

MONEY BACK GUARANTEE POLICY:

On behalf of AB-Vanced Neu-Spine® Technologies, LLC, we would like to say thank you for purchasing the AB-Inforcer®. We do hope that you have found everything to your satisfaction, and that you enjoy this exciting new technology. If for any reason you are not 100% satisfied with the AB-Inforcer® by AB-Vanced Neu-Spine® Technologies, LLC, simply return the item within 10 days from date of purchase, for a prompt, courteous refund. Please follow these simple instructions.

1. Contact our customer service department by phone @ 702-334-4327 to obtain a return authorization (RA) number. No exchanges or refunds can be made without this number.
2. All returns or exchanges must arrive in like new condition in the original boxes and packaging, with all of the included instructional materials and a copy of the original proof of purchase.
3. Return address and instructions will be given with your RA number.
4. If the customer returns the item(s) for any reason, we do not refund shipping and handling charges and the customer is responsible to pay the charges for return shipping of the AB-Inforcer®.
5. Once the product is received and checked in the customer will be issued a refund.

Your business is important to us and we value your support! For future AB-Inforcer® needs please access our website at www.abinforcer.com.

AB-Inforcer® LIMITED WARRANTY INFORMATION

AB-Vanced Neu-Spine® Technologies, LLC warrants that the AB-Inforcer® is free of defects in materials and workmanship. The AB-Inforcer® is warranted for 30 days from date of purchase as long as the original purchaser owns the AB-Inforcer®. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by AB-Vanced Neu-Spine® Technologies, LLC. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. AB-Vanced Neu-Spine® Technologies, LLC shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repairs or Replacement

If warranty service is necessary, the original purchaser must follow the return instructions listed above in the money back guarantee section along with a detailed description of the defect and proof of purchase. Simply call 702-334-4327 and a customer service representative will explain how to get your AB-Inforcer® repaired or replaced.

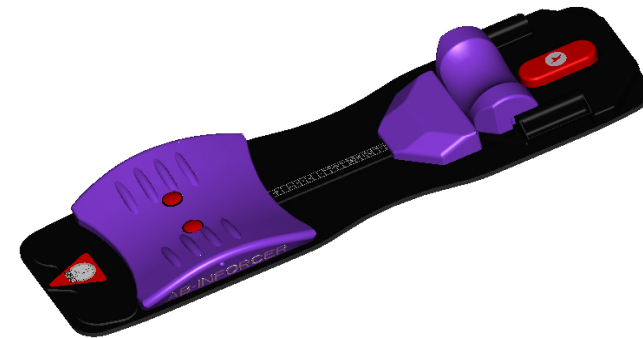


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AB-Inforcer®

USER GUIDE



Ultimate Abdominal Training System
Patented AB-Vanced Neu-Spine® Feedback Technology

Three Machines in ONE:



READ the entire User guide before operating the AB-Inforcer®.

Visit www.ABINFORCER.com for more detailed information.

MESSAGE FROM THE INVENTOR



Having been a gifted athlete who was struck by tragedy early on in life, the AB-Inforcer® was created after many years of overcoming my own physical challenges.

In 1979 I was involved in a near fatal accident which resulted in my left arm being almost completely severed off just beneath the elbow! Miraculously, the Doctors were able to reattach the arm though it was rendered completely useless and the prognosis was grim. At that point in time, the medical authorities were not certain if my arm would ever function properly again. Undaunted by the painful loss of dexterity and the negativity surrounding the recovery process, I embarked on a life changing mission where I tenaciously challenged my self physically and mentally for the next seven years.

I worked daily if not hourly on improving my flexibility, dexterity and strength in my left hand and arm. Though the process was slow and extremely painful, I eventually started to regain some of the use in my limb. As the years passed by, I continued to challenge myself by attempting to play the musical instruments I had played prior to the accident, such as guitar, piano, and flute. I found that the music did wonders for both my arm as well as my soul and that the sounds and the vibration of the strings flooded my senses with feedback. Miraculously, this feedback helped my physically and neurologically traumatized limb to recover. I learned that correct positioning of my hand on the instrument was rewarded with pleasant sounds and sensations. After seven years of relentless training and re-training my arm and hand, I regained almost full sensation and dexterity. It was through this process that I discovered the value of feedback which I believe was one of the many invaluable tools which may have helped my body to heal itself. Those years of hard work and that series of events provided the platform for the inception of my idea for the AB-Inforcer®.

As a Certified Strength and Conditioning Specialist I work with many clients who have core strength weakness, flexibility issues, and postural muscle deficits. My goal was to create a means of feedback in addition to my physical presence, which would help them to strengthen their core muscles and to fine tune their bodies. In essence, I have invented a simple, fun, and easy to use abdominal exercise device which acts like a musical instrument for the spine by providing valuable and pleasant sensory AB-Vanced NEU-Spine® feedback (sound, vibration and lights) to the user while they are targeting those difficult to train and sometimes hard to find core and postural muscles. The AB-Inforcer® targets the “inner belt of power”, while “re-inforcing” a strong neutral spine training position and provides you with the most innovative and revolutionary core strengthening technology never before available on the consumer market!

The AB-Inforcer® is one of the secrets to my own successful training. I have recently staged a competitive athletic comeback in golf by becoming the 2001 RE/MAX World Long Drive Champion and the 2003 Safeway Classic World Long Drive Champion. In golf, as in many sports, the secret to power is a strong postural position combined with a strong core. I never enjoyed training my core, so I set out to make training my abdominals and postural muscles fun, interactive, and time efficient. The AB-INFORCER® provides all of that and more.

I hope you enjoy training on the AB-INFORCER® as much as I do. It has been said that, “pain is the mother of invention”, and in this case, I hope you enjoy the benefits of mine. Many years of trials, testing and professional feedback are invested in this gift of movement to you.

Don't forget to dream big, keep your eyes on the stars, your feet on the ground and your spine in neutral.

Lee Brandon, C.S.C.S.
Inventor of the AB-Inforcer®

PREVENTING MALFUNCTIONS

Avoid Condensation Problems: Moving equipment quickly from indoors to outdoors, or from hot to cold temperatures, may cause condensation to form on visible and internal surfaces. Store the AB-Inforcer® in the recommended carrying /storage bag to protect the device while traveling.

Head sensor: Do not remove or tamper with the red head sensor as damage may occur. Tampering with this mechanism may void the warranty. Please contact customer service if there are any problems at www.abinforcer.com.

Lumbar Sensors: Sensors are designed to fit firmly into the lumbar support. Carefully, review all instructions on the web site (www.abinforcer.com) in order to learn how to interchange springs for additional resistances. **DO NOT ADJUST THE PROTECTED SENSOR SWITCH WHEN SENSOR CAP IS REMOVED. THIS AREA IS PRECISION TUNED AND IS NOT TO BE ADJUSTED.** Tampering with this mechanism may void the warranty.

The Hand Piece: The LED lights which operate during exercise mode are designed to light up as 2 full symmetrical bars. FLICKERING of an individual light inside one or both of the bars does not constitute a malfunction. This may be an indication that you are not bracing correctly or providing constant and consistent pressure to the lumbar sensor area located in the low back assembly. Check to see that you are not wearing a belt or pants with a thick waist band which may interfere with the sensitivity of the lumbar sensors. Check to see that you are still lined up correctly with the registration bumps located on the side of the lumbar assembly. Make sure that you are not fatigued as your core muscles may stop functioning accurately which could result in the change in feedback from the system. Remember to train according to your experience level on the AB-Inforcer®.

TROUBLESHOOTING:

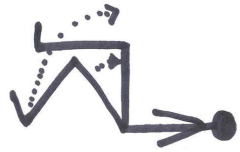
PROBLEM	SOLUTION
Stretch/relax mode: Machine does not vibrate when turned on.	1) AC: Check the UL adapter connection. (See page 8, figs. 2 and 2a) 2) DC: Check the batteries. (See page 9, figs. 7 and 8) 3) Zones: Check to see that zones have been turned on. (page 10)
Exercise mode: Head sensor buzzer and vibration will not shut off.	1) Re-check your set-up (page 11) for proper body positioning. 2) Your head may not be closing the sensor. The head must not be hyper-extended in order to close the sensor. If you are having trouble comfortably reaching the sensor with your head, contact your health care professional.
Head sensor buzzer and vibration feedback do not turn on.	1) Check the hand piece to see that the neck zone and the upper back zone are turned to the on position. (See page 10) 2) Check to see that the on/off buzzer switch is in the on position. (See pages 7 and 8, component #13) 3) Check your power supply.
Head neck board assembly does not lay flat.	Lift up the assembly and make sure that the tether wire is laying flat. (See page 7, component #4 and page 8, figure 3)
The low back sensors do not function properly.	1) Check your power supply. 2) Check your hand piece to ensure that you are in exercise mode. 3) Perform systems check (See page 11, point #3). 4) Repeat the “Getting Started” section (See page 11) to ensure the proper fit and sizing on your AB-Inforcer®. Improper positioning may affect the performance of the device.
The hand piece does not work.	1) Check your power supply. 2) Check the serial port connection to ensure a complete and snug fit. (See page 8, figs. 2 and 2a) 3) Check to see that you have selected an operating mode (page 10). 4) Check to see that zones have been selected (page 10)

AB-Inforcer® LEVEL II Exercises



1

- Static brace:**
1. Turn on both LED lights and bi-lateral vibration by tightening the core and closing the lumbar sensors.
 2. Then lift both knees up to a 90 degree angle and hold for 1 minute. Keep knees together.
 3. Keep the head sensor quiet.
 4. Breathe from the diaphragm.
 5. This move allows the spine to become separate from your breathing!



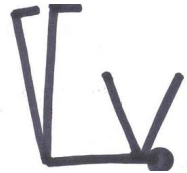
2

- Single leg heel touch:**
1. Hold the static brace position as described above in box #1.
 2. Next move one heel slowly to the floor ten times and do not let either LED light flicker or lumbar vibration to shut off.
 3. Repeat movement with other leg.



3

- Both Heels up:**
1. Turn on both LED lights and bi-lateral vibration by tightening the core and closing the lumbar sensors while keeping the head quiet.
 2. Lift both heels 1" towards the ceiling for one minute!
 3. Aim to feel the isolation of the lower portion of the ABS.



4

- Dead Bug:**
1. Turn on both LED lights and bi-lateral vibration by tightening the core and closing the lumbar sensors while keeping the head quiet.
 2. Lift arms up towards the ceiling and let the arms and legs move in a cross crawling pattern. (Ex. right hand towards left foot!)
 3. Move slowly, accurately and deliberately.

CAUTION: If you encounter any discomfort while using the AB-Inforcer®, stop immediately and consult your physician. This device is designed to maintain the curves in the spine while you are turning on the core stabilizing muscles! It may take some time with your local professional to successfully use this tool!

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Disclaimer:
 While every effort has been made to ensure that the information contained in the user guide is accurate, and complete, no liability can be accepted for any errors or omissions. AB-Vanced NEU-Spine® Technologies, LLC. reserves the right to change the specifications of the device, including the hardware or software, described herein at any time without prior notice.

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 AB-Vanced NEU-Spine® Technologies, LLC. makes no warranties for damages resulting from the incorrect use or misuse, or mistaken operation of this product.

READ THIS FIRST

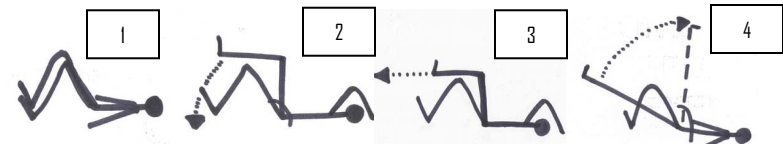
- The AB-Inforcer® is a revolutionary AB-Vanced NEU-Spine® feedback device and is unlike any other abdominal machine on the consumer market. Please ensure that you have read and understood this user guide and follow the directions precisely to ensure the proper setup of your AB-Inforcer®.
- The instructions and safety precautions noted on the following pages are intended to instruct you in the safe and correct operation of the AB-Inforcer®, hereafter referred to as the "device". In order to prevent injuries and damage to you, other persons and equipment, please read and follow the guidelines below.

AB-Inforcer® PRECAUTIONS AND SAFETY TIPS

- Prior to starting this or any other exercise program, it is recommended that you consult a Physician or Health Care Professional.** If you are currently under a health professional's care, this program is not intended to conflict with any of their recommendations. Please check with them before use of this device. Certain exercises or types of equipment may not be appropriate for all users, especially if you have any pre-existing health or orthopedic conditions. If you have a pace maker, please check with your physician as there is minimal EMI and RF interference when using this device.
- Train according to your fitness level and progress slowly.** The AB-Vanced NEU-Spine® feedback contained in the AB-Inforcer® is intended to guide the user with a signal or signals, indicating both correct and incorrect exercise performance. NOTE: When certain key muscles are fatigued, the device will signal the user with multiple sensory feedback features such as sound, vibration and/or flickering lights. Please do not ignore the signals, as injury may occur.
- Less is more. Build up your stamina on the AB-Inforcer® by only training in perfect form.** Start out slowly and perfect your form. **DO NOT OVER EXERT YOURSELF.** It is recommended that you progress to more advanced levels of training at a sensible rate. **If you experience any neck, low back or joint pain of any kind stop exercising immediately and consult your doctor or health care professional for guidance.**
- Follow the steps in the "GETTING STARTED" section (see page 11) to ensure optimal performance from your AB-Inforcer®.**
- Do not use for prolonged periods of time, as this may cause the vibrating motors to overheat.** It is recommended that the vibrating motors do not run for more than 20 consecutive minutes while in Stretch/Relax mode.
- This device is designed for DRY INDOOR USE ONLY.** Do not use on, in, or near any wet surfaces.
- This device was not designed for YOUNG OR SMALL CHILDREN (under 4'11"). BE AWARE that some detachable parts are potential CHOKING HAZARDS FOR CHILDREN.** Do not chew on soft foam materials. The AB-Inforcer® is designed for users 4'11 to 7' tall. Adult supervision is required for children and young adults who meet the height requirement. Consult your physician and fitness professional for guidance!
- Do not remove lumbar sensor caps.** Please visit www.abinforcer.com for lumbar resistance springs EXCHANGE instructions, as improper removal may cause damage to the device. Small pieces could present a CHOKING HAZARD for children if removed. STORE additional resistance springs inside AB-Inforcer® carrying/storage bag pockets provided.
- Do not stand, kneel, or bounce on this device for any reason.** Avoid stepping on any part of the AB-Inforcer® as this may cause permanent damage to the device and void the warranty.
- Make sure that you use the included velcro straps for bench attachment.** To avoid the risk of injury to the device or to the user, it is recommended that the enclosed velcro straps are used to firmly attach the AB-Inforcer® to a bench or any elevated surface. **Do not use on any elevated surface if the unit is unattached.** Do not use any other straps. Additional length straps are available on line.
- DO NOT USE THIS DEVICE IF YOU ARE OR THINK YOU MAY BE PREGNANT.** Always consult a physician prior to engaging in any exercise program if you are pregnant.
- DO NOT SUBMERGE THE AB-INFORCER® IN WATER OR LIQUID OF ANY KIND.** This device is not intended to be used in a bath tub, pool or any other wet area which may contain liquid.

AB-Inforcer® LEVEL 1 EXERCISES

- Lay supine on the AB-INFORCER® and bring your feet 16-18 inches away from your buttocks. Refer to the starting position in figure 10.
- Remember to keep your knees bent at a 45 degree angle.
- Hold the hand piece in one hand. You may use the Velcro squares provided to attach the hand piece to an upright surface for easier hands free viewing. (Avoid twisting your head and neck while training in exercise mode.)
- Let your upper body rest comfortably on the device. Bring your shoulders back and down into good posture while laying still. Retract your shoulder blades together as if you were trying to squeeze a pencil between them. Gently press your head back into the head sensor, keeping your head parallel to the ceiling, and notice the new position of your head in relation to your neck and spine.
- You are now ready to exercise!



- | | | | |
|---|--|--|---|
| <p>1. Brace: Turn on both LED lights and bi-lateral vibration by tightening your core and closing the lumbar sensors. Also experiment with turning your "lights on" together, then "lights off", teaching "brace on and brace off" coordinated patterns without flattening your lower back with a pelvic tilt.</p> | <p>2. Single leg heel touch: While holding your abs braced and keeping the lights on, keep one heel on the ground and touch the opposite heel to the floor ten times. REPEAT on opposite leg.</p> | <p>3. Single leg extension: While holding your abs braced and keeping the lights on, keep one heel on the ground and extend the opposite heel away from your body ten times. REPEAT</p> | <p>4. Straight leg lower: While holding your abs braced and keeping the lights on, keep one heel on the ground and lower the opposite heel towards the floor ten times. REPEAT</p> |
|---|--|--|---|

If you are having trouble keeping your lights on while doing your AB-Inforcer® drills:

- Slow the movement down and attempt to take out any unnecessary momentum.
- Shorten your range of motion and focus on the quality of the movement, not the quantity.
- You may be fatigued. Go back to the original "Static Bracing" movement (page 12, figure 10) and breathe.
- If you cannot keep the LED lights on and/or the audible buzzer feedback noise from going off (due to your head lifting off the sensor), it is recommended that you STOP the exercise. You risk injury if you continue in poor form. The sensory feedback in the Ab-Inforcer® was designed to teach you how to find and train your core in neutral spine. **DO NOT FLATTEN THE LOW BACK IN AN ATTEMPT TO CLOSE THE LUMBAR SENSORS! YOU MUST KEEP THE CURVES IN THE SPINE FOR ALL DRILLS.**
- Avoid excessive pulling with the arms. Let your core do all of the work.

EXERCISE MODE: Flip the on/off button on the hand piece to the left. You are now ready to exercise.



(FIGURE 10)



STARTING EXERCISE POSITION: Quiet Laying Position.

1. Finding neutral. Lay with your knees bent at a 45 degree angle with your feet on the bench or floor. Your ankles, feet and knees should touch and be in alignment with your hips. (If exercising on an elevated surface like a bench, make sure there is room for your feet on the bench and **KEEP YOUR FEET OFF THE FLOOR**). Maintain the curve in the low back at all times. Do not ever flatten the low back! (Figure 10)

2. Quiet head. Keep the head sensor quiet by keeping your head back in neutral and in contact with the sensor at all times.

3. Static Bracing. Now brace your core muscles and activate both lumbar sensors simultaneously. This will teach better core coordination. Feel the bi-lateral vibration in the low back area and check the LED lights on the hand piece for bi-lateral visual feedback. Build up your strength and endurance gradually so that you can maintain this static bracing position for up to 4 minutes.

4. Brace on, brace off. Turn the lights and the low back vibration on and off ten times. Build up to three sets of 10 repetitions. Check to see that the LED lights are lighting simultaneously.

ALTERNATE STARTING POSITION: Double knees up.

1. If you are experiencing difficulty in activating the lumbar sensors, lift both knees up to a 90 degree angle and use gravity to assist you. Engage your core muscle and keep the lumbar sensors activated for 30 seconds while keeping your head quiet and the lights in the hand piece turned on. (See Figure 11)

NOTE: Exercise tips

- The head sensor **MUST ALWAYS REMAIN QUIET** with no sound or vibration occurring in either zone one or two! This should help you avoid neck strain. The head /neck support should always remain attached by the Velcro unless performing an upper crunch. If you ever experience any neck discomfort, stop exercising immediately and contact your health care professional for guidance.
- The Bi-lateral low back vibration occurs and the corresponding LED lights on the hand piece stay lit, when your core is properly activated and your low back is making contact with both lumbar sensors! Always attempt to keep the lights and low back vibration turned on while performing the exercises, however it is extremely important that you remember to keep the curves in the low back and the entire spine and maintain your neutral position at all times.
- If you cannot keep the LED lights turned on without them flickering or turning on and off intermittently then you may be fatigued. **REST** in relax mode for one minute, and then try again!

AB-Inforcer® CARE AND STORAGE

- 1. Store the AB-Inforcer® in the carrying/storage bag provided (See below).** Internal pockets are specially designed for hand piece, UL adaptor, and additional resistance spring storage.
- 2. STORAGE GUIDELINES:**
 - a. Store this device out of the reach of children, infants and pets. Exposure to small parts and foam may present a **CHOKING HAZARD**. In addition, placement of the coiled cable or velcro straps around a child's or pet's neck could result in asphyxiation or damage to the electrical components of the device.
 - b. **Extended Storage:** When not using the device for extended periods of time, remove the 10 AA batteries, disconnect the hand piece, and unplug the UL adaptor. Store in the carrying/storage bag provided and keep all components in the safety pockets.
 - c. Avoid using, placing or storing the AB-Inforcer® in places subject to strong sunlight or extreme temperatures, such as inside a car or in the trunk of a car. Exposure to high or low temperatures may cause deformation of, or damage to the AB-Inforcer® components (Do not store below 32 degrees Fahrenheit or above 90 degrees Fahrenheit).
 - d. Avoid storing near any heat source (i.e. radiator, electric heaters, floor vents).
 - e. Avoid storing or using the device in any humid, dusty, or wet areas: (i.e. wet floor or slippery surface, shower area, pool area, attic, grass, out door shed, etc).
- 3. Keep the AB-Inforcer® Clean.** The closed cell material will not absorb sweat but should be cleaned of sweat, dust, and other residue after each use. To ensure a long life for your AB-Inforcer®, clean foam surfaces with a moist towel and a mild soap. Avoid using harsh detergents or solvents on any part of the device.



Carrying/ Storage Bag: Specially designed to protect and store your device and components.

PREPARING THE AB-Inforcer®: (Refer to pages 7 and 8 for components' numbers)

1. Carefully remove the AB-Inforcer® unit, UL adaptor, hand piece, 2 sets of additional resistance springs, 2 Velcro straps, Velcro squares and the carrying/storage bag from the box. NOTE: The head/neck assembly is connected to the base mat by a flat tether cable (see page 7, component #4 and page 8 Figure 3). **DO NOT PULL ON THIS CABLE WHILE UNPACKING as damage to the entire unit may occur.**
2. Place the entire AB-Inforcer® device face up on the floor or on a flat, dry surface. NOTE: When placing the device on a bench, always use the two supplied Velcro straps to attach the device securely. The Velcro on the straps must be affixed to the Velcro loops on the back of the base mat evenly and completely before attaching to the bench. (See page 9, Figures 5 and 6)
3. If hand piece is not attached to the device, connect the cable to the serial port located on the right side of the low back assembly. (See page 8, figures 2 and 2a). Insert cable end firmly into serial port and turn both screws manually clock wise for a secure fit. Attach Velcro squares to the back of the hand piece for later attachment use when exercising.
4. AC power connection. CAUTION: Only use the UL adaptor provided with the device. Insert the provided UL adapter into the right side of the low back assembly and plug into a United States wall outlet. Do not use any other adapter with the device. NOTE: The device runs on AC power when it is plugged in and DC power when it is not plugged into the wall. (See page 8, Figures 2 and 2a)
5. DC power activation. Carefully turn the entire unit over face down and insert 10 AA-1.5 v alkaline batteries into the battery box (batteries not included). Replace the battery box lid and make sure it clicks securely into place. (See page 9, Figures 7 and 8). Unplug the UL adaptor from the low back assembly to enable battery operation.
6. Additional resistance springs. The AB-Inforcer® comes with the recommended resistance springs already assembled in the device. Place the two additional sets of resistance springs into one of the small inner pockets provided in the customized bag. NOTE: These two additional resistance options are for advanced configurations. Check the website (www.abinforcer.com) for more information regarding these advanced configurations and consult your health care professional or fitness professional for recommended resistance spring selection.

PERFORM AB-Inforcer® SYSTEMS CHECK:

- A) Stretch/Relax mode vibration check.** While looking at the AB-Inforcer® pick up the hand piece and select Stretch/Relax mode by sliding the on/off switch to the right. (See page 10). Move the switches in the neck, mid back and low back zones to the on position. Choose low, medium or high vibrating intensity for each of the zones. Place your hand on the neck zone which corresponds to the neck roll support (page 7, #7) to feel the vibration. Place your hand on the mid back zone which corresponds to the upper back support (page 7, #8) and finally place your hand on the low back zone which corresponds to the blue low back pad (page 7) to feel the vibration.
- B) Exercise mode check.** 1) Select exercise mode located at bottom of hand piece. (See page 10). Select the on positions for all three zones. Select the on position for the buzzer bypass switch (see page 7 component #13). If the AB-Vanced Neu-Spine® feedback system is operating correctly, you should feel a vibration in both the neck and mid back zones and the buzzer feature should be activated. Gently press down on the red head sensor with your hand and notice that the vibrations and the buzzer sound are deactivated. This means that the head sensor is working correctly. Note: When you are exercising, the head sensor should be kept **deactivated** at all times by keeping your head in the correct position.
- 2) Locate the two red sensors located on the low back assembly. If you place your hand on the blue low back pad you will notice that the zone is quiet. Gently press on the left lumbar sensor with your hand while looking at your hand piece. You will notice that the left LED lights are activated when you close the sensor and you will also feel the vibration of the motor unit. Perform the same action for the right lumbar sensor and LED lights on the hand piece. Note: When performing in exercise mode it is desirable that both the lumbar sensors are activated simultaneously which provides the user with both vibration and visual feedback.

GETTING STARTED: Personalize the Fit of your AB-Inforcer®



(FIGURE 9) AB-Inforcer® attached to a bench (left). AB-Inforcer® on the ground using Velcro to attach hand piece for hands free use while exercising (right).

Caution: Do not use the AB-Inforcer if you are experiencing any pain prior to use.

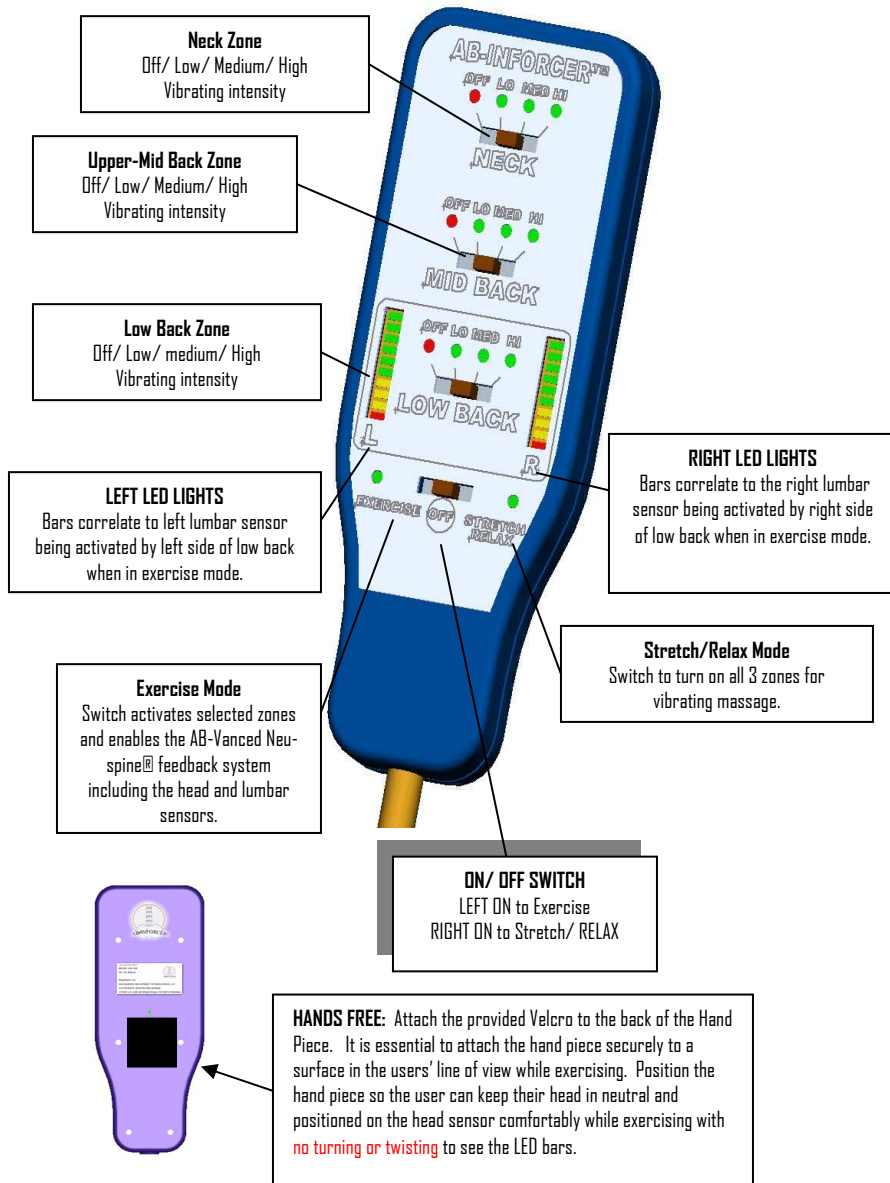
1. **LAY THE AB-Inforcer® ON THE FLOOR OR ATTACH AB-Inforcer® TO A BENCH** – If bench option is selected, attach Velcro straps to the AB-Inforcer® attachment zones as described on page 9 and shown in figures 5 and 6. Carefully turn the device over face up and securely attach straps under the bench. Make sure that the male and female ends of the straps clip firmly into place. Tighten the straps by adjusting the buckle so that the AB-Inforcer® cannot be manually pushed, slid or moved off the bench.
2. **SIZING YOUR AB-Inforcer®** (Instructions for floor or bench use are the same from this point forward. See the correct body position in figure 9 above).
 - A)** Look at your AB-Inforcer® and find the calibration strip. (See page 7, figure 1). Carefully remove the head/neck support from the Velcro on the base mat, momentarily disable the Velcro by closing the flap, and slide the head/neck board assembly up or down to the appropriate calibration line. Calibration is approximated so that the #1 is for user's 5' to 5'1". #2 is for user's 5'1 to 5'2 and so on. Find your calibration number which is closest to you height in feet and inches and adjust accordingly. Note: Appropriate training clothing must be worn. Wearing a belt, carrying a wallet in the back pocket, or wearing pants with pockets or belt loops can interfere with the operation of the lumbar sensors!
 - B)** To test your number selection, sit on the lower end of the AB-Inforcer®. Place your tail bone (coccyx bone) on the red tail bone triangle (page 8, figure 4) located just below the blue low back pad. Do not ever sit directly on the blue low back pad as this may damage the system's feedback sensors.
 - C)** Brace your abdomen and hold one knee to your chest while you gently roll your body back into position onto the AB-Inforcer®. If you are in the correct position, the blue Neck support will be located directly underneath your neck with your neck comfortably supported and the red sensor will be located directly underneath your head. Your belly button should be in line with the 2 registration bumps located on either side of the Lumbar pad. (See page 7 and 8, component #14). You may have to adjust the fit up or down to accommodate your specific body size as is necessary. When you have found your ideal position sit up one more time in order to note your calibration number for future use.
 - D)** After noting your calibration number, re-attach the head/neck assembly to the base mat. Lift up the assembly and re-activate the Velcro by opening the flap and affixing the Velcro loops located on the back of the head/neck assembly to the now exposed Velcro on the base mat.

THE AB-Inforcer® IS NOW READY FOR USE. Get into the starting position carefully as described above.

STRETCH/RELAX MODE: Flip the on/off button on the hand piece to the right. Select the desired vibrating zones and the intensities. Relax, stretch, breathe and enjoy!

CUSTOMIZED HAND PIECE

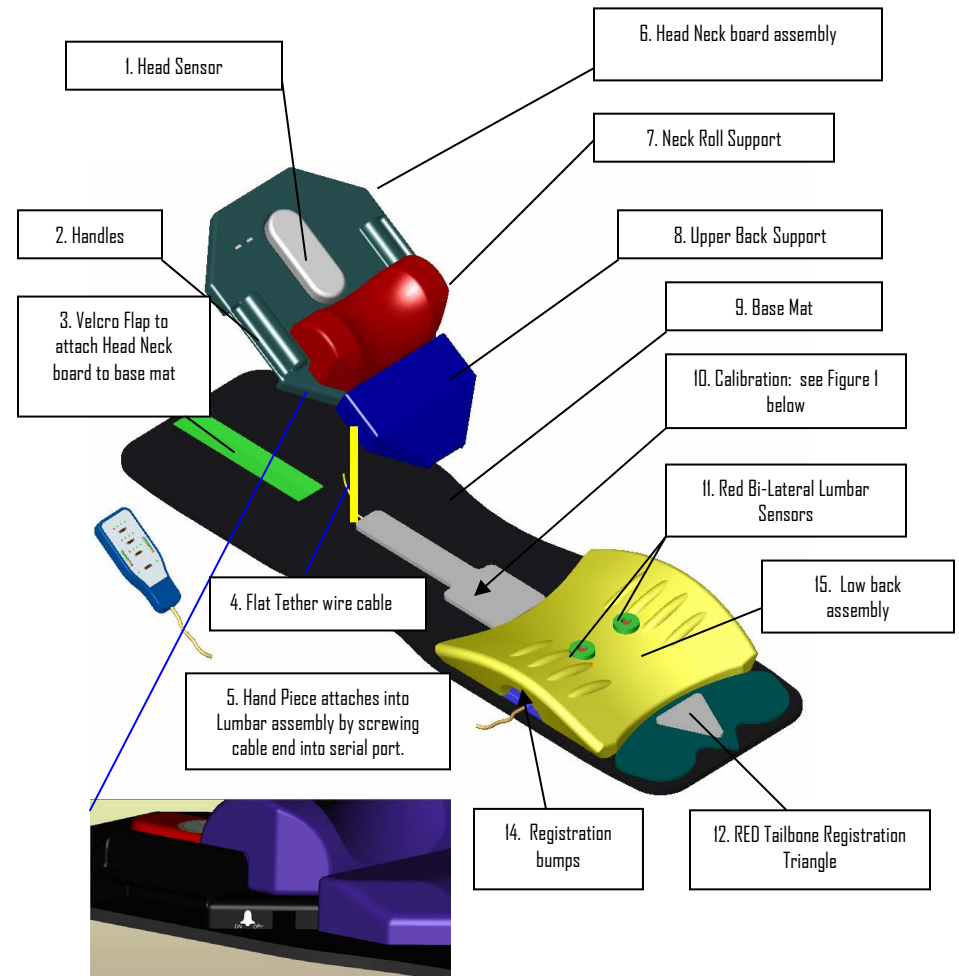
"Smart logic" built into the hand piece provides immediate visual, audible, and sensory feedback in exercise mode.



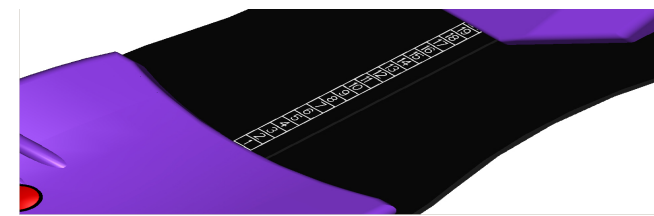
BACK VIEW OF HAND PIECE:

U.S. PATENTS: 6,019,738 AND 6,648,838. MULTIPLE U.S. AND INTERNATIONAL PATENTS PENDING.

AB-Inforcer® COMPONENTS (front view)



13. Buzzer Bypass On/Off switch for use in exercise mode.



(FIGURE 1) ONE SIZE FITS ALL: Calibration for 4'11 to 7' tall users.

AB-Inforcer® COMPONENT OVERVIEW:

1. **HEAD SENSOR:** - Buzzer and vibration feedback are activated when head lifts off sensor while exercising.
2. **HANDLES:** - For use while performing upper crunches in exercise mode.
3. **VELCRO FLAP:** - Open flap attaches head/ neck assembly to base mat. Close flap to perform upper crunch.
4. **FLAT TETHER WIRE CABLE:** - Connects electronic AB-Vanced Neu-Spine® feedback system of entire device.
5. **HAND PIECE, COILED CABLE AND ADAPTOR SERIAL PORT CONNECTION:** (See FIGURE 2).
6. **HEAD/NECK BOARD ASSEMBLY:** - Provides support for head and neck and encourages neutral posture.
7. **NECK ROLL SUPPORT:** - Provides support for the neck and also houses vibrating units which are activated in both Stretch/Relax and Exercise modes.
8. **UPPER BACK SUPPORT:** - Provides support for the upper back and houses vibrating units which are activated in both Stretch/Relax and Exercise modes.
9. **BASE MAT:** - Provides non-slip feature to the device.
10. **USER HEIGHT CALLIBRATION:** - (See FIGURE 1). Assists user in customizing the fit of the AB-Inforcer®.
11. **BI-LATERAL LUMBAR SENSORS:** - In Exercise mode, these sensors correlate to the left and right side of the users low back. Correct exercise position is indicated by the AB-Vanced Neu-Spine® feedback sensors vibrating simultaneously and correlate to the visual feedback provided by the dual LED bars located on the hand piece (See page 9).
12. **RED TAILBONE REGISTRATION TRIANGLE:** Assists user in finding correct body positioning (See FIGURE 4).
13. **ON/OFF BUZZER SWITCH:** - This switch allows user to bypass the audible feedback buzzer in Exercise mode.
14. **REGISTRATION BUMPS:** Small bumps are located on either side of the lumbar pad to assist in positioning.
15. **LOW BACK ASSEMBLY:** Supports the users lower back and houses the bi-lateral lumbar sensors.



(FIGURE 2)

HAND PIECE CABLE CONNECTION

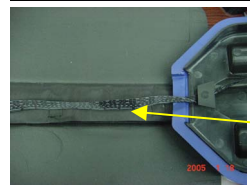
Connect the hand piece and the coiled cable by inserting the end firmly into the serial port. Then complete the attachment by turning the two screws clockwise until the fit is secure.



(FIGURE 2a)

AC POWER:

The provided UL adapter attaches here. Do not use any other adaptor.



(FIGURE 3)

FLAT TETHER WIRE

The flat tether wire (left) connects the electronics of the Head/ Neck Board assembly to the Lumbar assembly. Do not put undue stress on this tether cable as damage to the device may occur. Keep the tether flat and avoid twisting at all times, especially while in use.

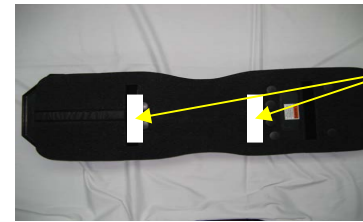


(FIGURE 4)

RED TAILBONE REGISTRATION TRIANGLE

This feature guides the user to assume the correct body position during setup.

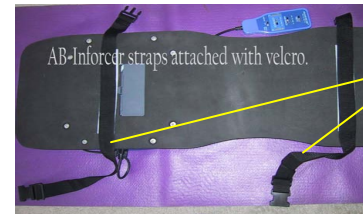
AB-Inforcer® (back view)



(FIGURE 5)

UPPER AND LOWER VELCRO ATTACHMENT ZONES

Attachment zones for the AB-Inforcer® Velcro straps.



(FIGURE 6)

AB-Inforcer® WITH VELCRO STRAPS ATTACHED

AB-Inforcer® Velcro straps attach firmly and completely to upper and lower Velcro attachment zones before attaching firmly to any fit stable fitness bench. Only use straps provided. **DO NOT USE ON ANY ELEVATED SURFACE WITHOUT BEING ATTACHED SECURELY WITH THE AUTHORIZED AB-Inforcer® straps provided.**



(FIGURE 7)

BATTERY INSTALLATION

10 AA batteries (not included). Follow the (+/-) markings inside the battery box. Replace the battery box lid. 1.5 volt system, standard alkaline AA batteries last approximately 10 hours. UL ADAPTOR INCLUDED (12 volt DC, 800mA power adapter which plugs into US wall sockets with 120 volt AC).

Only use the adapter provided with the unit. Using any other adapter may harm the unit or cause injury to the user.



(FIGURE 8)

BATTERY BOX LID:

After installing batteries, click lid securely into place.