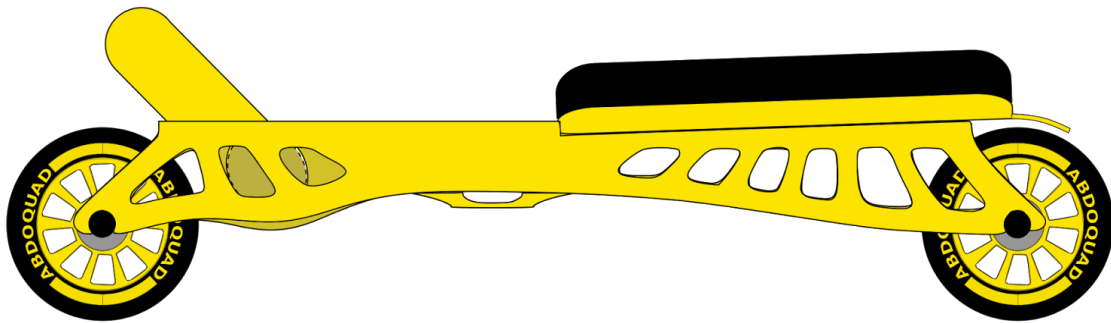


# ABDOQUAD

## SIXPACKS FOR ALL



## User Manual

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Dear sportswoman and sportsman,

We are glad that you would like to train with the ABDOQUAD and wish you a lot of success! See also our website [www.abdoquad.de](http://www.abdoquad.de), there you will find additional up-to-date information about this manual.

## Guarantee / Warranty

The guarantee period is 3 years from date of purchase. Damage to the ABDOQUAD by improper use is excluded from the guarantee; In particular damage caused by the use of armrests with shoes, standing or jumping on the ABDOQUAD.

The maximum permissible body weight of the user is 120kg.

We are constantly working on the further development of our products. Please understand that no claims can be derived from illustrations and descriptions of this manual.

Included in the scope of supply is an ABDOQUAD with knee support and instructions.

## What is the ABDOQUAD?

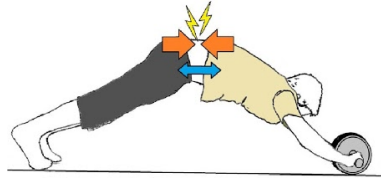
The ABDOQUAD is a further developed AB-roller. It allows you to strengthen the front trunk muscles over a wide training range, from weaker rehab exercises to the hard training for a six pack. The training force can be increased by the arm supports in small steps. As a beginner, you can train yourself step by step to the level of bodybuilders.

The usual AB-rollers endanger your back, as the training force suddenly increases enormously towards the end of the forward movement. The training with the normal AB-rollers is therefore often terminated because of back pain or anxiety. Various "improved" AB-rollers relieve your abdominal muscles by means of return springs, rubber cables or brakes. This reduces the training effect by shifting the training force into the floor and even increasing the potentially damaging pressure on your spine.

The ABDOQUAD minimizes the risk of injury to the back. Fitness trainers like to implement it as a station in HIT training.

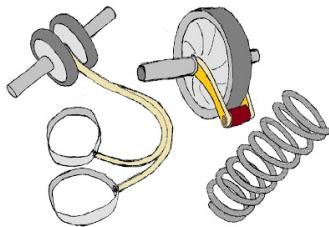
Athletes can also work more safely with the ABDOQUAD at home.

## Back problems with the AB-wheel

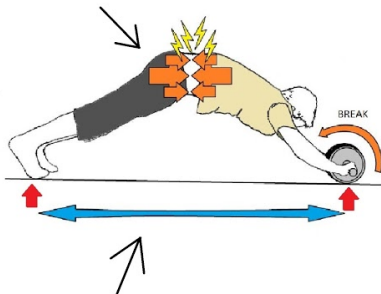


### old Solution:

springs, rubber bands, breaks



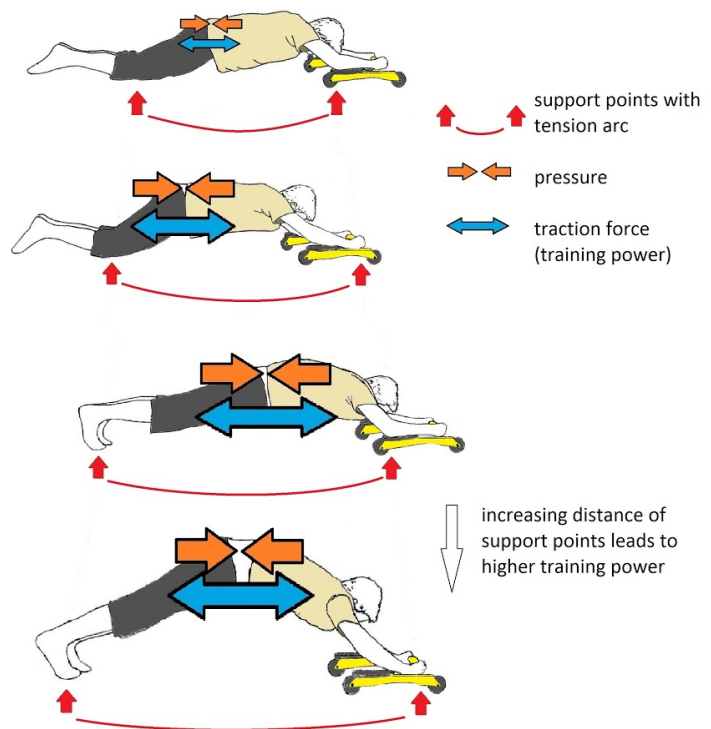
the pressure on the lumbar discs is increased



The floor is trained

### new Solution:

ABDOQUAD® with armrests



The abdominal muscles are trained

## The way to your Sixpack

The care of rehabilitation patients happens individually by physiotherapists, which is why a training manual does not make sense.

The six pack or "washboard abs" is absolutely indispensable to the trained body. The six pack does not only look good, but also forms together with the back muscles and the spine the support structure of

the trunk. Therefore, a trained torso is also valuable as a prevention against back pain, in addition to its visual appeal. Without a strong trunk the forces of running, shooting or throwing movements of the limbs can not be transmitted during sport.

## Work on your fat layer!

To make the six pack visible, the body fat content must drop below 15%. This is achieved only when fat is reduced by energy consumption exceeding the energy supply. To do this, you have to find your personal mix of nutritional change and fat burning, as a suggestion:

5-10% less food energy ("calories") to you, eat more vegetables for this purpose and use a calorie counter from the net for the control.

Stimulate your energy consumption by doing aerobic exercises like running or cycling.

Use extra strength to add muscle mass, which also consumes energy during resting.

## Effective training

### Safety during training

- Precondition is a healthy back, no training if you suffer from disc problems without medical or physiotherapeutic advice.
- Always ensure sufficient abdominal tension for a straight back by pulling the abdomen towards the spine. If your lumbar vertebra is sagging during the exercise (hollow cross), a healthy back can also be overstressed.
- The back is, however, just held by the torso muscles, which is trained by the exercises. Therefore, the training can be intensified step by step so that the newly trained muscles are always strong enough to hold the back in the next stronger exercise.
- No exercise by means of swing facilitate, no jerky movements.
- Put long hair out, they could wrap around the axes.
- Stumbling hazard: Do not forget to remove the ABDOQUAD after use.

### Exercise Guidelines

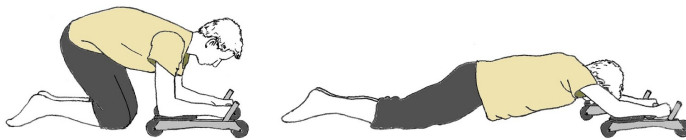
- Train twice a week.
- Execute the movements slowly, especially do not make the exercises easier by swinging, and do not make jerks. The exercises are "quasi-static"; Hold 4 seconds, hold 2 seconds in

stretch, move 4 seconds back, hold in relaxed position for 2 seconds.

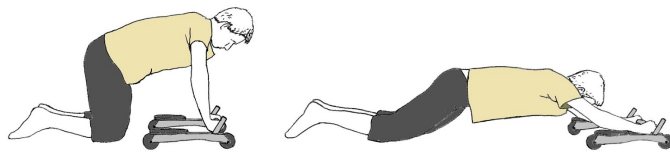
- Choose the level you can work with. Then repeat the exercise until you can no longer hold. When the force leaves you, let yourself fall: but not to the hollow, but to the knee and elbow. In the next workout, try to find out if your strength has grown for the next stronger exercise (training principle supercompensation).
- The hip flexors should be stretched after the exercise: they are strongly stressed during the exercise and therefore tend to be shortened, without stretching problems in the lumbar spine area can occur.

### Five basic exercises with increasing difficulty

(The knee pad is omitted in the sketches but is recommended.)



Start exercise: lean on your elbows and knees and roll back and forth.

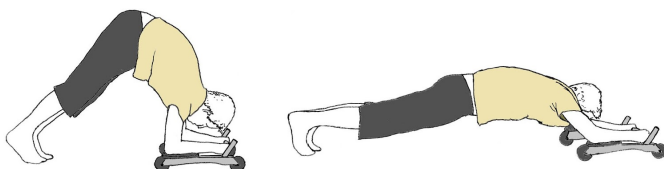


Slightly more difficult: support yourself on your knees, but let your arms be stretched without putting down your arms.



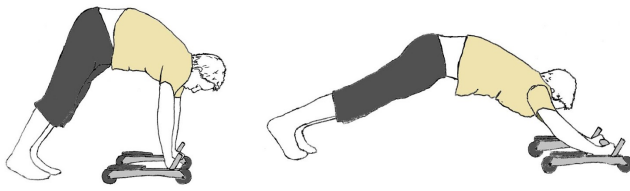
Planking: Supported on toes and elbows with straight legs. Then stretch your arms with your elbows down, hold a bit,

and pull your arms back. Caution: do not drop into the hollow! At the beginning, some users pull up the front wheels when planking; An unnecessary reflex, which you quickly get rid of.



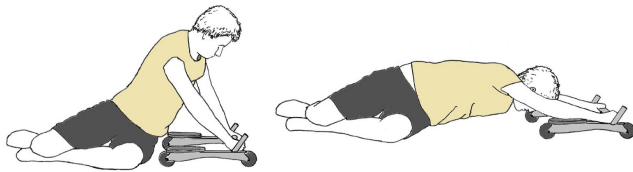
The next more difficult exercise: leaned on the forearms and stretched legs. At the beginning, let your elbows bend, while you just bend and stretch the hips. As an extension, you can also

stretch the elbow towards the end of the forward movement.



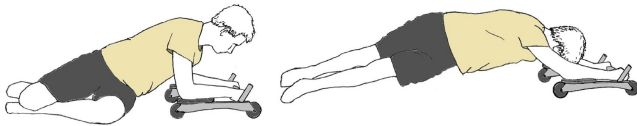
The hardest exercise: propped up on toes and hands and with straight legs. In the foremost range of movement, the forearms will no longer be able to hold and will automatically fall onto the armrests. During

the back movement, try to lift the elbows as soon as possible. The reclining phase will become shorter and shorter in the following days until the exercise succeeds.

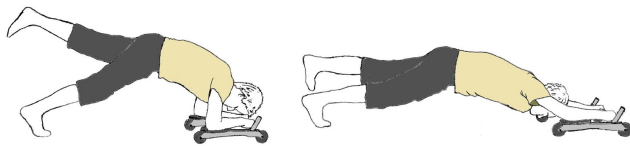


### Lateral trunk muscles

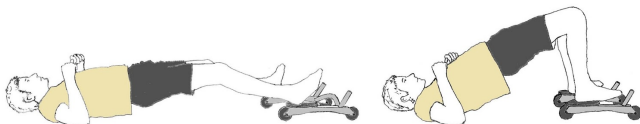
Lay the thighs to the side and roll back and forth with the elbows stretched out.



Extension only for trained: lean on your toes and forearms and stretch and bend your legs while lifting the pelvis.

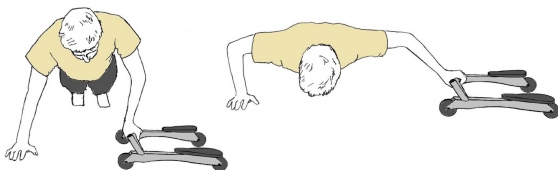


Sticked on toes and elbows and lift one leg. Roll back and forth several times. Then change to the other leg.



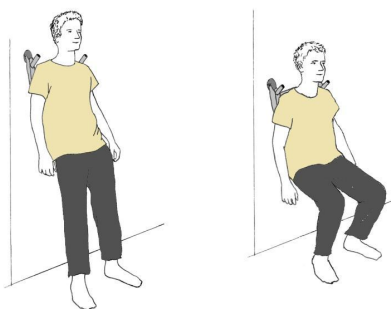
### back muscles

Laying on your back, press your belly upwards and stretch your legs and bend - but not too far, otherwise the flexors of the thigh can contract.



### chest muscles

This exercise trains the chest muscles.



Squats: If the ABDOQUAD® is placed on the back and rolled up and down on a wall, one can make very intense knee bends as a part of the force is directed against the wall. Beware of traces on the wall!

## Repair, maintenance and disposal

We are always interested in problems with the ABDOQUAD, please contact us at [info@abdoquad.com](mailto:info@abdoquad.com), even if there is no more guarantee.

### Repair and maintenance

**The ABDOQUAD tilts:** Is the floor uneven? Rotate by 90 ° ; if it is tilting with another pair of wheels, the ground is uneven, if it is tilting with the same pair of wheels, the ABDOQUAD is tilted. If it is bent less than about 2mm, this does not bother, it is pressed from the body weight to the ground. If it is more, you can re-align it, since the frame is made of steel. For this purpose, the two wheels, which are in contact with the ground, are put on a board. Then, with doing squats on the device, the two high-standing wheels are bend and controlled until all four wheels are again in a plane.

**An armrest has been bent:** This may happen if someone is standing on the device, so that a side support is twisted. To repair, clamp the ABDOQUAD with the rear wheels between your legs so that the rear wheels protrude between the legs. The bent side shows away from you. Then turn the bent side alternately with both hands and check.

**A wheel axle has loosened:** do not use the ABDOQUAD with loose wheels. Push the axle firmly into its bearing and tighten with two 4mm hexagon (hex) wrenches.

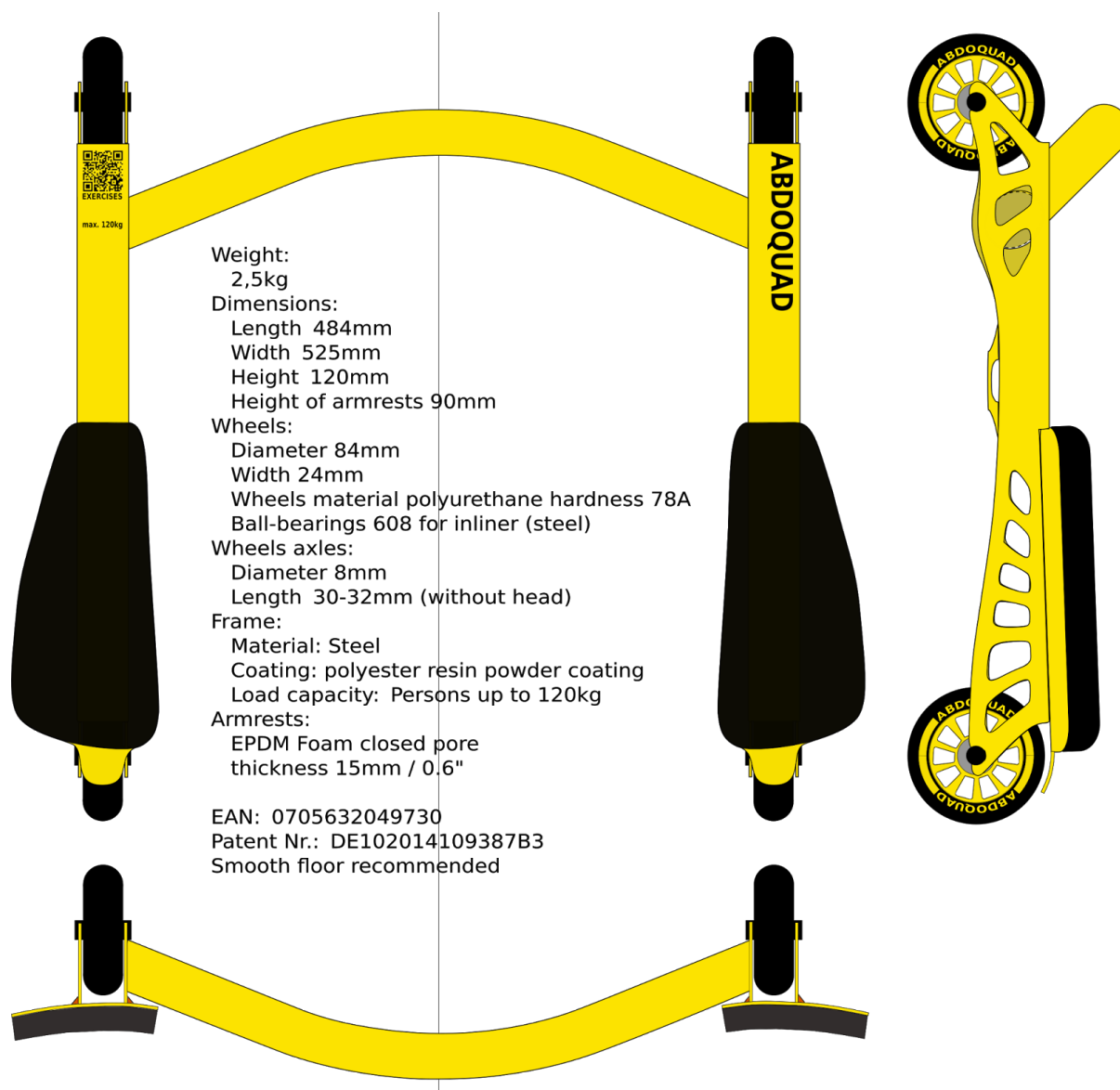
**Changing the foam pads of the armrests:** The foam has a self-adhesive side, the old foam can be detached with a hair dryer. For repeat orders, specify the serial number on the bottom of the frame. The foam of the arm supports is closed-pored so that it can be wiped with water or disinfectant (e.g., Sagrotan).

### disposal

The steel frame is powder coated with polyester, the coating contains no heavy metal. The foam of the armrests is made of EPDM. The wheel hubs are made of polypropylene, the treads of the wheels are made of polyurethane.

# Technical Description

The serial Number is located on the bottom of the ABDOQUAD. Refer to this number whenever you call your dealer upon this product.



## Contact

Körner, Winsener Straße 65, 21077 Hamburg, Deutschland  
Email: [info@abdoquad.de](mailto:info@abdoquad.de) Website [www.abdoquad.de](http://www.abdoquad.de)  
Mobil: +49 (40) 17634737753