

Perfect.AB-CARVER™

GET STRONGER
THE AB CARVER'S KINETIC ENGINE ASSISTS YOU

KINETIC ENGINE

Carbon steel spring turbocharges
abdominal and arm workouts

ULTRA- WIDE WHEEL

Stabilizes movement to carve left,
right and center

PERFORMANCE GRIPS

Precision fit provides increased control



⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE USER GUIDE AND ON THIS WORKOUT CHART MAY RESULT IN SERIOUS INJURY OR DEATH.

Refer to your User Guide for additional safety instructions.

Before EACH use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts.

Consult your physician before starting this or any other exercise program. Fitness training can result in serious injury or death. Risk of injury can be lessened when safe techniques and common sense are practiced. **Before beginning your first workout, become familiar with the Perfect Ab-Carver™ and review all exercise guidelines prior to using the equipment. If you have any questions, consult your physician.**

Start out slowly and progress sensibly. Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

Use caution when rolling out for the first time as you may roll out excessively. To PROTECT against rolling out too far, PLACE the Perfect Ab-Carver™ 12 INCHES FROM A WALL. Use the wall to block your movement and progressively move back as you build up your core strength. **USE ON A NON-SKID SURFACE ONLY.**

Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT modify the equipment or use attachments not recommended by the manufacturer.

GETTING STARTED

The Perfect Ab-Carver™ will carve your core and help you get ripped abs and sculpted arms. The kinetic "engine" uses a carbon steel spring to turbocharge your abdominal and arm workouts. It provides resistance as you roll out and assistance when you roll back. The ultra-wide tread provides maximum stability when carving left, right and center. Ergonomic hand grips are angled to help activate arm and core muscles.



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3 RULES OF CARVE-ING

QUALITY NOT QUANTITY

PROPER FORM IS CRITICAL FOR BEST RESULTS:

- Keep eyes focused 1 ft. in front of the Perfect Ab-Carver
- Keep elbows in
- Keep the core tight - pull navel toward spine
- Keep knees hip-width apart and tips of feet on the ground
- Try both hand positions and use the one that feels most comfortable to you

LEARN YOUR LIMITS

- Carving is an intense exercise, especially the first time you try it.
- **USE A WALL AS A BACK STOP** to learn your limits.
- **START 12 INCHES AWAY FROM A WALL** and slowly roll toward the wall. It will act as a safety barrier should you not be able to control the movement in the beginning.
- It is not unusual to feel sore after your first carving workout. This is a tough exercise and it will take time to build up your core.

TAKE IT SLOW

- Carving is not about speed, it's about slow and controlled muscle contractions
- Pace yourself - try 5 seconds out and 5 seconds back
- Moving slowly lets you focus on keeping proper form and getting results



Use a wall as your guide initially to teach yourself the movement.

BEGINNER



INTERMEDIATE



ADVANCED



CARVE STRAIGHT

SET UP

Slowly lower yourself to floor in kneeling position and place hands on Left and Right handles. Each handle has a large L or R to indicate proper placement of the Left or Right hand. Ergonomic handles are designed to support thumbs in two different positions: on top (recommended for additional strength) or underneath. Place knees and feet hip-width apart with toes resting on the floor. Position Perfect Ab-Carver directly under shoulders.

MOVEMENT

Slowly roll Ab-Carver away from you

and keep eyes focused 1 foot in front of Ab-Carver. As you extend upper body, keep core tight by pulling navel toward spine. Remember to take it slow. Return to start position and use arms and abdominals to pull you back.

TIP

This is an intense abdominal exercise, if you are just starting out, make sure to learn your limits (see Rules of Carve-ing). PLACE AB-CARVER 12" AWAY FROM WALL and slowly roll toward the wall. It will act as a safety barrier should you not be able to control the movement in the beginning.

VARIATION - CARVE LEFT OR RIGHT

Set up the movement as described above. To carve left or right, place more downward pressure on left or right hand and allow Ab-Carver to tilt to downward pressing hand. **Done properly**, only one rubber tread should have contact with floor. As you

carve left and right, allow shoulders to tilt with Ab-Carver. This exercise will engage all four sets of abdominals with emphasis on your right and left sides. Remember to take it slow and **learn your limits safely.**



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CARVE YOUR CORE 21-DAY WORKOUT

The workout outlined is a 21-day workout to help you get a stronger core and sculpted arms. It is designed for all fitness levels from beginner to advanced. On Day 1 you will test how far you can carve. Make sure to follow the 3 Rules of Carve-ing and to learn your limits. On Day 21 you will re-test and see how far you have come.



CUSTOMIZE YOUR WORKOUT

- Step 1 **USE A WALL** to determine how far you can carve from the starting position. Follow the guidelines in the "Know your limits" section on the previous page.
- Step 2 On Day 1, perform 10 repetitions (reps) carving straight out, 5 carving left and 5 carving right. Follow the 21-Day workout to strengthen your core and arms.
- Step 3 Day 21 re-test your limit by moving in 6 inch increments away from the wall. Use your new limit as your baseline and repeat the 21-Day workout.

AB CARVER WORKOUT GUIDE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	LEARN YOUR LIMITS (see page 2). CARVE STRAIGHT: 1 set of 10 reps CARVE LEFT: 1 set of 5 reps CARVE RIGHT: 1 set of 5 reps	OFF	CARVE STRAIGHT: 3 sets of 10 reps CARVE LEFT: 3 sets of 5 reps CARVE RIGHT: 3 sets of 5 reps	OFF	CARVE STRAIGHT: 3 sets of 10 reps CARVE LEFT: 3 sets of 5 reps CARVE RIGHT: 3 sets of 5 reps	OFF	CARVE STRAIGHT: 3 sets of 10 reps CARVE LEFT: 3 sets of 5 reps CARVE RIGHT: 3 sets of 5 reps
WEEK 2	OFF	CARVE STRAIGHT: 3 sets of 15 reps CARVE LEFT: 3 sets of 8 reps CARVE RIGHT: 3 sets of 8 reps	OFF	CARVE STRAIGHT: 3 sets of 15 reps CARVE LEFT: 3 sets of 8 reps CARVE RIGHT: 3 sets of 8 reps	OFF	CARVE STRAIGHT: 3 sets of 15 reps CARVE LEFT: 3 sets of 8 reps CARVE RIGHT: 3 sets of 8 reps	OFF
WEEK 3	CARVE STRAIGHT: 3 sets of 20 reps CARVE LEFT: 3 sets of 10 reps CARVE RIGHT: 3 sets of 10 reps	OFF	CARVE STRAIGHT: 3 sets of 20 reps CARVE LEFT: 3 sets of 10 reps CARVE RIGHT: 3 sets of 10 reps	OFF	CARVE STRAIGHT: 3 sets of 20 reps CARVE LEFT: 3 sets of 10 reps CARVE RIGHT: 3 sets of 10 reps	OFF	RE-TEST YOUR LIMITS CARVE STRAIGHT: 1 set of 10 reps CARVE LEFT: 1 set of 5 reps CARVE RIGHT: 1 set of 5 reps

* See movements on previous page for reference.