

Limited Warranty

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 an ICON 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 ICON.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

ICON 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.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

WEIDER®
Ab CRUNCH TRAINER II

Model No. WEMC00280

IMPORTANT
PRECAUTIONS

- Read all precautions and instructions in this manual before using the AB CRUNCH TRAINER II and use only as described.
- It is the responsibility of the owner to ensure that all users are adequately informed of all precautions and instructions.
- If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THIS MANUAL FOR
FUTURE REFERENCE

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

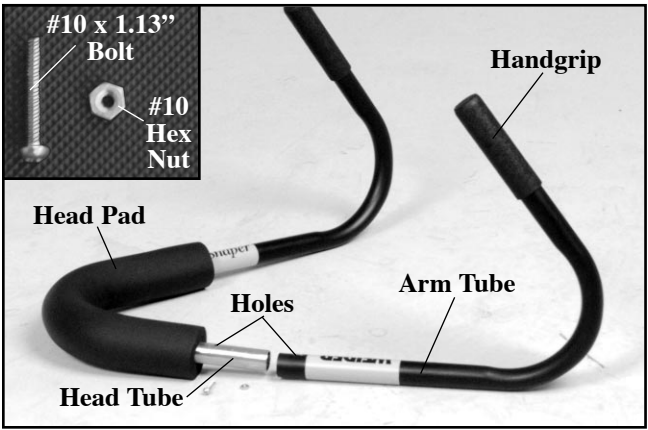


USER'S MANUAL

Congratulations for purchasing the innovative AB CRUNCH TRAINER II from WEIDER. The AB CRUNCH TRAINER II is a compact trainer that focuses on your abdominals—to give you a shapelier figure and increased overall fitness. And the AB CRUNCH TRAINER II is lightweight and portable perfect for use at home, at the office, or while traveling. Used as part of a program that includes aerobic exercise, strength training, and a proper diet, the AB CRUNCH TRAINER II will help you to look better and feel better in only minutes a day. **Before using the AB CRUNCH TRAINER II, please read this manual completely.**

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee you 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.

Assembly



Slide an Arm Tube onto the Head Tube. Align the holes in the Head Tube with the holes in the Arm Tube. The Handgrip of the Arm Tube should slant toward the opposite side of the AB CRUNCH TRAINER II. Insert a #10 x 1.13" Bolt from the bottom of the AB CRUNCH TRAINER II. Tighten a #10 Hex Nut onto the Bolt. Make sure that the Hex Nut seats into the hex hole in the top of the Arm Tube. Attach other Arm Tube in the same manner.

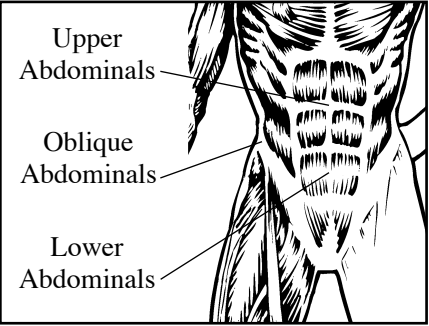
AB CRUNCH TRAINER II Use

The AB CRUNCH TRAINER II offers a variety of exercises that shape your upper abdominals, oblique abdominals, and lower abdominals.

The photographs in this manual show the correct form for each exercise. If desired, attach this manual to the wall for reference.

The exercises in this manual are divided into two groups: Beginning and Advanced. Start with the beginning exercises, and progress at your own pace. Be careful not to overdo it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to advance to more difficult exercises too quickly.

To get the most from your exercise, proper form is important. Use your abdominal muscles to pull yourself up. Keep your head on the head pad and the small of your back on the floor. If necessary, raise your hips slightly.

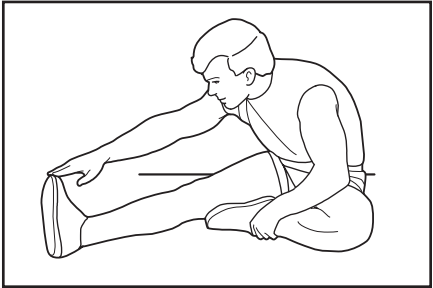


Suggested Stretches

Begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercise, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching is also effective for increasing flexibility. The correct form for three basic stretches is shown below. Move slowly as you stretch—never bounce.

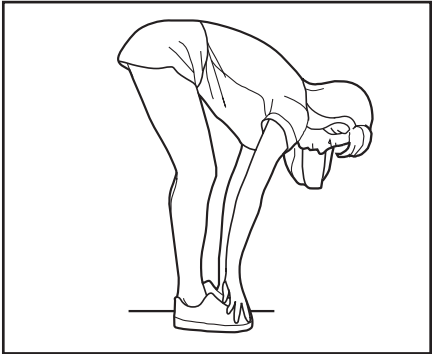
1. Hamstring Stretch

Extend one leg and rest the opposite foot against it as shown. Reach toward your toes and hold for 15 counts. Repeat 3 times for each leg.



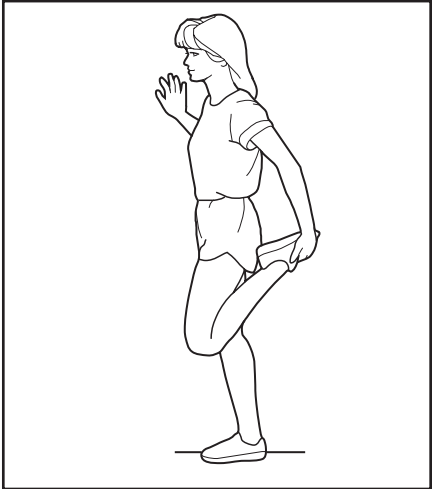
2. Toe Touch Stretch

Stand with your knees bent slightly as shown. Relax your back and shoulders as you reach down toward your toes. Hold for 15 counts. Repeat 3 times.



3. Quadriceps Stretch

Place one hand against a wall and grasp one foot with your other hand as shown. Hold your foot as close to your buttocks as possible, and hold for 15 counts. Repeat 3 times for each leg.



Beginning Exercises

Be sure to stretch for a few minutes before you begin. Keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration.

1. Basic Crunch

This exercise targets the upper abdominals. Lie on the floor and bend your knees as shown. Place your hands near the upper ends of the handles. Curl up to about a 45° angle, and then lower yourself to the starting position. This completes one repetition. Perform 10 to 15 repetitions.



2. Crunch with Raised Feet

This exercise focuses on the lower abdominals. This exercise should be performed in the same way as the Basic Crunch, except your feet should be held off the floor during the exercise. Complete 10 to 15 repetitions.



3. Oblique Crunch

This exercise is for the oblique abdominals. Perform this exercise in the same way as the Basic Crunch, but turn your knees to the side as shown. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

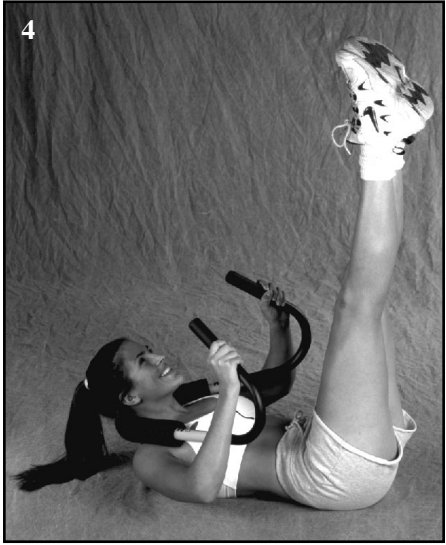


Advanced Exercises

The following exercises are designed to further improve your strength, tone, and flexibility. Remember to stretch for a few minutes before you begin.

4. "L"-Crunch

This exercise is for the upper abdominals. Straighten your legs and raise them as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your legs raised throughout the exercise. Complete 10 to 15 repetitions.



5. Scissors

This exercise focuses on the upper and lower abdominals. Start with your legs raised and parted about the width of your shoulders. Curl up to about a 15° angle. This is the starting position. Cross your ankles as shown in photograph 5; then return to the starting position. Complete 10 to 15 repetitions, alternately crossing the right ankle above the left, and then the left ankle above the right.

