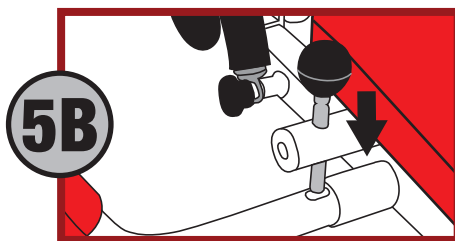
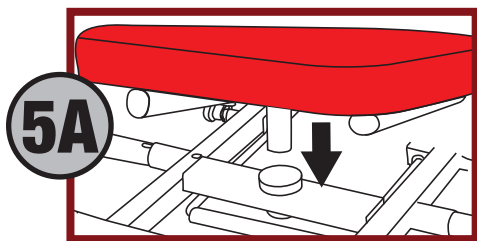


of the **Right Grip Handle**. Push the **Pin** in all the way. This will secure the seat in place. If the exercise requires the seat to swivel, **See Illustration 6 A+B**.



Inserting Pin on side of Right Grip Handle

NECK SUPPORT ADJUSTMENT See Illustration 1B

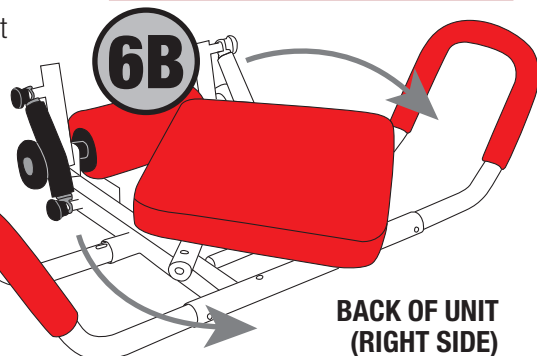
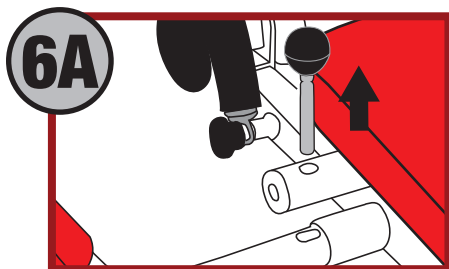
NOTE: WHEN EXERCISING, REMEMBER TO REST YOUR HEAD ON THE HEAD SUPPORT.

You can adjust the **Head Support** to your comfort. Just loosen both **Adjustment Knobs** by rotating them counterclockwise. Move the **Neck Support** up or down and align with openings. Tighten the **Adjustment Knobs** by rotating them clockwise.

SEAT SWIVEL

The seat is designed so it can swivel in both directions while exercising.

1. **See Illustration 6A.** If the exercise requires the seat to swivel, simply pull up the **Pin** and remove it.
2. **See Illustration 6B.** The seat will swing in both directions.
3. If you need to secure the seat, move it to its original (straight) position so both openings of the right grip handle and seat are lined up and insert the pin in.



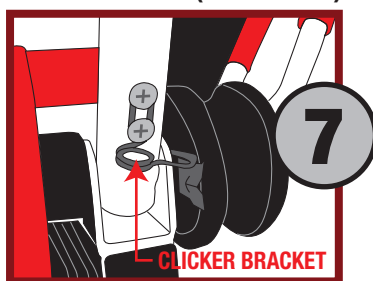
CLICKER

The Ab Rocket Twister is equipped with the Clicker located on the back of the right back support metal bar. When you complete a full ab crunch, you will hear a click.

If you would like to remove the click feature, **see Illustration 7.** Using the screwdriver, remove both screws and the clicker bracket. Now you will no longer hear a click while doing crunches.

STORAGE

For easy storage under the bed, simply remove both top **Screw Tops** by rotating them counterclockwise, **see Illustration 2.** Leave the bottom **Screw Top** attached. Bring the **Resistance Springs** down, replace the **Screw Tops**. Bring down the **Padded Back Support**. Both **Grip Handles** can be removed (if needed) for easy storage. Just press the **Spring Pins** on both **Grip Handles** and remove them.



AB ROCKET

TWISTER™

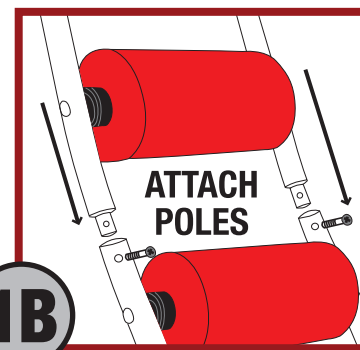
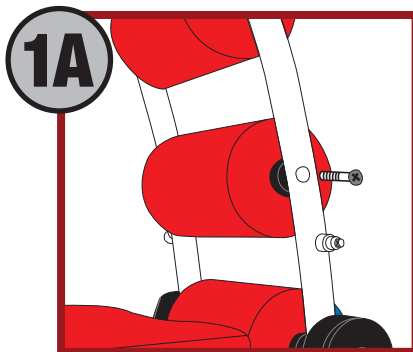


ASSEMBLY INSTRUCTIONS

FIRST

NOTE: AB ROCKET TWISTER™ unit needs to be assembled prior to use.

1. See **Illustration 1A**. Locate the **Padded Back Support** piece. Insert it between the **Metal Bars**. Align with the openings.
2. See **Illustration 1A**. Attach **Padded Back Support** piece to the **Metal Bars** with screwdriver (included).
3. See **Illustration 1B**. Attach the **Top Back Support Poles** to the **Main Unit**. Align with the openings. Secure both **Poles** using the provided screws.
4. See **Illustration 1C**. Slide the **Adjustable Head Support** over both **Poles**. Tighten the **Adjustment Knobs**. Refer to Neck Support Adjustment instructions below.



Connecting
Top Back
Support
Poles to
Main Unit

SECOND

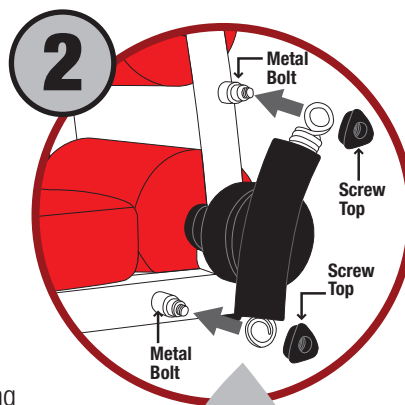
1. To attach the **Resistance Springs**, choose the proper resistance:

Yellow Spring-Lowest Resistance
Blue Spring-Middle Resistance
Red Spring-Highest Resistance

Resistance Springs

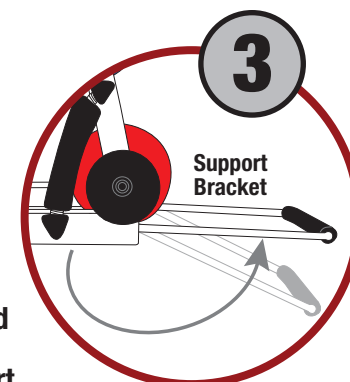
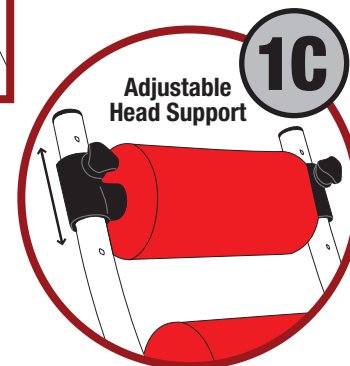


2. See **Illustration 2**. To attach the **Resistance Springs**, place both ends of the **Resistance Spring** over the **Metal Bolts**. Secure it with the **Screw Top** by rotating it clockwise. Make sure the **Screw Top** is tightened all the way. Push down on the **Resistance Spring** while tightening the **Screw Top**. Repeat for second **Resistance Spring**.
3. To remove the **Resistance Spring**, just unscrew the **Screw Top** by rotating it counterclockwise. Repeat for the other spring.



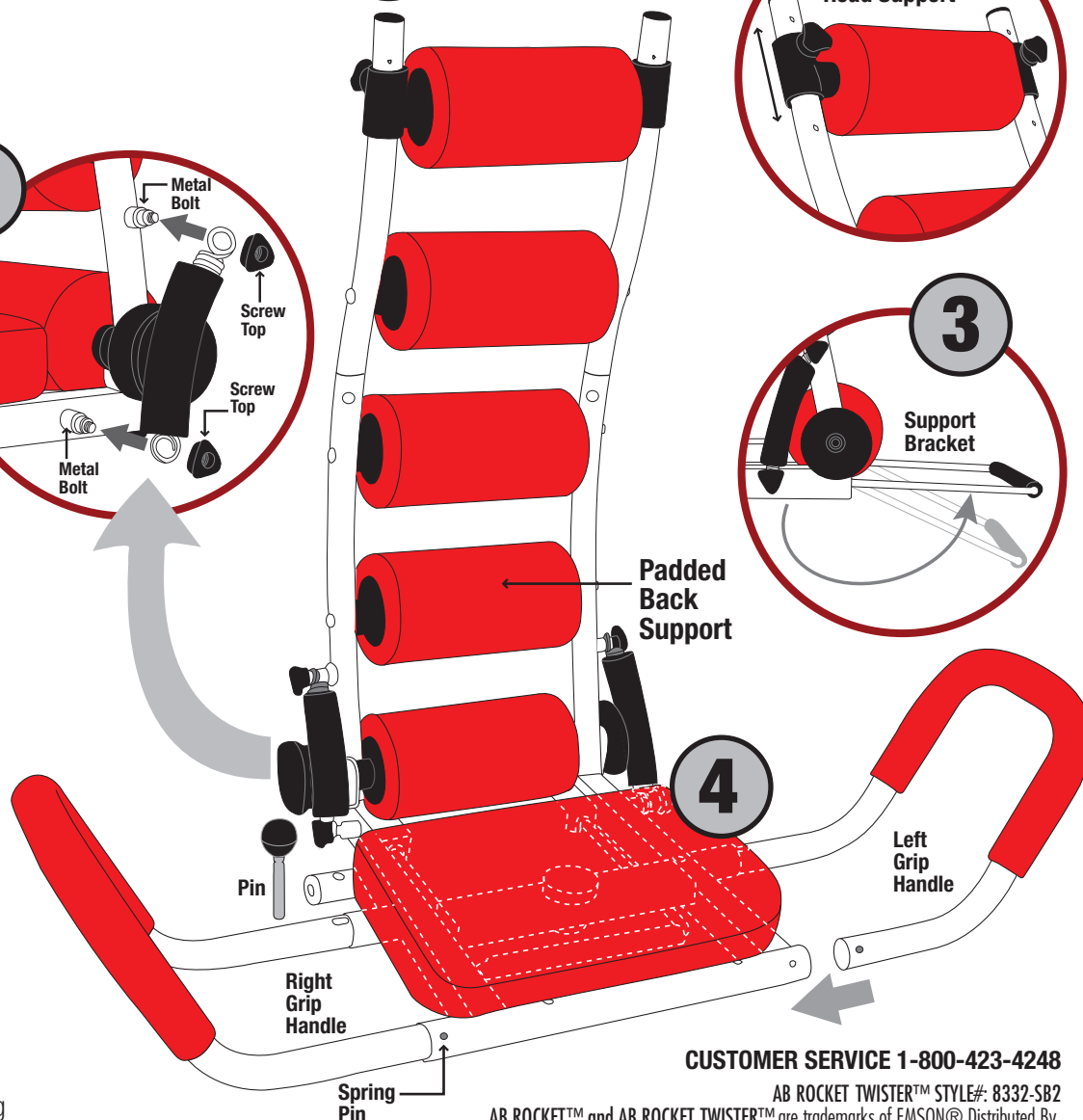
THIRD

See **Illustration 3**. Pull out **Support Bracket** from underneath the seat. This will give you extra support when using the AB ROCKET TWISTER™.



FOURTH

1. See **Illustration 4**. Insert **Right** or **Left Grip Handles** into the base of the unit. The **Right Grip Handle** has an additional oval opening.
2. Press in the **Spring Pin** and push the **Grip Handle** in. Repeat for the other **Grip Handle**.
3. To remove the handle, press and hold the **Spring Pin** as you are pulling the **Grip Handle**.



FIFTH

1. See **Illustration 5A**. Insert **Padded Seat** into the base of the unit.
2. See **Illustration 5B**. Insert the **Pin** through the opening in the seat and oval opening

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