



AB WHEEL

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit AB Wheel. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit AB Wheel discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Ab Wheel. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

1. The Ab Wheel is not recommended for those with lower back pain. Please consult a physician prior to use.
2. Only use the Ab Wheel as intended and directed for exercise.
3. Always maintain correct, balanced posture and use caution when using the Ab Wheel. Begin each move slowly and with control to learn proper form, balance, and coordination.
4. Always use smooth, controlled movements to maintain stability. Always engage your core during Ab Wheel exercises to protect your lower back.
5. The Ab Wheel is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION.**
6. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.

Assembly Instructions

1. Hold the two wheels together so that the center holes are aligned.
2. Insert the steel tube into the hole until the handle is flush against the wheel.
3. Place the remaining handle onto the other end of the steel tube, making sure that the finger slots are facing the same direction as the other handle.

Care Instructions

To clean the Ab Wheel, wipe down with disinfectant wipes after use. You may also wipe down with a soft cloth using a water and mild detergent solution.

EXERCISE GUIDE

PLANK



1. Start kneeling on the floor with both hands gripping the wheel just slightly out in front of your shoulders.
2. Engage your core and make sure hips and back are straight, not sinking or up in the air.
3. **Beginners:** Extend the roller forward just slightly and hold in a kneeling plank position for 30 seconds. **Intermediate/Advanced:** Lift your knees and straighten legs as you lift your torso up into a plank position, engaging your core. Your body should form a straight line from head to feet.
4. Hold for 30 to 60 seconds. Repeat 2-3 times.

ROLLOUT



- 1.** Start kneeling on the floor with both hands gripping the wheel in front of you.
- 2.** Brace your core (pulling belly button in toward spine) and flex glute muscles (butt), making sure your back is flat.
- 3.** Slowly roll forward, inhaling as you extend your body until almost touching the floor. If you are a beginner to this exercise, try rolling just halfway.
- 4.** If you feel any discomfort in your lower back, stop immediately.
- 5.** As you prepare to return to the start, focus on pulling with your abs, not your arms or back. Exhale as you slowly draw yourself back up to the start position.
- 6.** Repeat this 8-12 times, and work up to 3 sets as you get stronger.

OBLIQUE ROLLOUTS



- 1.** Start kneeling on the floor with both hands gripping the wheel in front of you.
- 2.** Brace your core (pulling belly button in toward spine) and flex glute muscles (butt), making sure your back is flat.
- 3.** Slowly roll out to the right at about a 45-degree angle, extending your body until almost touching the floor. If you are a beginner to this exercise, try rolling just halfway.
- 4.** If you feel any discomfort in your lower back, stop immediately.
- 5.** As you prepare to return to the start, focus on pulling with your abs, not your arms or back. Exhale as you slowly draw yourself back to the start position.
- 6.** Repeat on the left side. Complete 10-12 reps on each side, & work up to 3 sets.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (800) 552-2637** and we will be happy to help you.



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