

## Chapter 1 : [www.nxgvision.com](http://www.nxgvision.com) : Ab Lounge Ultra : Abdominal Trainers : Sports & Outdoors

*The Ab Lounge 2 workout will help you out with part of your Total Fitness Program by Wear appropriate clothing when exercising. Workout clothing should be giving you a toning and stretching workout for your core abdominal muscles.*

It is important to keep children, replacement labels, manuals or video s. Introduction Defective Parts section below. Please read it carefully and follow all the instructions. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth. All location references, such as front, rear, left or right, made in these instructions are from the user sitting on the unit and facing forward. Page 8 Seat and Back will separate open up. While standing Open to approximately 2 feet apart. The Locking Arm Mechanism is removable by hand, no special tools required. For maximum effectiveness and safety, always review these instructions prior to folding the unit. X M10 small nut cap 47 X foot rest assembly 5 X plastic bushing 48 X foot extension tube 6 X end plug 49 X head rest frame 7 X plug 50 Page Page 12 When to Exercise Clothing The hour just before the evening meal is a popular time All exercise clothing should be loose-fitting to for exercise. The late afternoon workout provides a permit freedom of movement, and should make welcome change of pace at the end of the work day and the wearer feel comfortable and self-assured. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Back Stretch Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. You can total body exercise and nutrition system. Start by doing the Ab Blasting workout or as and properly. These safety steps are for your benefit and you should follow them closely to maximize the much of the workout as you can comfortably perform once a day, every other day. Basic Jackknife This abdominal curl isolates the muscle that runs down the entire front of your torso, known as the rectus abdominis. Jackknife With Leg Lift This exercise targets the rectus abdominis as well as the hip flexor muscles of the lifting leg. Begin in the same position described in the Basic Jackknife. Exhale and slowly round your lower back, pulling your torso forward into a curl position. Torso And Hip Flexor Stretch This exercise will stretch all of the abdominal muscles as well as the muscles of the front of the hip. Begin in the same position described in the Extended Arm Jackknife. Then, straighten the legs as described in the Extended Leg Jackknife. We suggest you keep these in a notebook. Page 22 Cool Down and Stretching large muscles of the hips, thighs, and buttocks. Examples include walking, hiking, jogging, running, Your workout should be followed by a cool down. The cycling, in-line skating, swimming, cross-country skiing, cool down should consist of 5 to 10 minutes of slow and stair stepping. It can be used for any aerobic activity you choose. But remember, these are only guidelines. People with medical conditions should discuss this training program with their physician.

## DOWNLOAD PDF AB LOUNGE SPORT ASSEMBLY MANUAL

### Chapter 2 : How to Use the Ab Lounge Correctly | [www.nxgvision.com](http://www.nxgvision.com)

*The Ab Lounge XL The Ab Lounge XL is more than just a machine; it is a System includes a cardio workout program. You can total body exercise and nutrition system. It is a "fitness achieve an effective cardio workout from a variety of for life".*

Print out all pages. Do not shuffle pages. See Limited Warranty Card for details. If you have any comments or questions contact our Customer Service Department, toll free at , Monday through Friday, 9: We suggest you keep these in a notebook. To ensure this, we recommend that you do the following: Unit Warning and Caution Labels Wipe sweat, dust or other residue off the seat, foot rest and handlebar with a soft, clean cloth after each use. Important Safety Information 9 in this manual for proper entry and exit techniques. The Ab Lounge 2 workout will help you out with part of your Total Fitness Program by Wear appropriate clothing when exercising. Workout clothing should be giving you a toning and stretching workout for your core abdominal muscles. Often, the best aerobic exercise will be not one, but several Product Weight: Reduced risk for heart attack and stroke. Try to do your Ab Lounge 2 workout three times per week at first and then gradually progress to four or five days a week. Choose a time when you feel 6. This Use this chart to keep track of your progress over time. Before writing on it, make as should be done when warming up and cooling down. Ab Lounge 2 Workout Progression 8. Standing Hamstrings Stretch This exercise will isolate the rectus Stand with your legs hip width apart. Extend one leg out in abdominis and obliques, as well as front of you and keep that foot flat against the ground. With the quadratus lumborum muscles of your hands resting lightly on your thighs, bend your back leg the lower back. Getting Started This exercise will stretch all of the abdominal muscles as well as the 1. Once your Ab Lounge 2 is assembled, make sure it is on a solid, level, carpeted muscles of the front of the hip. Begin surface with a minimum of 3 feet of clearance space behind and in front of the in the same position described in the unit. Lower the feet one at a time until they are flat on the floor. The Ab Lounge 2 Exercises 2.

### Chapter 3 : 4 Ways to Use Ab Lounge 2 - wikiHow

*The Ab Lounge Sport is a home fitness machine that is designed to use spot exercises to help you tone your abdominal muscles. The Ab Lounge Sport owner's manual comes complete with a basic workout routine for beginners and gives recommendations for the number of sets and reps for intermediate and advanced users as well.*

### Chapter 4 : FITNESSQUEST AB LOUNGE XL OWNER'S MANUAL Pdf Download.

*Ab lounge sport is an ab machine that allows you to train users of all levels. The main advantage is the design of the chair to work on the principle of a folding jackknife. The Ab Lounge Sport allows you to train upper and lower abdominal muscles, core muscles is much more effective than the standard ab machine.*

### Chapter 5 : FITNESSQUEST AB LOUNGE 2 OWNER'S MANUAL Pdf Download.

*Save ab lounge sport manual to get e-mail alerts and updates on your eBay Feed. + Ab Lounge Sport Reprint Owners Manual Assembly Instructions Quick Start Guide New (Other).*

### Chapter 6 : Ab lounge owners manual | pgfbnez

*Find great deals on eBay for ab lounge sport. Shop with confidence.*

### Chapter 7 : Ab Lounge Sport Manual Workouts | SportsRec

## DOWNLOAD PDF AB LOUNGE SPORT ASSEMBLY MANUAL

*AB Lounge Sport, I need a manual of instruction - Fitness Quest Ab Lounge Ultra 1ea question. Search Fixya. Browse Categories Ab lounge sport assembly.*

### Chapter 8 : Where can I buy replacement parts for my Ab Lounge? | Yahoo Answers

*perdi mi manual para ensamblar el aparato ab lounge sport y no se como ensamblarlo eg61 May 11, the download only shows the even pages except pg. 25 the download only shows the even pages except pg.*

### Chapter 9 : SOLVED: Ab lounge sport assembly - Fixya

*ab lounge manual If you want to get results and great abs and body like these people, check out our Complete Abs and Full body training Program at Link in Video.*