

PürAthletics[®] AB WHEEL GLIDER



TO BEGIN

- Insert handles until they lock into place
- Kneel on pad waist width apart (for extra comfort place on carpet)
- Ensure the arrow on the Ab Wheel Glider is facing forward.
(Damage may occur if the arrow is not pointed in the correct direction)

MOVE SLOWLY FOR SAFETY AND INCREASED MUSCLE TONE

- Place your hands securely around the handles
- Knees should be hip width apart
- Tighten abs, pulling the belly button into the spine
- Use your abs as you roll out and not your arms

WARNING

Please read before exercising.

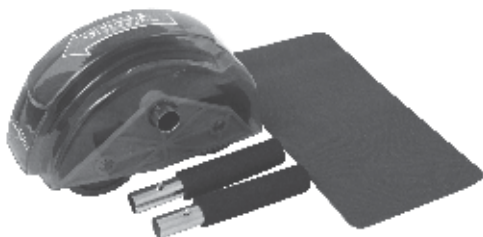
This is not a toy and not to be used by children under 12.

LIABILITY

No liability or responsibility is assumed by the manufacturer, the supplier or the re-seller for any injury incurred as a result of using this product.

WARRANTY

Limited 90-Day Warranty on Parts and Labor from Original Date of Purchase
Warranty does NOT apply to products damaged as a result of misuse or abuse.
To ensure the best results follow the instructions above carefully and completely.



BEGINNERS WORKOUT

- Move slowly forward going out 2 feet
- As a beginner the recommendation is 1 set of 8-10 repetitions



INTERMEDIATE WORKOUT

- Move slowly forward going out 3 feet
- At the intermediate level the recommendation is 2 sets of 10-12 repetitions
- Take a 30 second to 60 second break between sets



ADVANCED WORKOUT

- Move slowly forward going out 3 ½ - 4 feet
- At the advanced level the recommendation is 3 sets of 12-15 repetitions
- Take a 30 second to 60 second break between sets



PürAthletics[™]

Toll Free Consumer Support
Numéro de téléphone sans frais 1-877-415-3425
Atención gratuita al cliente

email: service@zenathletics.com | 9 am to 5 pm (PST) Mon - Fri

PürAthletics products are distributed by TriMax Sports Inc., Vancouver B.C. V5X 4V6
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WARNING Please read before exercising.

Consult a physician prior to engaging in physical activity. This is not a toy and not to be used by children under 12.