

A black and white photograph showing the midsections of a man and a woman. The man is on the right, shirtless, showing a very muscular and defined abdominal core. The woman is on the left, wearing a dark sports bra and light-colored leggings, showing a toned and fit abdominal area. The background is a plain, light color.

*The  
Ultimate  
Abdominal  
Conditioner<sup>SM</sup>*

Owner's Guide

**Abworks**  
by NordicTrack

# Welcome to AbWorks

## About Your AbWorks

Over the years, NordicTrack, Inc., has built a reputation for its high quality, innovation and expertise. That is why NordicTrack has become your fitness company. AbWorks™ was designed by fitness experts to give both men and women an abdominal exerciser that would get them the results they want.

## The "ANATOMY" of AbWorks

- AbWorks provides total BACK SUPPORT through it's "traveling back-support system." When you work your upper abdominals, your entire back, neck and head are supported. With the unique AbWorks pelvic tilting movement, lower abdominals can be worked with total back support as well.
- AbWorks is a PROGRESSIVE VARIABLE RESISTANCE exercise product. Variable resistance prevents your muscles from getting used to a specific resistance. To improve tone and to increase strength, your muscles need to be continuously challenged with increasing demands. AbWorks allows you to change resistance in 5 different ways, all built into the mechanics of the machine.
- Use PROPER FORM with AbWorks. AbWorks takes the skill component out of abdominal exercise. AbWorks is designed so even beginners can do the exercise correctly and comfortably.
- Work through a FULL RANGE OF MOTION with each repetition. You will have fast results and greater muscle flexibility.

## AbWorks is...

- RUGGEDLY CONSTRUCTED – The steel tubing is sealed with impact-resistant powder-coat paint.
- COMFORTABLE – The vinyl-covered foam cushions are the same quality as those found on commercial gym equipment.
- COMPACT – Just unsnap the handles, remove the yoke, fold down the roller-pad assembly and slide your AbWorks under the bed for easy storage.
- FUN TO USE – This is the best part. You will get a workout without thinking of it as exercise.

## Using AbWorks

Follow these instructions and the training video carefully for a workout that is both fun and challenging. Don't overdo it in the beginning. Take it slowly. Ease into your exercise routine. Above all, never get discouraged. Even a few repetitions are a great start. With a little patience and will power you will improve in no time!



# Table of Contents

**QUESTIONS?**  
**1-800-236-5139**  
**Customer Service Department Hours**  
Monday - Friday 7 a.m. to 8 p.m.  
Saturday 8 a.m. to 4:30 p.m.  
*Central time*



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# Safety Instructions

**IMPORTANT** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. Please read the following safety instructions carefully.

1. If at any time you feel faint, lightheaded or dizzy please stop exercising immediately. Stop if you experience undue stress, pressure or pain at any time. Consult your physician before continuing with your program.
2. AbWorks™ is designed for adult use only. Keep children and pets away from AbWorks at all times.
3. Inspect all bolts and nuts prior to each day's use. Make sure that the bolts and nuts are tight. Wipe your AbWorks exerciser with a clean, dry cloth to remove perspiration and dirt after every use.
4. Make sure the snap buttons are completely extended through each side of the upper support.
5. Use your AbWorks on a flat, level surface, with a protective cover for your floor or carpet.
6. Wear proper clothing. Jogging suits, warm-up suits and shorts are best.
7. Always follow the correct exercise procedure for AbWorks.
8. Avoid bouncing or jerky movements. All exercises should be performed in a slow, controlled manner.
9. Follow your physician's recommendations in developing your own personal fitness program.

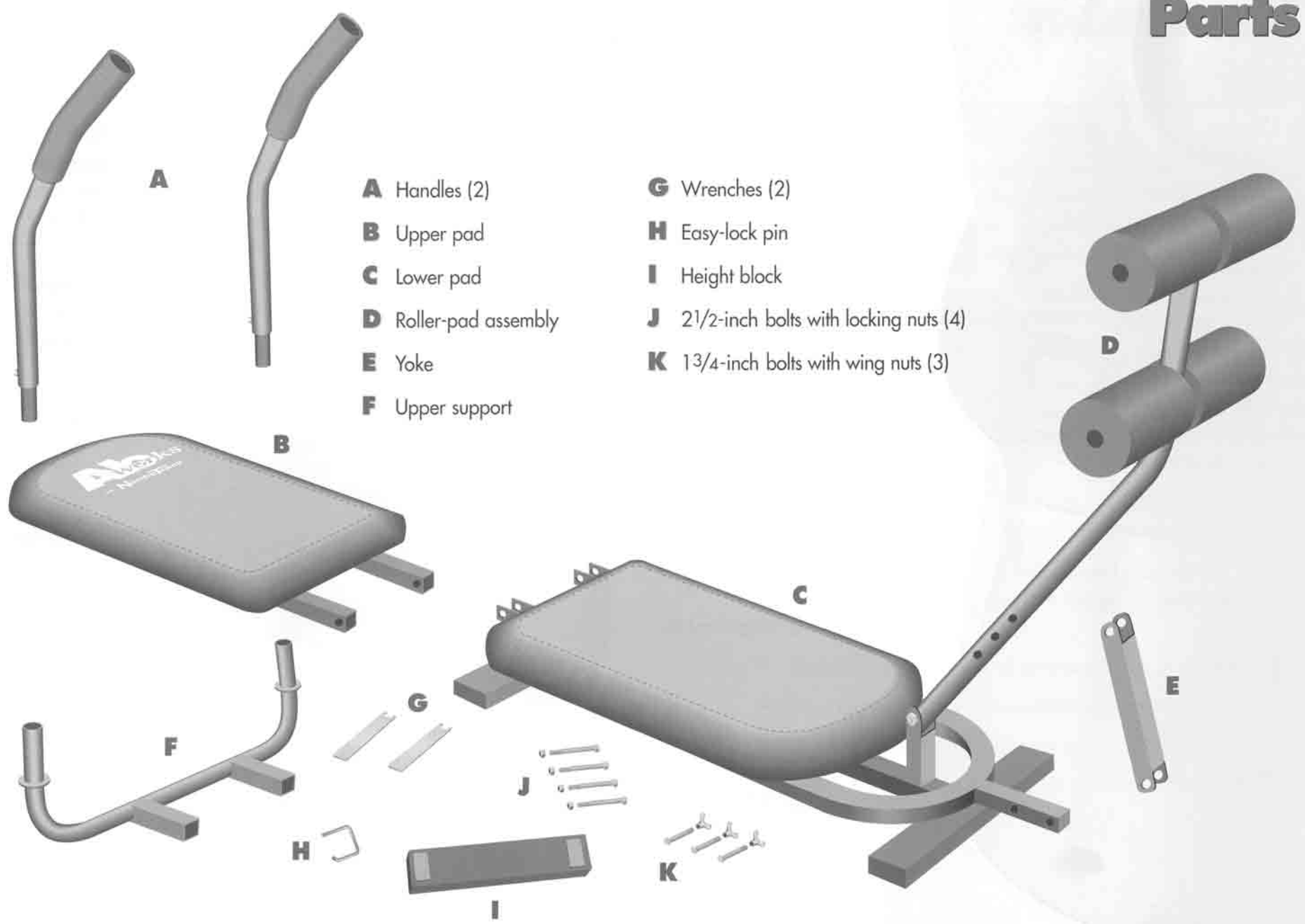


Read the entire Owner's Guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. The following symbols, found throughout your Owner's Guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.

**CAUTION** This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.

**IMPORTANT** This symbol refers to an unsafe practice which can result in product or property damage.

# Parts

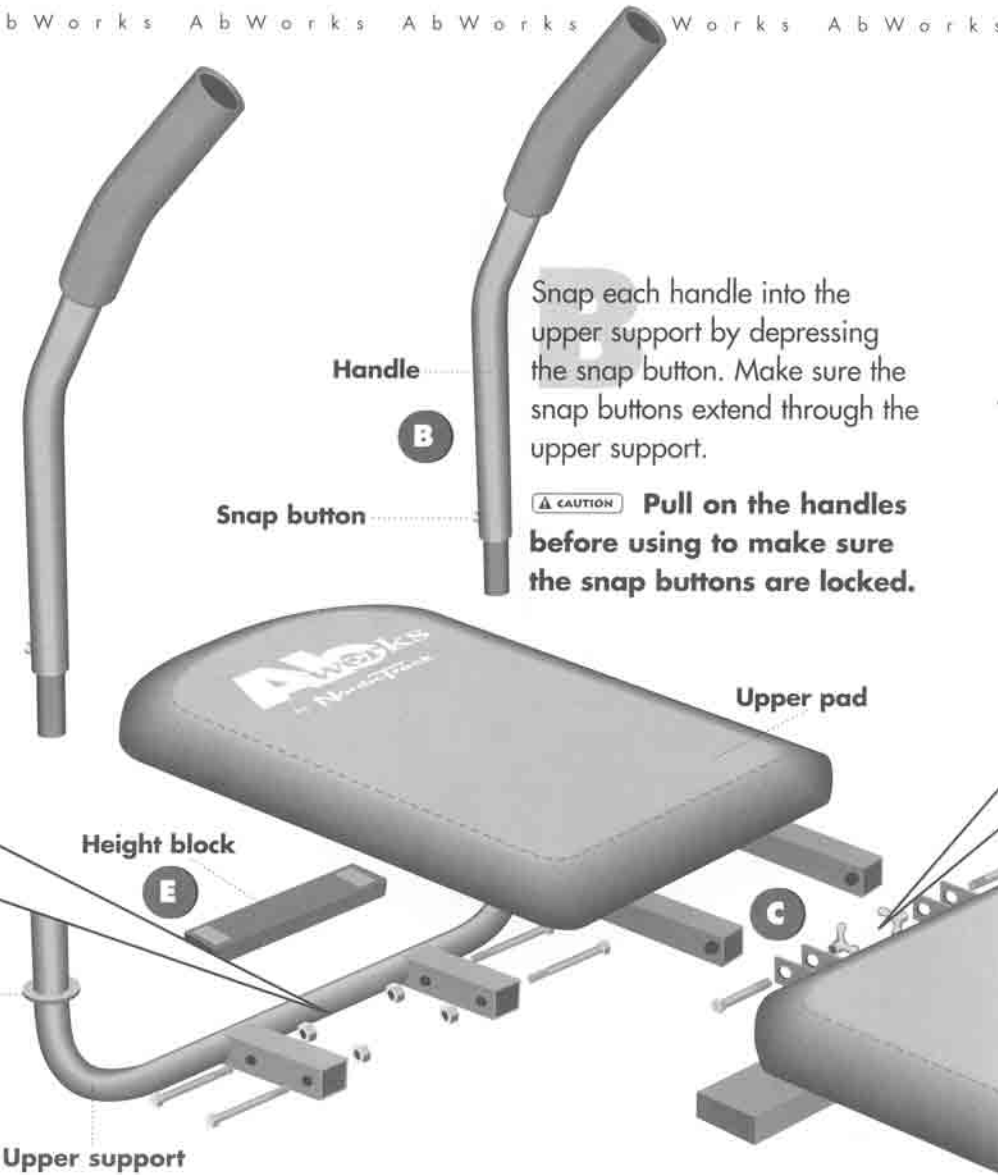
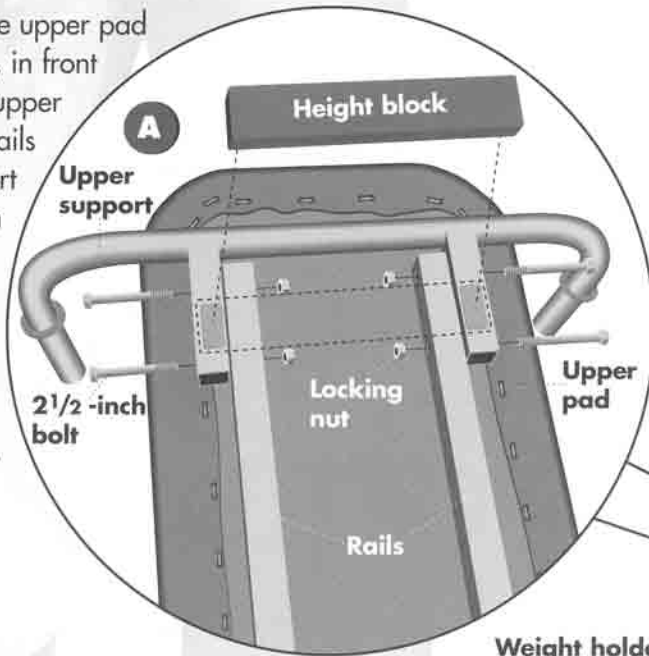


- A** Handles (2)
- B** Upper pad
- C** Lower pad
- D** Roller-pad assembly
- E** Yoke
- F** Upper support
- G** Wrenches (2)
- H** Easy-lock pin
- I** Height block
- J** 2 1/2-inch bolts with locking nuts (4)
- K** 1 3/4-inch bolts with wing nuts (3)

Unpack your AbWorks where you intend to use it.  
 Keep all packing materials for the duration of your in-home trial period.

# Assembly

Place the upper pad upside down, in front of you. Align the upper support with the rails on the upper pad. Insert the four 2 1/2-inch bolts through the upper support and the rails. Finger tighten the four locking nuts. Tighten all four nuts with the two wrenches.

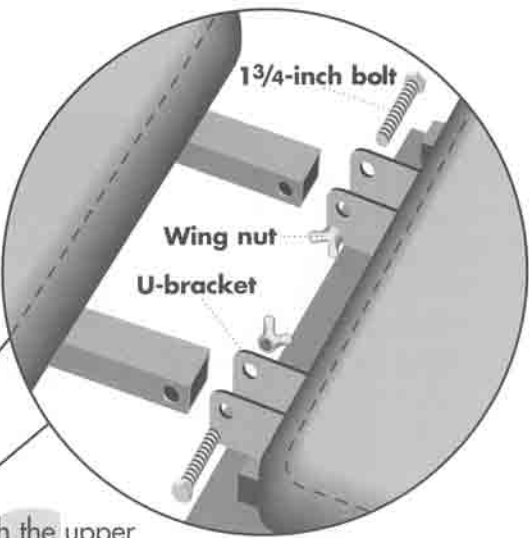
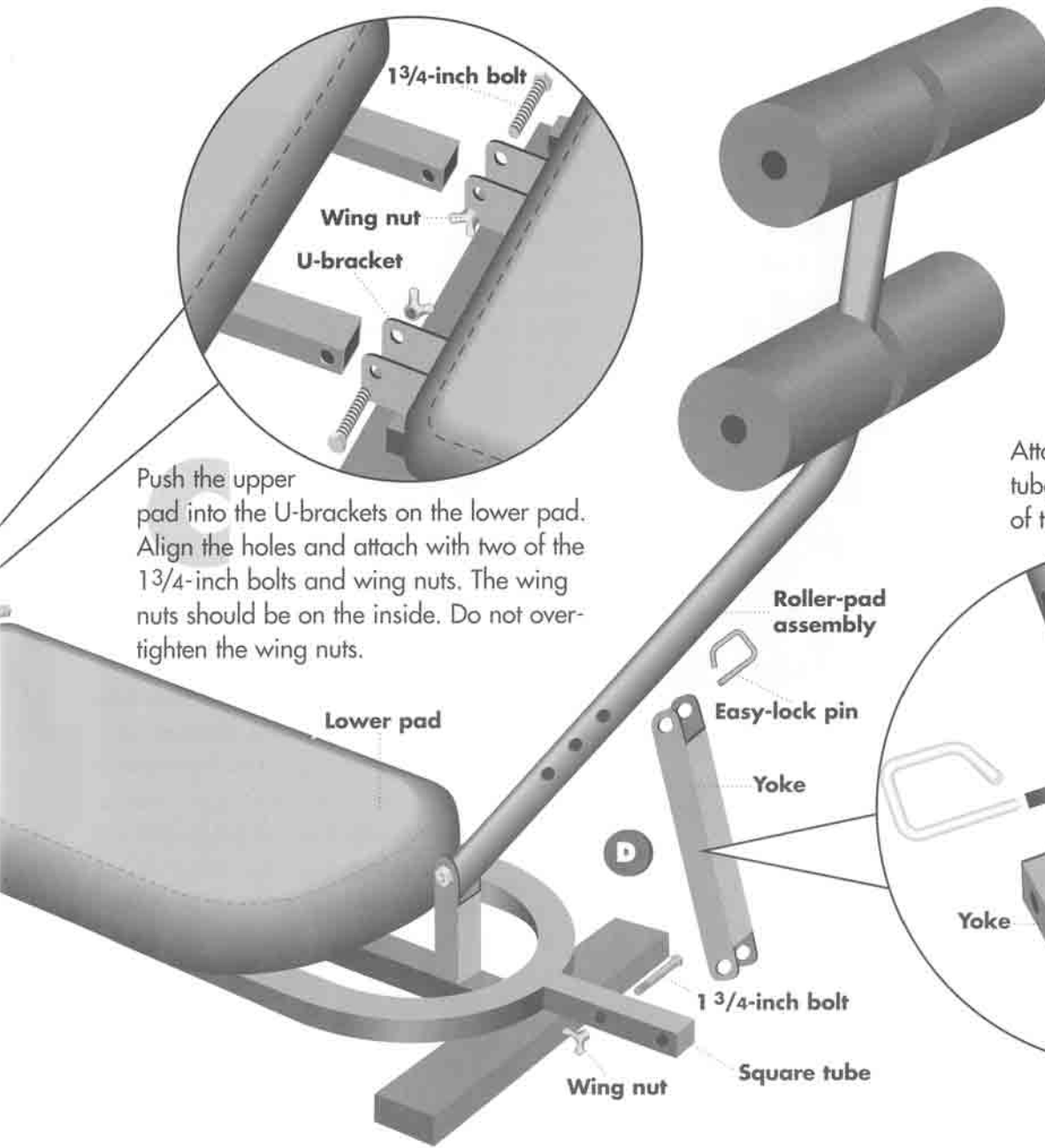


**QUESTIONS?**  
**1-800-236-5139**

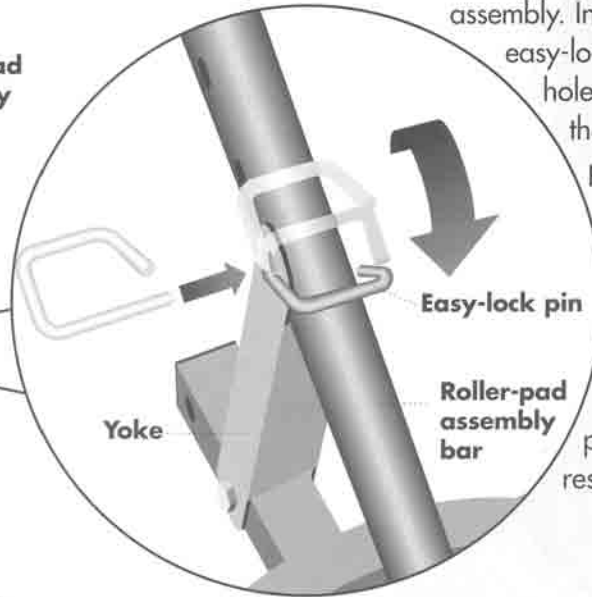
For beginners, attach the height block to the underside of the upper support with the Velcro.<sup>®</sup> Refer to the illustration in step A. As your abdominal strength improves, you may want to remove the height block. This will allow for increased abdominal activity through a greater range of motion.

Weight holders are for optional 2 or 4 pound resistance plates. After 2 weeks in program one, you may want to add weight to your workout. Contact customer service at 1-800-236-5139 for more information on purchasing weights.

<sup>®</sup>Velcro is a registered trademark of Velcro Industries B.V. (Netherlands/Holland Corp.)



Push the upper pad into the U-brackets on the lower pad. Align the holes and attach with two of the 1 3/4-inch bolts and wing nuts. The wing nuts should be on the inside. Do not over-tighten the wing nuts.



Attach one end of the yoke to the inner hole in the square tube with a 1 3/4-inch bolt and wing nut. Align the other end of the yoke with the lowest set of holes in the roller-pad assembly. Insert the straight end of the easy-lock pin through all of the holes, from left to right. Rotate the bent side of the easy-lock pin down to secure it in place. Make sure the easy-lock pin is completely extended through the yoke and the roller-pad assembly. See the *Change Resistance* section on page 7 for different resistance settings.

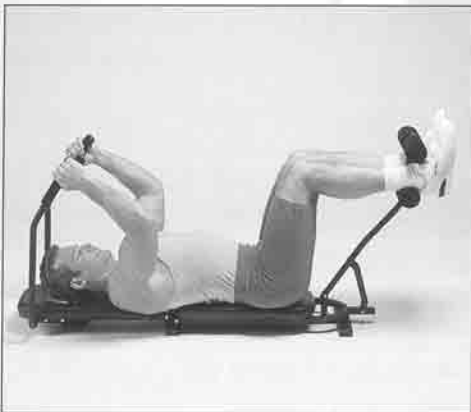
# Getting Started

The following start positions are to help you learn the basic positions for all exercises. The actual exercises are described in the next section.

## Start Positions

### Crunch and Reverse Crunch Start Position

Lie on AbWorks™ with your feet in the rollers. Position your body so that your head is five to seven inches from the top of the pad, or wherever is most comfortable. Grasp the handles. Slide down on the pad if the exercise is too difficult. Keep your head in contact with the pad at all times.

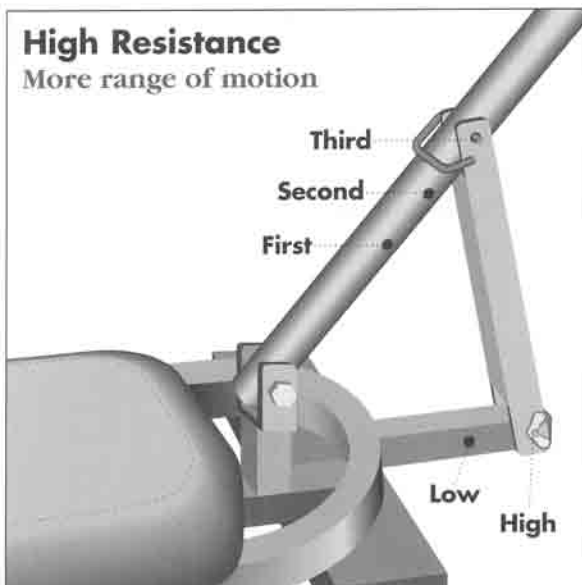
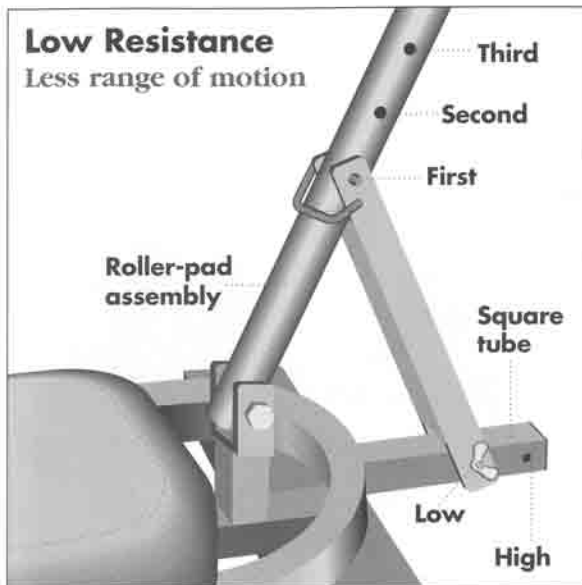


### Oblique Start Position

To work your left oblique abdominals, lie on AbWorks with your feet between the rollers. Hold the handle with your right hand. Rotate your trunk so that your left hand is placed against your right forearm. The right side of your face should be flat against the pad. For your right oblique abdominals, grasp the left handle and rotate to the other side. Keep your head in contact with the pad at all times.







## Change Resistance

### Adjust the roller-pad assembly

AbWorks allows you to change resistance in five different ways. The roller-pad assembly has several adjustments you can make. There are also different body and hand positions to further change the resistance. Removing the height block allows for increased resistance and greater abdominal activity.

- The square tube, which is part of the lower support, has two settings: a low range and a more difficult high range.
- The roller-pad assembly has three settings. The first setting is the EASIEST and the third setting is the HARDEST. Start on low range with the first setting. As you get stronger, use the second setting, and then the third.

### Change positions

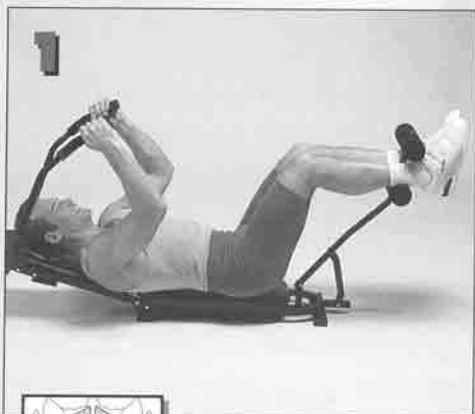
- Change your body position. The closer you move your head to the end of the pad, the harder the exercise. The further away from the end, the easier the exercise.
- Change your hand position. The lower your hands are on the handles, the more difficult the exercise. The higher your hands are, the easier the exercise.

### Remove the height block

Remove the height block. This will put your abdominals in a pre-stretched position. Your range of motion is increased, with more challenge for the abdominal muscles.

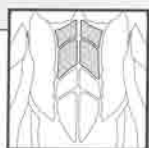
**QUESTIONS?**  
**1-800-236-5139**

# Exercises



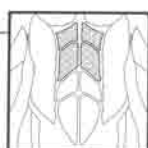
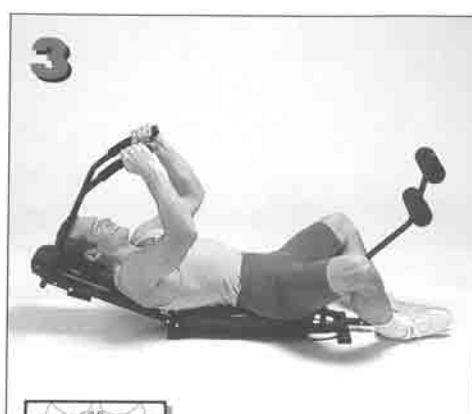
**Crunch:  
feet on floor**

Lie on AbWorks™ with your feet flat on the floor. Use your abdominals to raise your shoulders and back off the floor. Curl up to a crunch position so that your head, hands and entire upper body feel as one. Once you feel the ab muscles fully contract, hold for two seconds, return to the starting position, and repeat.



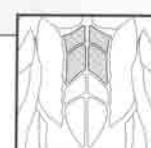
**Crunch:  
feet in rollers**

Lie on AbWorks in the basic crunch position with your feet in the rollers. Perform the crunch exercise from this position.



**Crunch:  
butterfly**

Lie on AbWorks in the basic crunch position. Bring the soles of your feet together, keeping your feet on the floor and your knees flattened out. Perform the crunch exercise from this position.

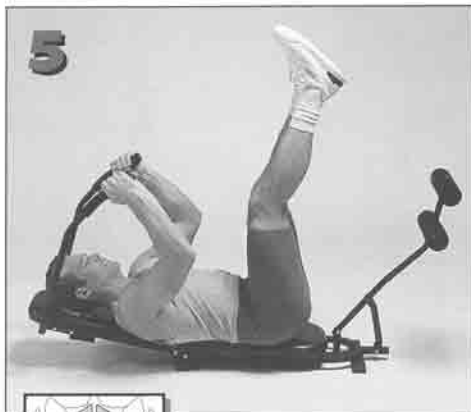


**Crunch:  
1 leg up**

Lie on AbWorks in the basic crunch position with one leg straight up perpendicular to your body. Keep your knee slightly bent. Place the other foot either in the rollers or on the floor with the foot flat and the knee bent. Perform the crunch exercise from this position.

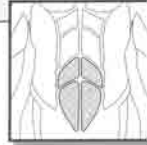
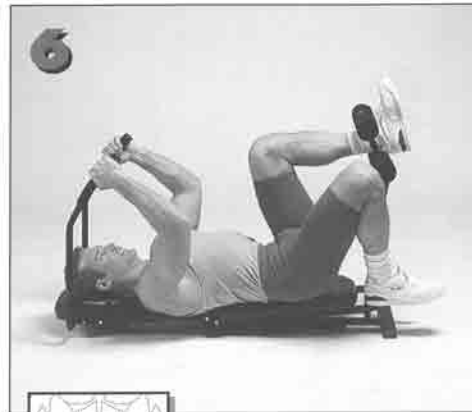
## Add variety:

Exercises 1, 2, and 3 are interchangeable in the workout programs.



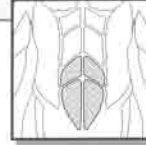
**Crunch:  
2 legs up**

Lie on AbWorks in the basic crunch position with two legs straight up perpendicular to your body. Keep your knees slightly bent. Keep your legs centered over your hips. Grasp the handles. Perform the crunch exercise from this position.



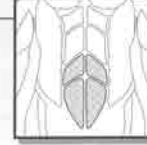
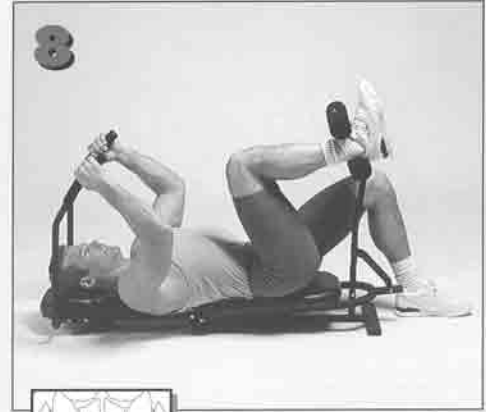
**Reverse Crunch:  
1 foot in rollers,  
1 foot on frame**

Lie on AbWorks in the basic reverse crunch start position. Secure one foot in the rollers and place your other heel on the frame of the machine. Perform the reverse crunch exercise from this position.



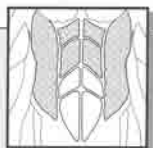
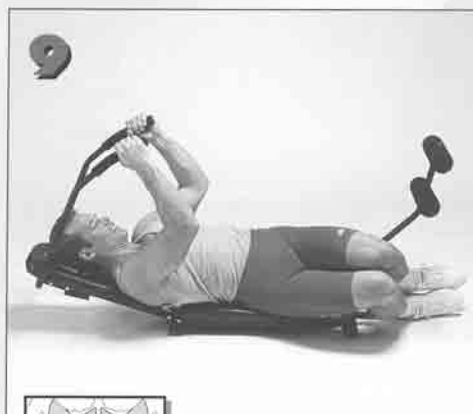
**Reverse Crunch:  
feet in rollers**

Lie on AbWorks with your feet secured in the rollers. Use your abdominals to pull your knees towards your chest. Hold for two seconds. Slowly lower the roller-pad assembly and repeat.



**Reverse Crunch:  
1 foot in rollers,  
1 foot on floor**

Lie on AbWorks in the basic reverse crunch position. Secure one foot in the rollers and place your other foot on the floor. Perform the reverse crunch exercise from this position.

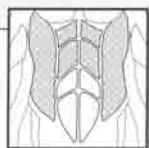


**Oblique crunch:  
legs to side**

Lie on AbWorks, letting both your legs fall to the right side so your hips are perpendicular to your upper body. If your top leg won't go all the way down, rest in a comfortable position as close to the other leg as possible. Perform the oblique crunch exercise from this position. Reverse for the opposite side.

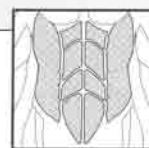
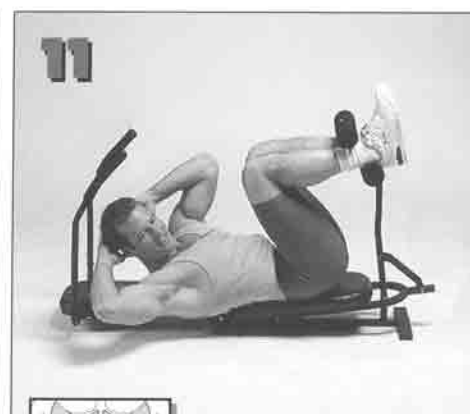
### Add variety:

Exercises 9, 10, 11 and 12 are interchangeable in the workout programs.



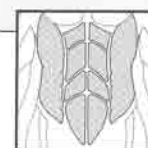
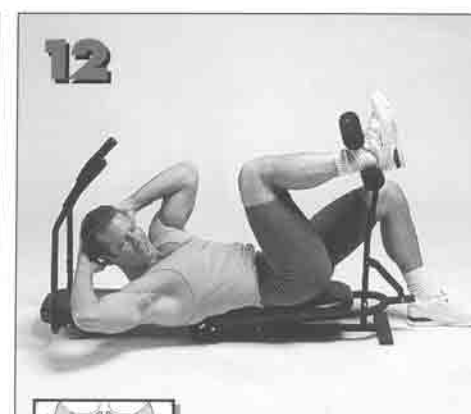
**Oblique crunch:  
feet in rollers**

Lie on AbWorks™ with your feet secured in the rollers. Grasp the handle, and use your upper ab muscles to raise both shoulder blades off the floor, bringing your rib cage toward your pelvis. Once you feel the muscles are fully contracted, hold for two seconds. Lower your torso in a controlled motion to the starting position and repeat. Reverse for the opposite side.



**Reverse crunch:  
both legs with  
a twist**

Lie on AbWorks in the basic reverse crunch position. Place your hands behind your head for support, keeping your elbows wide. Avoid bending your neck forward. Use the oblique muscles to twist your torso toward your opposite knee. Raise to a crunch position so your right shoulder blade comes off the pad while drawing both knees to your chest.

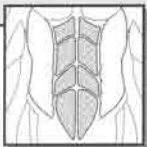


**Reverse crunch:  
1 foot in rollers  
with a twist**

Lie on AbWorks with your left leg bent and your foot flat on the floor. Secure your right foot in the rollers so it is perpendicular to your body. Place your hands behind your head for support. Use the oblique muscles to twist your torso toward your opposite knee. Raise your upper body forward so your right shoulder blade comes off the pad while drawing the roller-pad assembly to your chest.



**13**

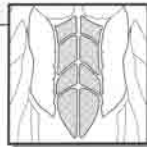


**Combo crunch:  
1 knee to chest**

Lie on AbWorks grasping the handles. Bend your knees, with your feet flat on the floor. Use your abs to raise your shoulder blades off the floor while simultaneously raising one knee to your chest. Maintain a perpendicular position of the leg throughout motion. Return to the starting position and repeat. Reverse for the opposite leg.



**14**

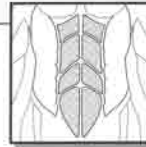


**Combo crunch:  
1 foot in rollers,  
knee to chest**

Lie on AbWorks in the basic crunch position. Secure one foot in the rollers. Perform the crunch and reverse crunch exercise from this position.



**15**



**Combo crunch:  
crunch and  
reverse crunch**

Lie on AbWorks in the basic crunch and reverse crunch position. Use your entire abdominal muscle group to raise your head and shoulders to perform the upper crunch while simultaneously raising your legs to your chest. Concentrate on keeping your legs above the perpendicular position to coordinate the motion.

**Add variety:**

Exercises 13, 14, and 15 are also interchangeable to add variety to your workout.

# Designing a Fitness Program

A medical examination or consultation with your physician is essential before beginning any exercise program.

## Fitness Programs

The actual exercise you perform is only a part of an effective fitness program. There are many other aspects to developing a lifelong commitment to physical fitness.

Using your AbWorks™, along with an aerobic routine and a sensible diet are all part of balanced fitness. With AbWorks you can achieve a variety of personal fitness goals: improved personal appearance, stress reduction and much more!

## Improve Your Personal Appearance

Nearly everyone has a part of their body they would like to improve. The fastest way to a trim tummy is a regular program of total-body aerobic conditioning along with abdominal conditioning. To get rid of the pockets of fat stored over muscle tissue, you need a sensible diet, an effective aerobic workout – like the AbWorks training video program, and muscle conditioning – like using the AbWorks.

## Reduce Your Stress Level

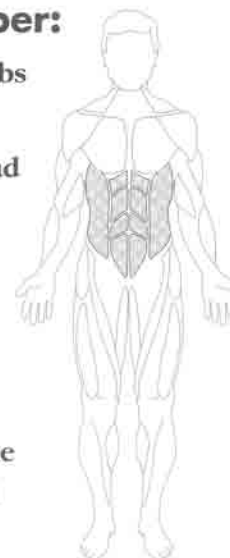
Study after study reveals that people who exercise regularly report lower levels of stress and depression. Exercise causes the brain to produce endorphins and other substances that promote emotional stability, muscle relaxation and a sense of well-being.

## Stay Active and Have Better Health

Active people are simply healthier; they suffer less illness and health problems. Staying active with the AbWorks fitness program is easy. If looking great, feeling your best and maintaining superior fitness inside and out are important to you – you have come to the right place.

## Important Tips to Remember:

- Keep constant tension on your abs throughout the movement.
- Make sure you don't lift your head off the pad.
- Keep your lower back pressed against the pad.
- All movement should be slow and controlled.
- Breathe! Lightly exhale during the exercise and slowly inhale as you return to the starting position.



## Establish Personal Fitness Goals

Set attainable, realistic goals. Reward yourself when you meet those goals. Remember, your goals should act as a guide for your workout program.

## Warm-Up

A warm-up routine prepares your body and mind for exercise. It also provides insurance against injury and soreness. Warm up your torso with limbering exercises, including torso twists, reaches and low-back stretches. A complete warm-up program is included in your training video.

## Participate in Strength Training

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today." — Kenneth Cooper, M.D., M.P.H. — founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

Abdominal conditioning is a form of strength training, and helps increase your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

## Factors in a Sensible Diet:



- **Choose more high-fiber, low in fat and sugar foods: fruits, vegetables and whole grains.**
- **Eat at least five servings of fruits and vegetables each day.**
- **Cut back on red meat consumption; eat lean meat, more white meat and fish.**
- **Choose healthy snacks; bring healthy foods with you to work or in the car.**
- **Eat regular meals or mini-meals; control your portion size — don't binge or overeat. Eat slowly.**
- **Reduce fast food and pre-packaged meals.**
- **Pay attention to fat content and calories.**
- **Limit alcoholic beverages and caffeine.**
- **Drink at least eight to ten glasses of water a day.**

# Workout Programs

A repetition (rep) is the completion of the entire movement of an exercise. Do not rest between exercises.

## Program 1

5 minutes a day, three times a week

This program is for beginners to help develop a basic foundation for abdominal strength. Once you have reached a comfortable level, either increase the resistance (see page 7) or advance to program 2.

Exercises	Reps
<b>Crunch</b> .....	10
<b>Reverse crunch</b> .....	10
<b>Left oblique crunch</b> .....	5
<b>Right oblique crunch</b> .....	5
<hr/> Total Reps .....	30

## Program 2

8-10 minutes a day, four times a week

This program should be performed to increase the endurance in your abs and bring out definition. When your abs begin to show definition, add resistance (see page 7) or advance to program 3.

Exercises	Reps
<b>Crunch:</b> feet on the floor.....	10
<b>Crunch:</b> feet in rollers .....	10
<b>Reverse crunch</b> .....	10
<b>Reverse crunch:</b> 1 foot in rollers right and left (each).....	5
<b>Oblique crunch:</b> right and left (each).....	5
<b>Crunch:</b> 1 leg up right and left (each).....	5
<hr/> Total Reps .....	60

## Program 3

12 minutes a day, four times a week

This program increases the intensity of the workout by using more difficult exercises. You can increase the resistance (see page 7) and stay with this program before advancing to program 4.

Exercises	Reps
<b>Crunch:</b> feet on floor.....	10
<b>Crunch:</b> feet in rollers .....	10
<b>Crunch:</b> 2 legs up.....	10
<b>Reverse crunch</b> .....	10
<b>Reverse crunch:</b> 1 knee to chest right and left (each).....	5
<b>Reverse crunch:</b> 1 foot in rollers right and left (each).....	5
<b>Oblique crunch:</b> right and left (each).....	5
<b>Reverse crunch:</b> 1 foot in rollers with a twist (each foot) .....	5
<hr/> Total Reps .....	80

## Program 4

20 minutes a day, six times a week

Rest 2 minutes after completing the entire routine and repeat the circuit one more time. To challenge your abs and add variety, add weights or increase the resistance (see page 7).

Exercises	Reps
<b>Crunch:</b> feet floor .....	10
<b>Crunch:</b> feet in rollers .....	10
<b>Crunch:</b> 2 legs up.....	10
<b>Reverse crunch</b> .....	10
<b>Reverse crunch:</b> 1 knee right and left (each).....	5
<b>Reverse crunch:</b> 1 foot in rollers right and left (each).....	5
<b>Oblique crunch:</b> right and left (each).....	5
<b>Oblique crunch:</b> legs to side right and left (each).....	5
<b>Combo crunch:</b> 1 knee to chest right and left (each) .....	5
<b>Combo crunch:</b> upper and lower combined.....	10
<hr/> Total Reps.....	100

**QUESTIONS?**  
1-800-236-5139





# Customer Information

## We're Just a Toll-Free Phone Call Away

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our customer service department at **1-800-236-5139**.

### Customer Service Hours

Monday - Friday 7 a.m. to 8 p.m.

Saturday 8 a.m. to 4:30 p.m.

*Central time*

### Reach Us Via E-Mail

Send us your questions and comments via e-mail.

Please include your account number and order number, found at the top of your invoice.

**service@nordictrack.com**

### Hearing impaired

Hearing impaired customers with TDD access, please call

**1-800-821-1317.**

## 30-Day In-Home Trial — Your Satisfaction Guaranteed

We are so confident that you will enjoy the many benefits of your NordicTrack product that we invite you to use it in your home for 30 days. If you feel that it does not live up to the expectations you have, call our customer service department within the 30 day trial period and we will gladly exchange your product or arrange to have it picked up and returned to us. If you do not have the original packing, there will be additional charges for any materials sent to you. Upon receipt of your product at NordicTrack, we will refund your original purchase price minus the initial shipping charge. Please allow up to two weeks for the crediting process.

## **Manufacturer's One-Year Limited Warranty**

NordicTrack, Inc., will for one year from the date of purchase of the AbWorks™ exerciser, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Please note that commercial use of AbWorks will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if the mishandling is within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care, or normal wear on items, such as those having finished or painted surfaces or foam hand grips. NordicTrack reserves the right to make changes and improvements to the AbWorks without incurring obligations to make similar alterations to equipment previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage®, Inc., a retail distributor of NordicTrack products and authorized distributors of NordicTrack products.

To obtain service under this warranty, call our customer service department at 1-800-236-5139. All shipping costs to return AbWorks and accessories for repairs are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within one year of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations on incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

## **90-Day Limited Warranty (Customers outside of the U.S. and Canada)**

NordicTrack, Inc., will for 90 days from the date of delivery of an exerciser or electronics, repair or replace any part which may prove to be defective in materials or workmanship. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, misuse, abuse, acts of nature, customer-made alterations, improper maintenance, unreasonable care, normal wear or other causes not arising from defects in materials or workmanship. NordicTrack, Inc., reserves the right to make changes and improvements to the exerciser without incurring any obligations to make similar alterations to previously purchased exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage®, Inc., a retail distributor of NordicTrack products and authorized distributors of NordicTrack products.

To obtain service under this warranty, notify our customer service department at the toll-free number printed on your invoice to receive authorization. Once you receive authorization, repack your exerciser as directed; be sure to include proof of purchase and a brief statement describing the defect with your product in the box. All shipping costs to return the product and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond 90 days from the date of delivery. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within 90 days from the date of delivery. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. This warranty gives you specific rights. The laws for each country may vary. The in-home trial, with return privileges, is not extended to customers outside of the United States and Canada.



*Thank you for choosing  
AbWorks™ by NordicTrack*