

ABSTM T45

Model No. HRMC40061

by **HEALTHRIDER[®]**

Questions?

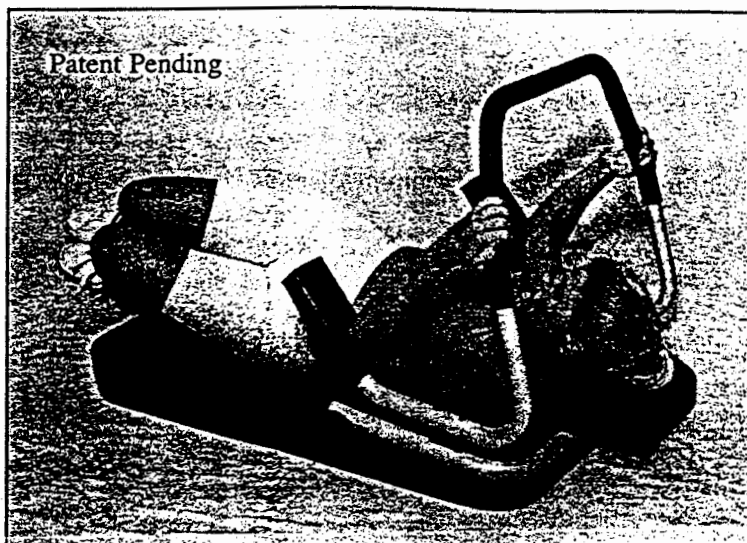
At HealthRider, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



USER'S MANUAL

Important Precautions

- Read this manual and view the included videocassette before using the ABS T45. Save the manual and videocassette for future reference.
- If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.
- As you exercise, keep the small of your back on the workout mat; if necessary, raise your hips slightly.
- Keep your head on the headrest as you exercise.
- HealthRider Corp. recommends that you consult your physician before using the ABS T45 or any other exercise program. Some of the exercises presented in this manual and the videocassette are strenuous. Start slowly and be careful not to exceed your abilities. If you are pregnant, diabetic, or have a heart condition or any limiting physical condition, do not undertake the program without your doctor's permission.

The ABS T45

The innovative ABS T45 offers a variety of enjoyable exercises that strengthen and tone the muscles of your midsection, including the rectus abdominus, the internal and external obliques, and the latissimus dorsi. By working all of these muscle groups, the unique ABS T45 creates *trunk stability*—a balance between the muscles of the abdomen and the lower back—to help prevent lower back pain and injury. In addition, the ABS T45 gives you the benefits of having a more toned midsection and looking great.

Before using the ABS T45, please read this manual and view the included videocassette.

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How to Adjust the Frame

One of the features that makes the ABS T45 a superior machine is the adjustability. To tailor the ABS T45 to your individual body size, and to add variety to your workouts, the distance from the pivot brackets to the headrest can be changed. First, remove the adjustment knobs from the pivot brackets (refer to the photograph below). Slide the frame forward or backward. Insert the adjustment

knobs into the pivot brackets and through a different set of holes in the frame.

Tighten the adjustment knobs into the adjustment nuts.



How to Adjust the Resistance

As you are able to increase the number of repetitions that you can complete of a particular exercise, and as your midsection becomes stronger, the resistance of the ABS T45 can be increased.

To add resistance, slide one weight and the weight spacer onto the weight knob. Tighten the weight knob into the underside of the headrest as shown at the right.



To further increase the resistance, attach both weights to the headrest. Remember—be careful to avoid overdoing it, especially as you begin your workout program.

How to Use the T45 Pad

To help you maintain the proper position for maximum exercise effectiveness, the ABS T45 includes the patented T45 pad.

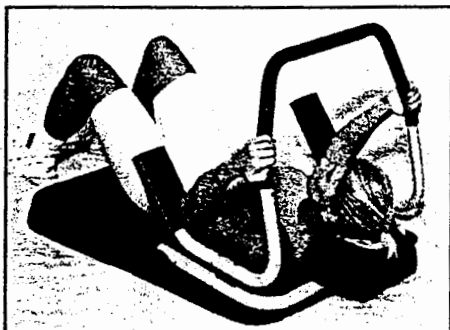
The T45 pad tilts your pelvis to a 45-degree angle, the angle that correctly positions the muscles of the midsection for optimal benefit during exercise.



The Basic Workout Position

As with any exercise, proper body position is critical for maximum effectiveness. The basic workout position is where you will start each exercise.

Begin by lying flat on your back with your head on the padded head-rest as shown. Bring your knees up and rest your feet flat on the

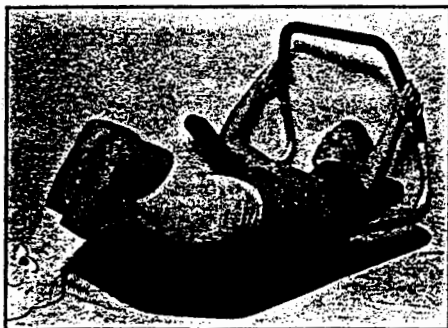


floor. Place the T45 pad under your hips, with the thickest side of the T45 pad toward your feet. Next, rotate your pelvis toward your rib cage—this will push your lower back into the workout mat. Now, bring your elbows up and rest them on the pads on the extension bars. As you exercise, look straight ahead at the upper bar. This will help you to maintain proper alignment.

Warming Up

Before starting any workout, it is important to take time to warm up. By warming up and stretching, you will increase the blood flow to your muscles gradually and will reduce the chance of injury.

To warm up, lie flat on your back in the basic workout position, with the T45 pad properly placed under your hips. Rest your elbows



on the padded extension bars and hold the upper bar as shown. Keep your feet flat on the floor and your ankles and knees together. Now, using the muscles of your lower stomach, rotate your pelvis up toward your lower rib cage. Remember to use the muscles of your stomach—not your thighs. You should feel your lower back being pushed into the workout mat. Slowly perform ten

Warming Up—cont.

repetitions. Breathe out as you contract your stomach muscles and inhale as you return to the starting position. Proper breathing is important during all exercises.

Next, with your knees and ankles together, roll your knees to the left as far as you can. You'll feel the muscles on the side of your stomach

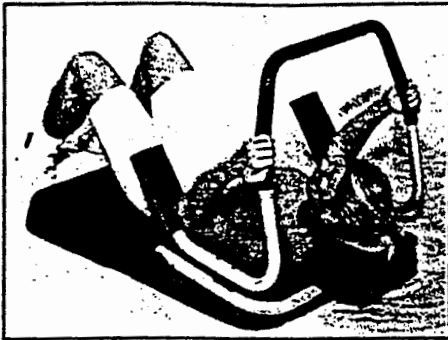


and lower back flexing. Return to the starting position and repeat ten times. Now, roll your knees to the right as far as you can and do another ten repetitions.

This quick warm-up is all it takes to flex and loosen the muscles you'll be exercising. As you exercise, your goal should be to push yourself to your personal point of tolerance. This means doing as many repetitions as necessary until you feel a light burning in your stomach muscles. When you feel that burning, it means that your muscles are being worked. Be careful to avoid overdoing it, however—you'll want to work out again tomorrow. To tone and build your muscles, start slowly and increase the intensity of your workouts a little at a time.

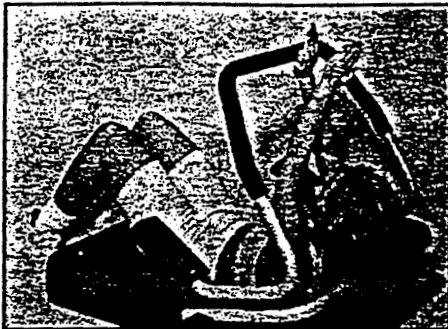
The Beginning Workout

The first exercise will work the upper and lower abdominal muscles. Begin in the basic workout position. Slowly crunch forward and then lower



yourself to the starting position. Concentrate on using your stomach muscles. Breath out as you contract your muscles and inhale as you return to the starting position. Complete ten repetitions, or as many as necessary until you feel that light burning in your abdomen.

The second exercise will focus on the obliques, the muscles on the sides of the torso. With your body in the basic workout position, place



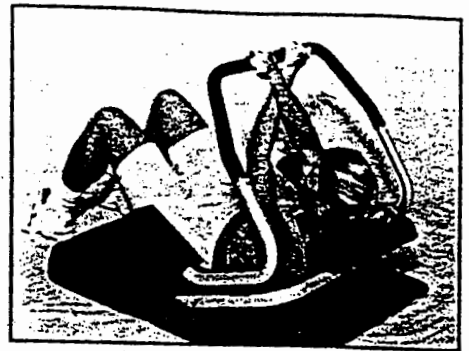
your hands on the right side of the upper bar as shown. Slowly crunch forward and then lower yourself to the starting position. You should feel this working the muscles on the right side of your stomach. Be sure to keep your feet flat on the floor. Continue to the point of personal tolerance. Next, move your hands to the left side of the upper bar and repeat.

Always remember to work both sides of your torso.

Trunk stability depends upon balanced exercise.

The Beginning Workout—cont.

The next exercise will work the latissimus dorsi, the muscles of the lower back. Lie in the basic workout position, hold your arms



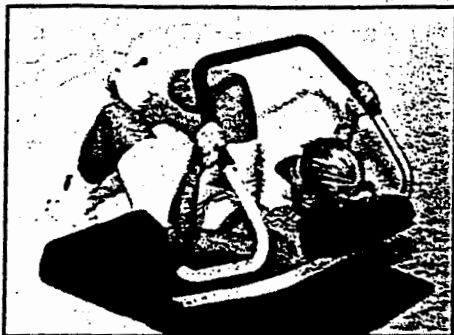
straight up, and cross your hands on the upper bar as shown. Your hands should be about three inches apart. Slowly crunch forward and then lower yourself to the starting position. You should feel the muscles of your lower back flexing. Remember to keep your eyes on the upper bar and your pelvis rotated toward your lower rib cage. Complete ten to twenty repetitions.

Once you have finished the beginning exercises, you can either continue with the advanced exercises, or begin cooling down. To cool down, simply follow the instructions in the section titled Warming Up.

The Advanced Workout

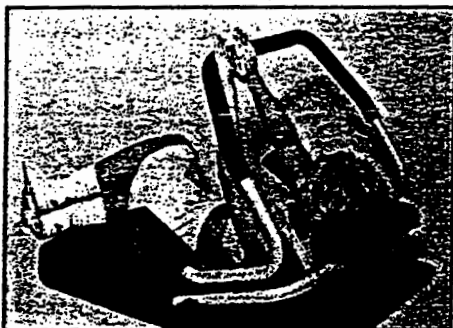
The advanced exercises are designed to further strengthen and tone your abdominal muscles. When you are ready, you may also wish to add weights to the headrest. (Refer to the section titled How to Adjust the Resistance.)

The first advanced exercise works the lower abdominal muscles. Lie in the basic workout position. Hold your right knee in the



position shown. Slowly crunch forward and then return to the starting position. Repeat five to ten times. The advanced exercises should push you to a point of greater exertion. Next, lower your right knee and raise your left knee. Perform another five to ten repetitions.

The next exercise focuses on the internal and external obliques. Beginning in the basic workout position, roll your knees to the

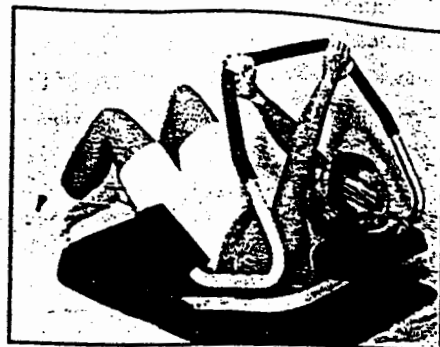


right side and place your hands on the left side of the upper bar. Concentrate on the muscles on the left side of your abdomen as you curl up and then return to the starting position. Repeat five to ten times. Next, roll your knees to the left side and place your hands on the right side of the upper bar. Complete another five to ten repetitions.

For balance, be sure to work your oblique muscles, upper and lower abdominals, and lower back muscles daily.

The Advanced Workout-cont.

The next advanced exercise will strengthen the latissimus dorsi. Lie in the basic workout position, hold your arms up, and cross



your hands on the upper bar as shown. Your hands should be on the corners of the upper bar. Slowly crunch forward and then lower yourself to the starting position. You should feel the muscles of your lower back flexing. Complete ten to twenty repetitions.

For the final exercise, assume the basic workout position and raise both knees as shown. Slowly crunch forward and then



return to the starting position. Keep your head pressed against the headrest and don't let the headrest touch the floor between repetitions. Complete ten to twenty repetitions.

Cooling Down

To get the maximum benefit from your workout, a proper cool-down is essential. To cool down, simply follow the instructions in the section titled Warming Up. Cooling down will increase the flexibility of your muscles and will help to prevent post-exercise problems. Remember to cool down at the end of each workout.

Do the simple exercises shown in this manual every day and you'll soon begin to feel and see a difference!

Before You Begin

Thank you for purchasing the new ABS T45 from HealthRider. At HealthRider, we're committed to developing innovative, high-quality products that make health and fitness an attainable goal for men and women of all fitness levels. With your purchase of the ABS T45, you've made an important step toward improving your physical well-being.

Before you use the ABS T45, please read this manual and view the included videocassette. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please mention the product model number when calling; the model number is HRMC40061.

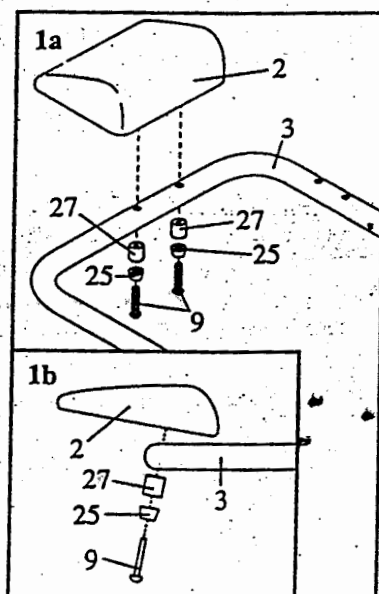
Assembly

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included allen wrench and your own standard screwdriver.

1. Slide a Bumper (25) and a Headrest Spacer (27) onto each 1 3/4" Screw (9). Make sure that the Bumper and Spacer are positioned as shown in drawing 1b.

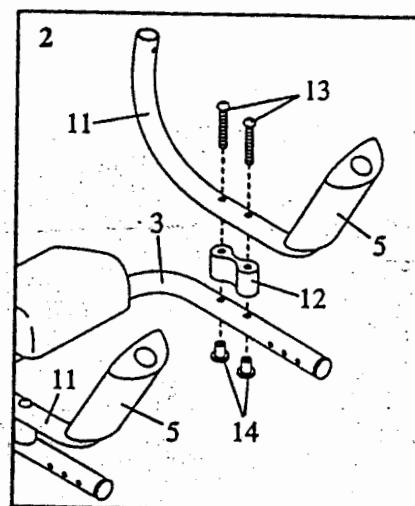
Attach the Headrest (2) to the Frame (3) with the two 1 3/4" Screws (9). Make sure that the Headrest is turned as shown in drawing 1b.



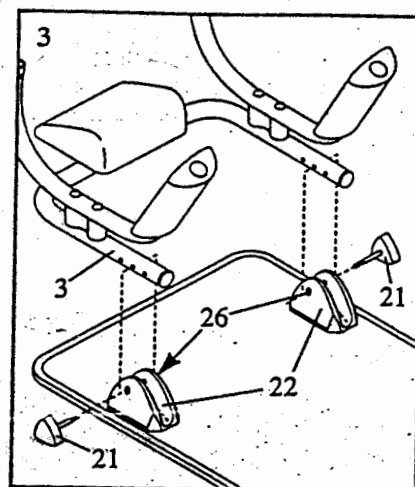
Assembly—Cont.

2. Attach an Extension Bar (11) to one side of the Frame (3) with two 3 1/4" Screws (13), a Frame Spacer (12), and two 1/4" Barrel Nuts (14). Attach the other Extension Bar (11) to the other side of the Frame.

Make sure that the Foam Pads (5) are turned as shown.

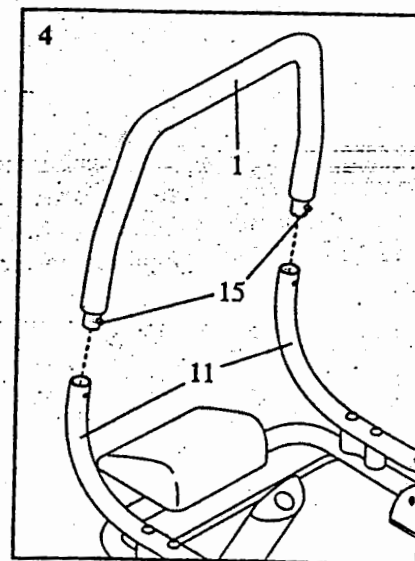


3. Place the sides of the Frame (3) inside the Pivot Brackets (22). Insert the Adjustment Knobs (21) into the Pivot Brackets and through one of the three sets of holes in the Frame. Tighten the Adjustment Knobs into the Adjustment Nuts (26).



4. Press and hold the two Buttons (15) in the Upper Bar (1). Slide the Upper Bar into the Extension Bars (11). Be careful to avoid pinching your fingers. Be sure to insert the Upper Bar straight or it may bind.

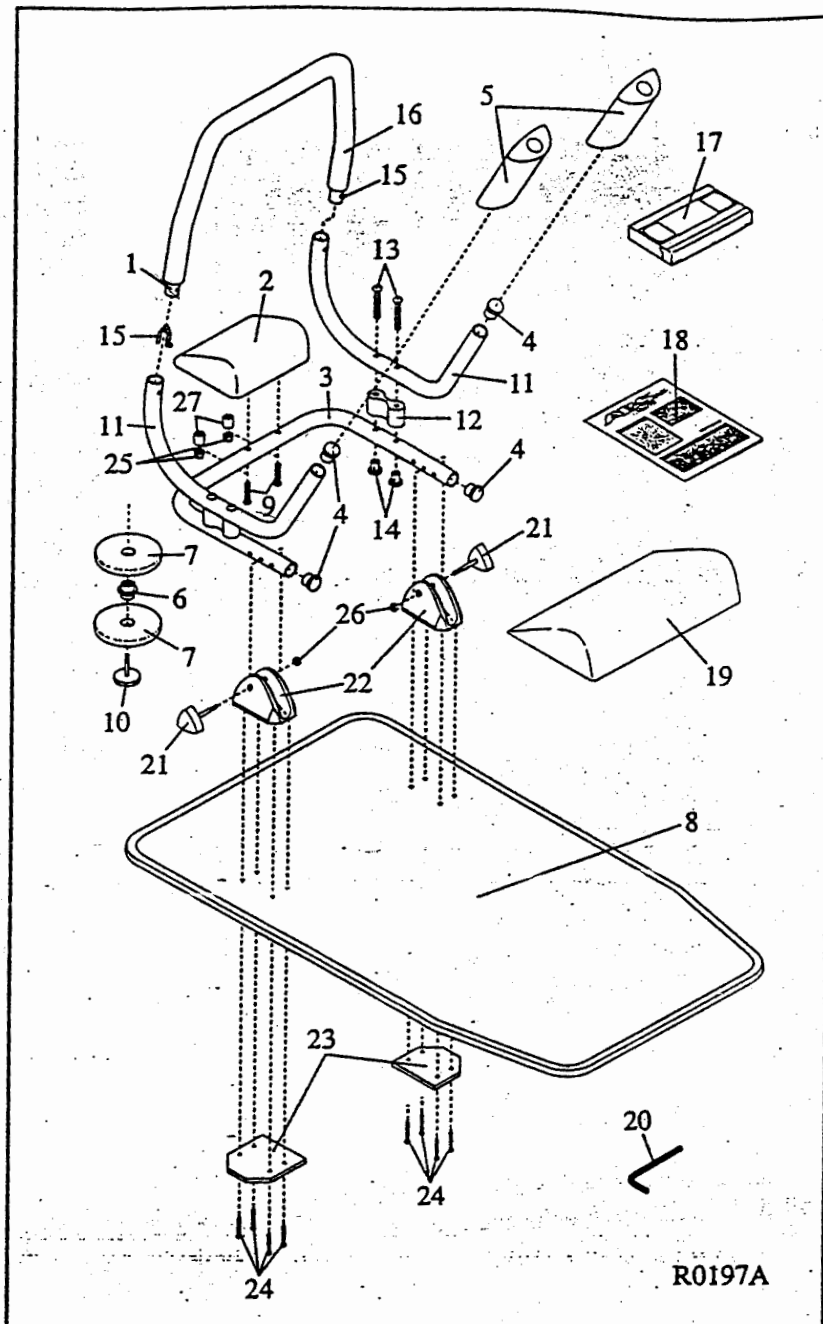
The use of all remaining parts will be described on the opposite side of this manual.



Part List and Exploded Drawing—Model No. HRMC40061

Key No.	Qty.	Description
1	1	Upper Bar w/Foam Grip
2	1	Headrest
3	1	Frame
4	4	Round Inner Cap
5	2	Foam Pad
6	1	Weight Spacer
7	2	Weight
8	1	Workout Mat
9	2	Headrest Screw
10	1	Weight Knob
11	2	Extension Bar
12	2	Frame Spacer
13	4	Frame Screw
14	4	1/4" Barrel Nut
15	2	Button Spring Clip
16	1	Foam Grip
17	1	Training Videocassette
18	1	User's Manual
19	1	T45 Pad
20	1	Allen Wrench
21	2	Adjustment Knob
22	2	Pivot Bracket
23	2	Base Plate
24	8	Base Screw
25	2	Bumper
26	2	Adjustment Nut
27	2	Headrest Spacer

Note: Specifications are subject to change without notice. Refer to the back cover of this manual for information about ordering replacement parts.



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (HRMC40061)
- The NAME of the product (HealthRider® ABS T45)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the Part List and Exploded Drawing inside this manual).

Please have the ABS T45 near your telephone for reference when calling.

Limited Warranty

HealthRider Corp. (HealthRider), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. HealthRider's obligation under this warranty is limited to replacing or repairing, at HealthRider's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by HealthRider at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by HealthRider. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a HealthRider authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by HealthRider.

HealthRider 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 damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. 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 state to state.

HEALTHRIDER CORP., 1500 S. 1000 W., LOGAN, UT 84321-9813