefully to avoid damage in transit. Under this warranty, Thane Direct, will repair or replace any parts found to be defective. This warranty extends only to personal use and does not extend to any product that has been used for which it is not intended. There are no warranties other than that expressly set forth herein. This warranty is not transferable. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the original purchaser.

Thane Direct, is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation, other consequential damages of whatsoever nature, failure to follow instructions or warnings in owner's manual or use of products in a manner for which they were not designed. Some Provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights, which vary from Province to Province.

THIS WARRANTY DOES NOT APPLY TO THE FOLLOWING:

1. Damage due to accident, misuse, abuse, commercial use or vandalism.
2. Improper or inadequate maintenance.
3. Unauthorized modification or commercial use.
4. Damage in return transit
5. "Normal" wear of parts (wear & tear that occurs over time and with use).
6. Repairs made by an unauthorized service technician.

TO OBTAIN SERVICES - The original purchaser shall contact our customer service representative at 1-866-338-4263 and depending on the extent of the service requested, the purchaser shall have the obligations and responsibility to:

- Pay for all services and parts not covered by the warranty.
- Prepay the freight of \$14.95 and make cheque payable to "Ab King Pro".
- Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose.
- Include in the package: the owner's name, address, telephone number, and a detailed description of the problem.
- Provide the proof of purchase, which includes date of purchase
- Send via Insured* Parcel Post or courier to:

Ab King Pro, c/o Northland Fulfillment Inc.,
101 Canartic Drive, North York, ON M3J 3N1

FOR ANY INQUIRES, PLEASE CONTACT THANE DIRECT CUSTOMER SERVICE
AT THIS TOLL FREE NUMBER 1-866-338-4263

Thane Direct is NOT responsible for any non-insured items lost in transit

AB KING PRO™ • OWNER'S MANUAL

#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 move your upper body off the pad. This exercise targets the lower area of your abdominals.



Start



Finish

#6 ALTERNATING SINGLE LEG CRUNCH:

Position yourself on 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. This exercise places advanced emphasis on both the upper and lower area of the abdominals.



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.



Start



Finish

#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.

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. If for some reason you are missing a part call customer service right away at 1-866-385-5257

Monday-Friday 5:00am - 6:00pm, PST
Saturday 6:00am - 4:30pm, PST
Sunday 7:00am - 3:30pm, PST

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

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

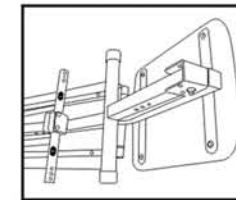
Step 3 - Aim the right handle (#4) at the round pipe hole (#18), and insert pin to lock it. Aim the left (#5) at the left round pipe hole (#18), and insert pin to lock it.

Step 4 - Insert right round pipe (#4) into the elbow (#2), and then turn 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.

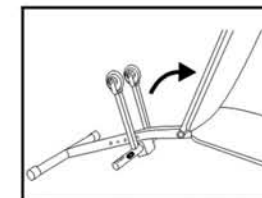
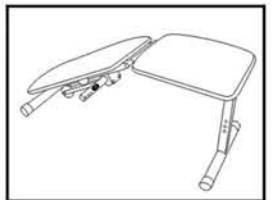
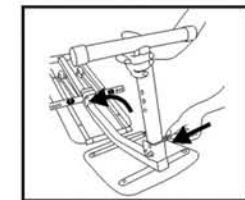
Step 5 - Fasten square pipe (#22) to the appropriate hole, and insert the pin to lock it.

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

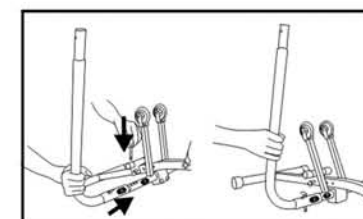
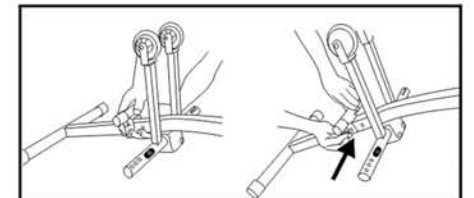
Refer to hardware illustration for parts identification on page 6.



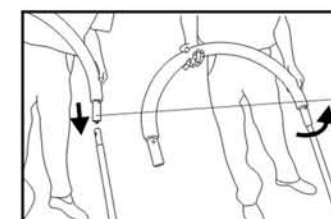
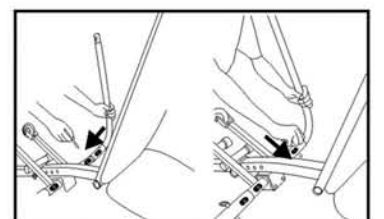
Step 1 →



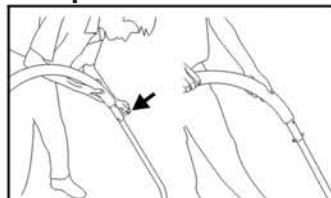
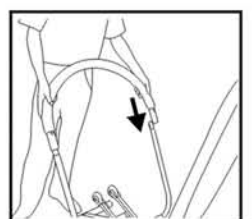
Step 2 →



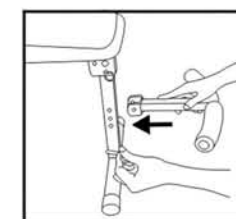
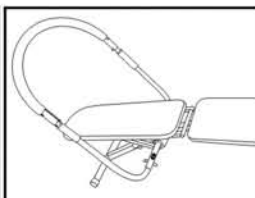
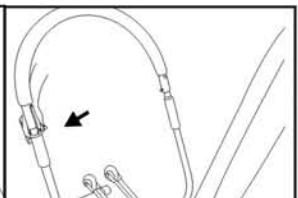
Step 3 →



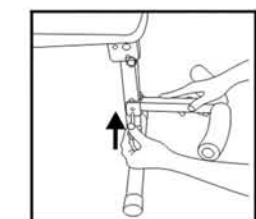
Step 4 →



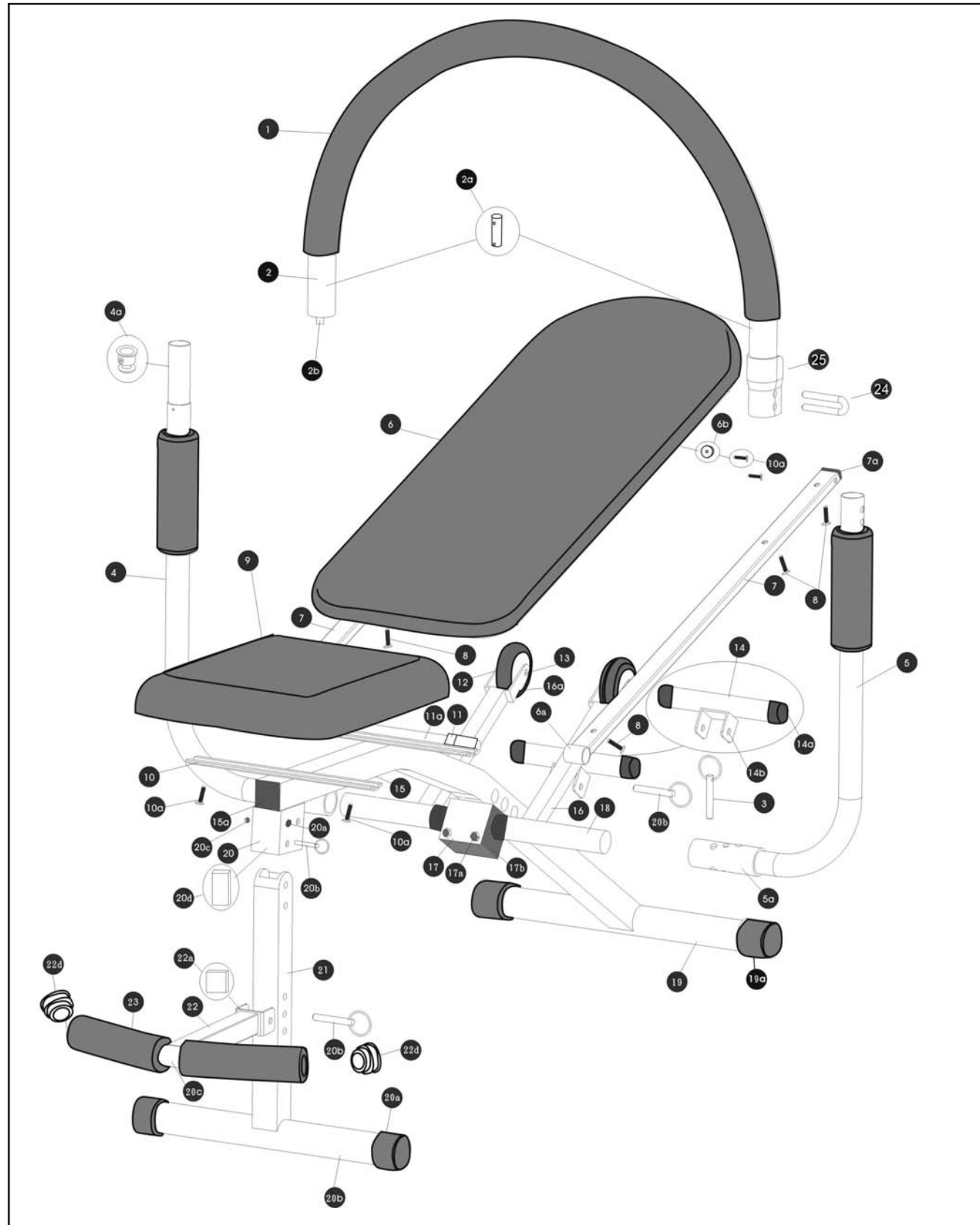
Step 4 →



Step 5 →



HARDWARE ILLUSTRATION



#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

#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

BEGINNERS

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 on 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.

AB KING PRO™ Level Settings



1
Beginners



2
Beginners / Intermediate



3
Intermediate / Advanced



4 / 5
Advanced

DIAGRAM #	PART NAME	QUANTITY
1	Round shroud, (handle), foam rubber, gray	1
2	Elbow, round pipe, (handle), metal	1
2a	Round shroud, (elbow #2), metal	2
2b	Screw, (elbow #2), metal	1
3	Pin, (elbow #2), metal	2
4	Elbow, round pipe, (handle), metal	1
4a	Rotator, (elbow #2), metal	1
5	Elbow, round pipe, (handle), metal	1
5a	Round sleeve, (elbow #4), metal	2
6	Board, (backrest), foam rubber & wood	1
6a	Round sleeve, (fastening), metal	2
6b	Round cushion, (buffer),	1
7	Square pipe, (backrest board supporting), metal	2
7a	Square Plug, (square pipe #7), plastic, black	2
8	Screw, (square pipe #7), metal	6
9	Board, (seat), foam rubber & wood	1
10	Metal slice, (seat supporting), metal	2
10a	Screw, (metal slice), metal	5
11	Steady, round pipe, (seat supporting), metal	1
11a	Axial, (fastening),metal	1
12	Wheel, (steady #11), plastic, black	2
13	Screw, (steady #11), metal	2
14	Steady, round pipe, (support), metal	1
14a	Round Sleeve, (steady #14), plastic, gray	2
14b	U metal plate, (steady #14), metal	1
15	Elbow, square pipe, (seat), metal	1
15a	Square plug, square pipe, (elbow #15), plastic, black	1
16	Square pipe, (support), metal	2
16a	U metal plate, (assembly), metal	2
17	U metal plate, (assembly), metal	1
17a	Screw, (U metal plate #17), metal	2
17b	Spacer, (U metal plate #17), plastic	2
18	Steady, round pipe, (assembly), metal	1
19	Round pipe, (support), metal	1
19a	Round plug, (round pipe #19), metal	2
20	U metal plate, (assembly), metal	1
20a	Screw, (U metal plate #20), metal	1
20b	Pin, (U metal plate), metal	3
20c	Screw nut, (screw #20a), metal	3
20d	Rubber plate	1
20e	Screw nut	4
21	Square pipe, (support elbow #15), metal	1
21a	Round shroud, (round pipe #21b), plastic, black	2
21b	Round pipe, (support), metal	1
22	Square pipe, (support), metal	1
22a	Rubber plate, (buffer), rubber, black	1
22b	U iron plate, (fastening), metal	1
22c	Elbow, round pipe, (hook), metal	1
22d	Round plug, (elbow #22c), plastic, gray	2
23	Round Shroud, (elbow #22c), foam rubber	2
24	U pin, (fastening), metal	1
25	Shroud, (fastenign), 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 your 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 you're arms too much or you wont 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 thru the full range of motion.

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 lets begin to strengthen, tone and trim 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 wont 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.