

AB-Inforcer®

QUICK START GUIDE

www.ABINFORCER.COM © 2004-2006 AB-Vanced NEU-Spine, LLC

CAUTION

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM!

WARNING

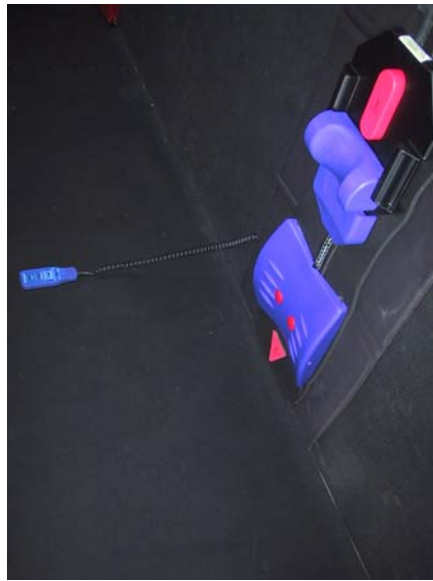
This product is NOT intended for young children. **ADULT SUPERVISION NEEDED.** Before use, read the **ENCLOSED INSTRUCTIONS** for assembly, electrical safety, and small parts **WARNINGS.** Do not use product on or around wet surfaces! (10) 1.5 V AA batteries

WARNING

FALL HAZARD. Read the **USER GUIDE** before attaching the AB-Inforcer® to any surface.



1. Floor Set up (hand piece with Velcro)



* Point red triangle away from wall to exercise.

OR

Bench Set-up with Velcro Straps

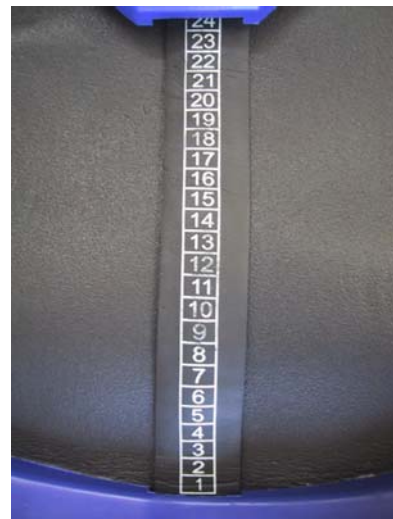


* refer to user guide for correct Velcro strap attachment

2. Connect Hand Piece, power supply 3. Size the AB-Inforcer® for your Height

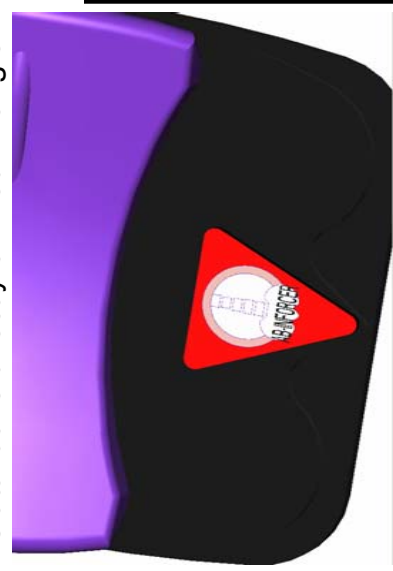


*See User Guide for Battery installation (10AA).

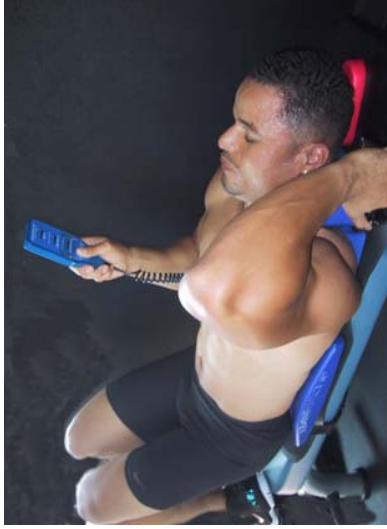


* Estimate your fit: #1= 5 ' 1" , #13 = 6 ' 1" approximate .

4. Sit tailbone directly on Red Triangle.



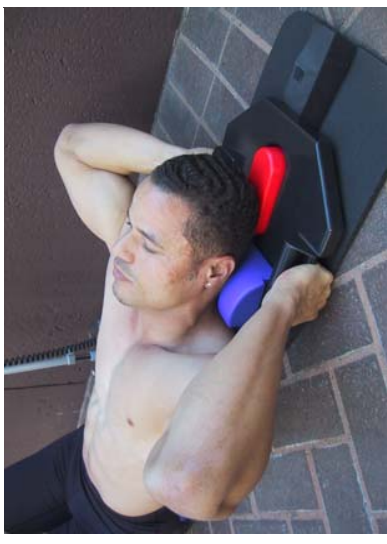
5a. Lay back to check body position



5b. Navel lines up with registration bumps



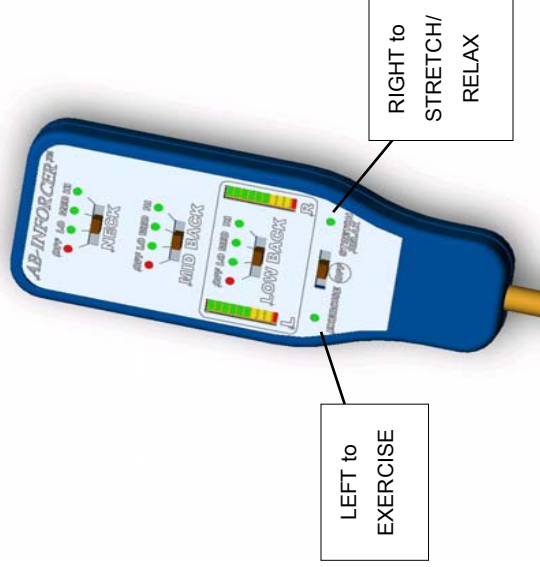
5c. Head touches & closes red sensor



6. Sit up, note calibration #. Enable Velcro to hold head/neck board in place during use.



7. STRETCH/RELAX MODE : Turn on all three body zones, slide main power switch to the right.



8. EXERCISE MODE: Slide main switch to the left. "Keep your HEAD QUIET, and keep your LIGHTS ON" .



* Refer to User Guide for basic exercises.