

Model No. 831.280781

EXERCISE  
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

# PRO-FORM

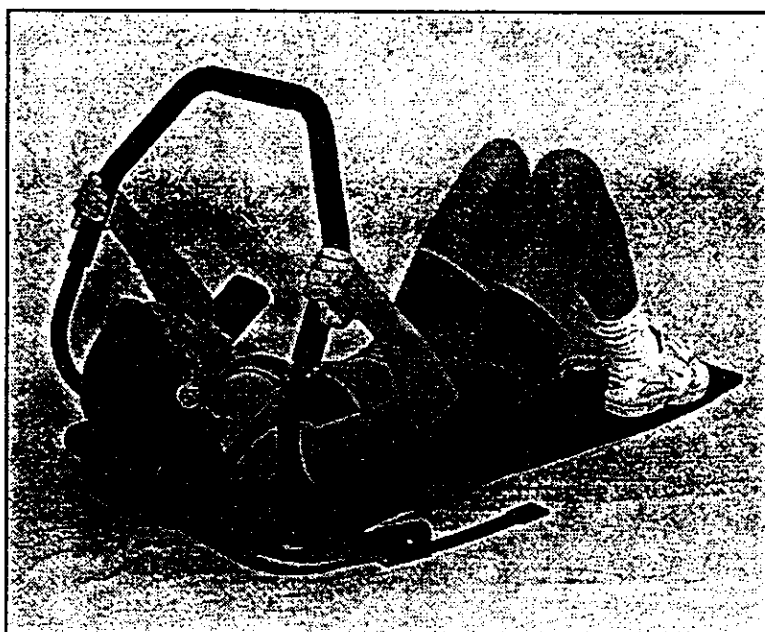
# AB RESISTER

## USER'S MANUAL

### Important Precautions

- Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.
- As you exercise, keep the small of your back on the exercise mat; it may be necessary to raise your hips slightly.
- Keep your head on the headrest as you exercise.
- If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Patent Pending



# SEARS




SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

## Before You Begin

Congratulations for purchasing the innovative PROFORM® AB RESISTER. The AB RESISTER is designed to shape your upper abs, obliques, and lower abs to give you a firm, flat stomach, in only minutes a day. The unique AB RESISTER supports your head and neck as you exercise, and helps you maintain correct form for maximum results. Used as part of a fitness program that includes regular aerobic exercise and a proper diet, the AB RESISTER will help you to look better, feel better, and enjoy the benefits of better fitness.

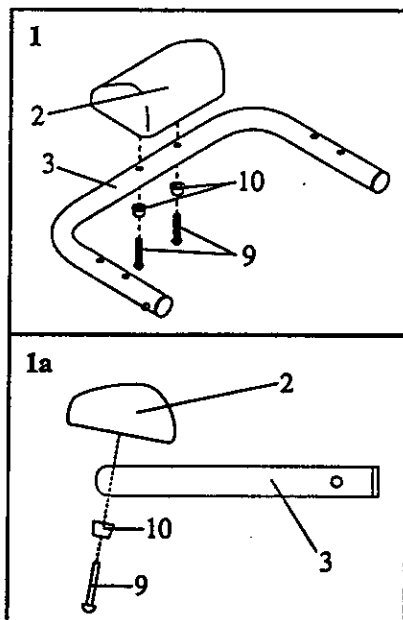
Before you use the AB RESISTER, please read this manual carefully. In addition, be sure to view the included videocassette. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you quickly, please note the product model number before calling; the model number is 831.280781.

## Assembly

Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Assembly requires your standard screwdriver — , phillips screwdriver —  and rubber mallet —  (not included).

1. Before attaching the Headrest (2) see drawing 1a for the proper orientation. Make sure that when assembled the tapered end of the Headrest points slightly up and away from the Frame (3) as shown.

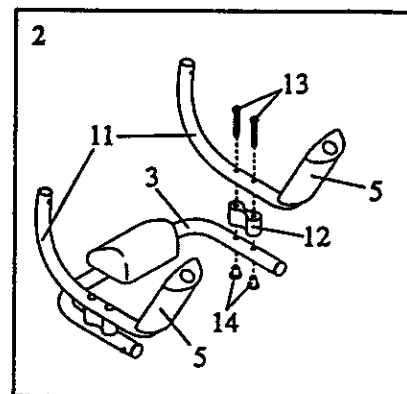
Attach the Headrest (2) to the Frame (3) with two 1 3/4" Screws (9) and two Rubber Feet (10).



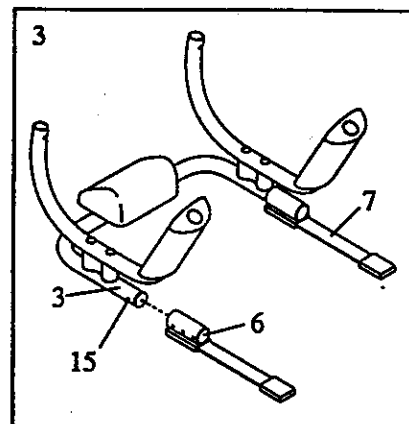
## Assembly—Cont.

2. Attach a Side Frame (11) to the Frame (3) with two 3 1/4" Screws (13), a Frame Spacer (12), and two 1/4" Barrel Nuts (14). Repeat this step on the other side of the Frame.

Make sure that the Foam Pads (5) are positioned as shown in drawing.

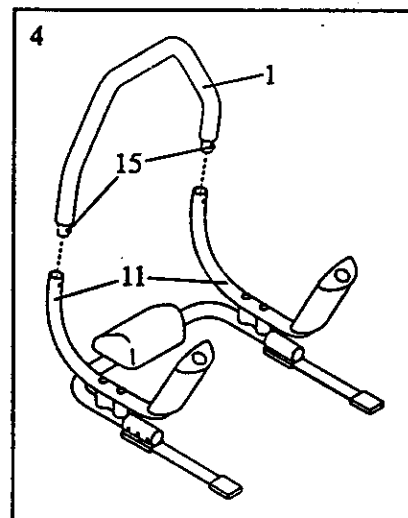


3. Press the indicated Button (15) and slide the Right Resistance Spring (6) onto the Frame (3). Move the Resistance Spring back and forth until the Button snaps into one of the three holes. Repeat this step for the left side of the Frame.



4. Press the two Buttons (15) in the Handle (1). Slide the Handle into the Side Frames (11). Be sure to insert the Handle straight or it may bind. It may be helpful to rock the Handle from side to side slightly as you insert it.

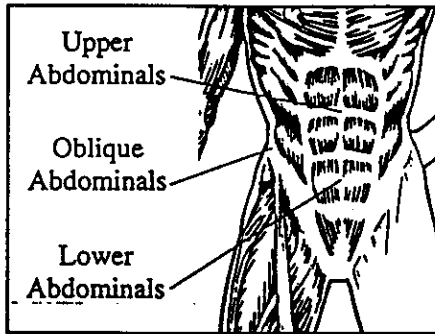
Lay the exercise mat on the floor with the wide end near the headrest.



## How to Use the AB RESISTER

The AB RESISTER offers a variety of exercises that shape your upper abdominals, oblique abdominals, and lower abdominals.

The photographs in this manual show the correct form for each exercise.



The exercises in this manual are divided into four groups: Beginning, Intermediate, Advanced, and Expert. Start with the beginning exercises, and progress at your own pace. Be careful not to overdo it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to advance to more difficult exercises too quickly. The intensity of each exercise can be varied by changing the position of the springs (see ADJUSTING THE RESISTANCE on page 7), or by changing the position of your hands on the handle. The lower your hands are positioned, the more difficult the exercise will be.

To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, allowing the AB RESISTER to roll with you. Keep your head on the headrest and the small of your back on the exercise mat. If necessary, raise your hips slightly.

Always begin and end each workout with a few minutes of stretching. Remember to keep plenty of water nearby as you exercise and drink periodically to avoid dehydration. If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.

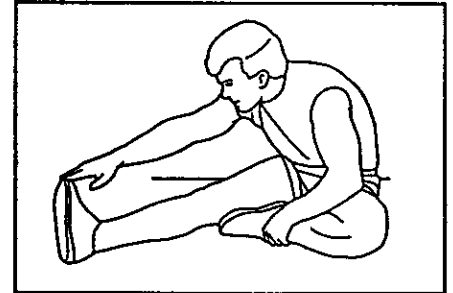
**WARNING:** Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## Suggested Stretches

Begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercise, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching is also effective for increasing flexibility. The correct form for three basic stretches is shown below. Move slowly as you stretch—never bounce.

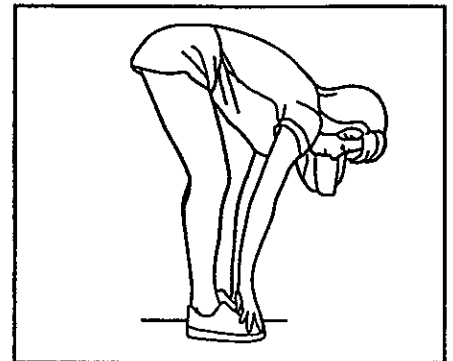
### 1. Hamstring Stretch

Extend one leg and rest the opposite foot against it as shown. Reach toward your toes and hold for 15 counts. Repeat 3 times for each leg.



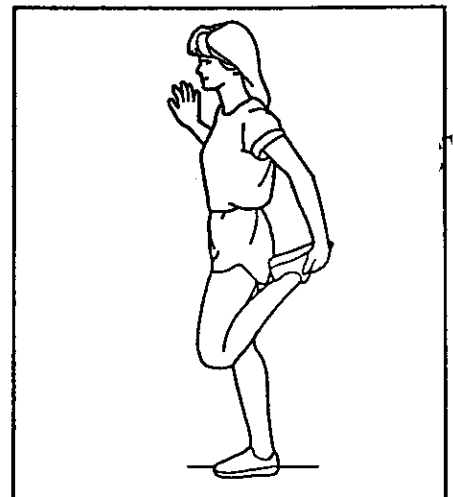
### 2. Toe Touch Stretch

Stand with your knees bent slightly as shown. Relax your back and shoulders as you reach down toward your toes. Hold for 15 counts. Repeat 3 times.



### 3. Quadriceps Stretch

Place one hand against a wall and grasp one foot with your other hand as shown. Hold your foot as close to your buttocks as possible, and hold for 15 counts. Repeat 3 times for each leg.

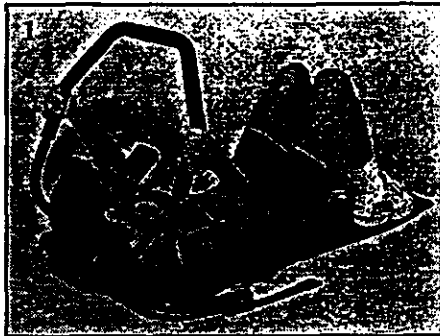


## Beginning Exercises

Be sure to stretch for a few minutes before you begin.

### 1. Basic Crunch

This exercise targets the upper abdominals. Lie on the exercise mat and bend your knees as shown. Hold the handle as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. This completes one repetition. Perform 10 to 15 repetitions.



### 2. Basic Crunch with Raised Feet

This exercise focuses on the lower abdominals. This exercise should be performed in the same way as the Basic Crunch, but your feet should be held about one inch off the floor during the exercise. Complete 10 to 15 repetitions.



### 3. Basic Oblique Crunch

This exercise is for the oblique abdominals. Perform this exercise in the same way as the Basic Crunch, but turn your knees to the side as shown. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.



## Intermediate Exercises

As your abdominal muscles become stronger, and you can comfortably perform several repetitions of the beginning exercises, it is time to move on to the intermediate exercises. Remember to stretch for a few minutes before you begin.

### 4. Raised-knee Crunch with Knees Held to Chest

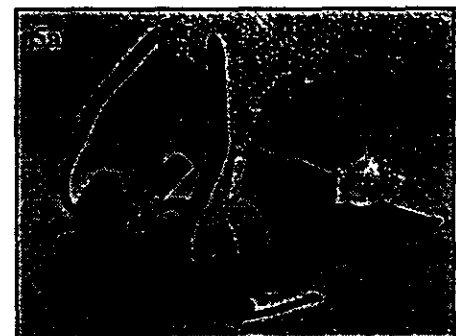
This exercise focuses on the upper abdominals. Lie on the exercise mat and bring your knees toward your chest as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your knees raised throughout the exercise. Complete 10 to 15 repetitions.



This exercise can also be performed by resting your feet on a chair.

### 5. Raised-knee Crunch with Knees Lifted to Chest

This exercise targets the lower abdominals. The starting position is shown in photograph 5a. Curl up to about a 45° angle, bringing your knees toward your chest at the same time; then return to the starting position. Perform 10 to 15 repetitions.



## Intermediate Exercises—Cont.

### 6. Raised-knee Oblique Crunch

This exercise focuses on the oblique abdominals. Bend your knees, lay them to one side, and hold your legs just off the floor.



Curl up to about a 45° angle, then return to the starting position. Hold your legs stationary throughout the exercise. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

## Advanced Exercises

The following exercises are designed to further improve your strength, tone, and flexibility. Remember to stretch for a few minutes before you begin.

### 7. "L"-Crunch

This exercise is for the upper abdominals. Straighten your legs and raise them as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your legs raised throughout the exercise.



Complete 10 to 15 repetitions.

## Advanced Exercises—Cont.

### 8. Advanced Raised-knee Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 8a. Curl up to about a 45° angle, bringing your knees toward your chest as shown in photograph 8b; then return to the starting position.



Complete 10 to 15 repetitions.

### 9. Advanced Oblique Leg Crunch

This exercise targets the oblique abdominals. Straighten your legs and hold them just off the floor as shown in photograph 9a. Curl up to about a 45° angle, bending your knees and bringing them to the side as shown in photograph 9b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.



## Expert Exercises

The expert exercises should be done only after you can comfortably perform the advanced exercises.

### 10. Bicycle Ab Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 10a. Curl up to about a 45° angle, bending one knee and raising it as shown in photograph 10b; then return to the starting position. Complete 10 to 15 repetitions, alternating legs with each repetition.



### 11. Jackknife

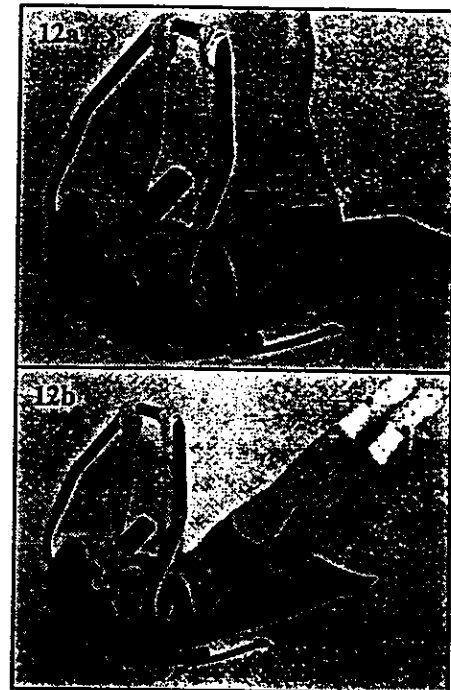
This exercise targets the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 11a. Curl up to about a 45° angle, raising both legs as shown in photograph 11b; then return to the starting position. Complete 10 to 15 repetitions.



## Expert Exercises—Cont.

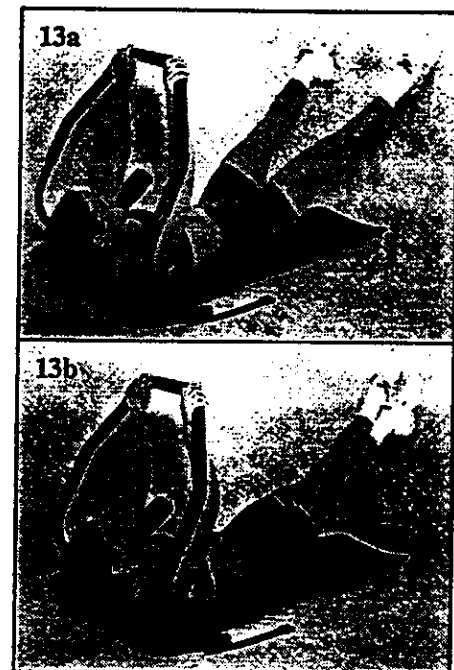
### 12. Reverse Trunk

This exercise focuses on the oblique abdominals. Straighten your legs and raise them as shown in photograph 12a. Curl up to about a 45° angle. This is the starting position. Lower your legs to the side as shown in photograph 12b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.



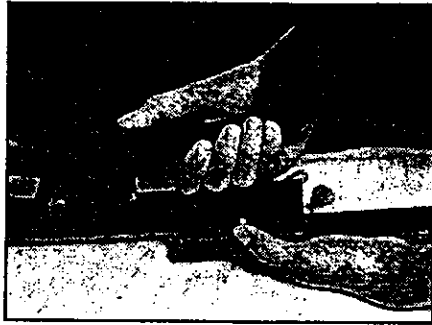
### 13. Scissors

This exercise focuses on the upper and lower abdominals. Hold your legs in the position shown in photograph 13a. Curl up to about a 45° angle. This is the starting position. Cross your ankles as shown in photograph 13b; then return to the starting position. Complete 10 to 15 repetitions, alternately crossing the right ankle above the left, and then the left ankle above the right.



## Adjusting the Resistance

To vary the intensity of your exercise on the AB RESISTER, the position of the springs can be adjusted.



There are three different positions. Press the button on one side of the frame as shown above. Slide the spring forward or backward until the button snaps into a different hole in the spring. Adjust the position of the other spring in the same way. Moving the springs towards the AB RESISTER decreases the resistance. Make sure that the buttons are in the same holes in both springs.

## Storage and Maintenance

When you are not using the AB RESISTER, the handle can be removed for more compact storage.

To remove the handle, press the buttons on the handle and slide the handle out of the side frames. Be sure to pull the handle straight out or it could bind.

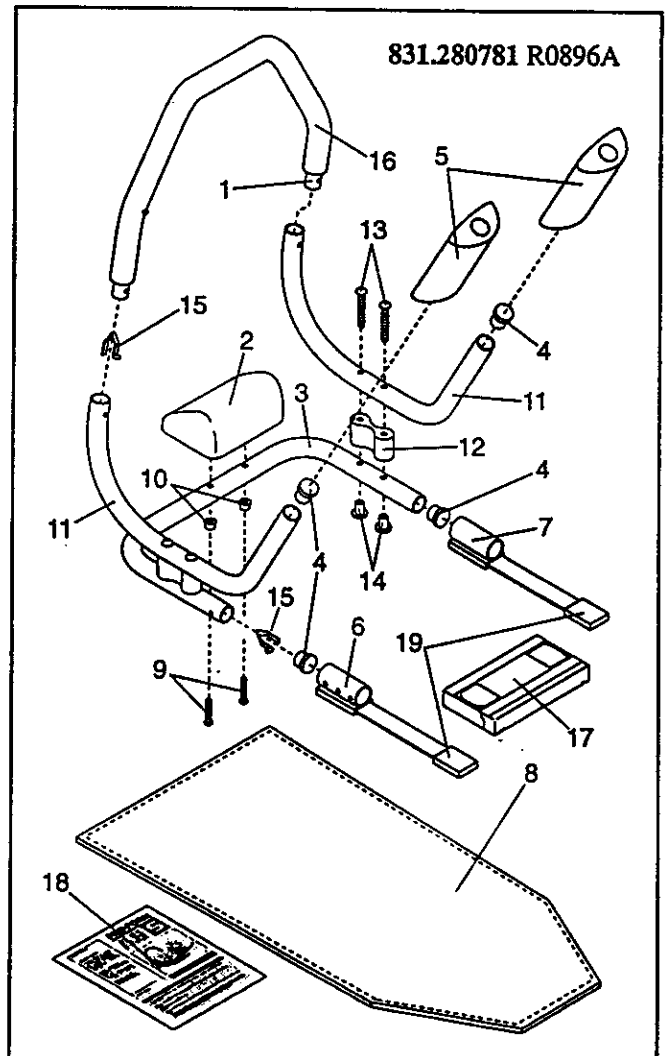


The AB RESISTER can be wiped clean with a damp cloth and mild, non-abrasive detergent. Do not use solvents.

Note: Specifications are subject to change without notice.

## Part List/Exploded Drawing

Key No.	Part No.	Qty.	Description
1	133134	1	Handle w/Foam Grip
2	131345	1	Headrest
3	132780	1	Frame
4	121642	4	Round Inner Cap
5	130657	2	Foam Pad
6	133133	1	Right Resistance Spring
7	133132	1	Left Resistance Spring
8	131346	1	Exercise Mat
9	133350	2	1 3/4" Screw
10	126650	2	Rubber Foot
11	132724	2	Side Frame
12	132674	2	Frame Spacer
13	132839	4	3 1/4" Screw
14	132704	4	1/4" Barrel Nut
15	110632	4	Button Spring Clip
16	132723	1	Foam Grip
17	131348	1	Training Videocassette
18	132910	1	User's Manual
19	131417	2	Endcap



# SEARS

Model No. 831.280781

## QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® AB RESISTER
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

**1-800-736-6879**

Monday-Saturday, 7 am-7 pm  
Central Time (excluding holidays)

## REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART**  
**(1-800-366-7278)**

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® AB RESISTER)
- The MODEL NUMBER OF THE PRODUCT (831.280781)
- The PART NUMBER OF THE PART (see page 7 of this manual)
- The DESCRIPTION OF THE PART (see page 7 of this manual)

## Full 90-day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS AB RESISTER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the AB RESISTER EXERCISER, free of charge.

This warranty does not apply when the AB RESISTER EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179



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