IMPORTANT!
Please read the instructions below before you use the Ab Bar™!

1. Consult your physician before beginning any type of exercise.
2. Discontinue any exercise that is uncomfortable or causes discomfort.
3. Always perform general warm-up and cool-down exercises in a slow and controlled manner.
4. Perform all exercises as shown in this chart, or other SPRI® produced informational resources.
5. Perform only the exercises as shown in the chart.
6. Ab Bar™ exercises are activities prior to performing.
7. Always perform general warm-up before you use the Ab Bar™!

**AB BAR™ INSTRUCTION CHART**

**EXERCISE**

1. Complete 1-3 sets of 8-12 repetitions of each exercise selected.
2. Rest approximately 30-60 seconds between each exercise set.
3. Perform every exercise through a full range of motion.
4. Rest approximately 30-60 seconds between exercises selected.
5. Complete 1-3 sets of 8-12 repetitions of each exercise.

**Exercise Instructions**

- Place the bar on the floor.
- Lie flat on your back with the bar just above your head.
- Grasp the bar with both hands making sure the bar is positioned in the curved foam cradle.
- Place your feet on the floor. Your feet should be positioned shoulder-width apart.
- Place your hands on your lower back. Your head is positioned flat on the floor.
- Lift your legs straight up. Your legs will make a 90° angle. Your torso will flatten your abdominal muscles.
- Place your head and neck on the floor. Your neck is relaxed and your head is aligned with your spine.
- Perform 12 repetitions of each exercise.

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Basic Crunch

**Start:** Lie on your back with the bar positioned behind your head and your knees bent.

**Finish:** Lift shoulders off floor using your abdominals. Hold 1-2 seconds and slowly return to start position.

Internal Oblique Crunch

**Start:** Lie on your back with the bar positioned behind your head, your legs together, and post.

**Finish:** Lift hips off the ground while bringing the knees toward the chest. Hold 1-2 seconds and slowly return to start position.

Reverse Crunch

**Start:** Lie on your back with the bar positioned behind your head.

**Finish:** Lift shoulders off floor using your abdominals. Hold 1-2 seconds and slowly return to start position.

Advanced 90-Degree Crunch

**Start:** Lie on your back with the bar positioned behind your head and your knees bent.

**Finish:** Lift your shoulders off the floor using your abdominals muscles. Twist the body pointing one elbow to the opposite side. Hold 1-2 seconds and slowly return to start position.

External Oblique Crunch

**Start:** Lie on your back with the bar positioned behind your head and your knees bent.

**Finish:** Lift your shoulders off the floor using your abdominals muscles. Bend the body sideways pointing one elbow to the opposite side. Hold 1-2 seconds and slowly return to start position.