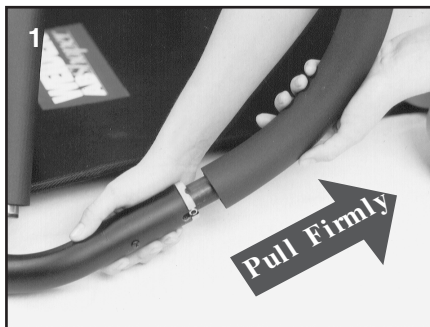


Storage and Maintenance

The instructions on the opposite side of this manual show how the AB SHAPER is used. When you are not using the AB SHAPER, it can be folded and stored under a bed. The AB SHAPER will even fit into the trunk of your car for easy transport. Follow the instructions below to fold the AB SHAPER to the storage position.

1. Hold one of the handles with one hand, and hold the frame with the other hand. **Firmly** pull back the handle.



2. Rotate the handle down.

Rotate the other handle down in the same way.



The AB SHAPER can be wiped clean with a damp cloth and mild, non-abrasive detergent. Do not use solvents.

Part List/Exploded Drawing

Key No.	Qty.	Description
1	1	Right Handle
2	2	1/4" x 1.75" Screw
3	4	#8 x 9/16" Screw
4	1	Left Handle
5	2	Spring
6	2	1" Round Cap
7	2	Sleeve
8	2	1/4" x 1 1/4" Pin
9	1	Frame
10	1	Exercise Mat w/Headrest
11	4	Foam Grip
#	1	User's Manual
#	1	Training Videocassette

Note: "#" indicates a non-illustrated part.
Specifications are subject to change without notice.
To order replacement parts, see the back cover of this manual.

