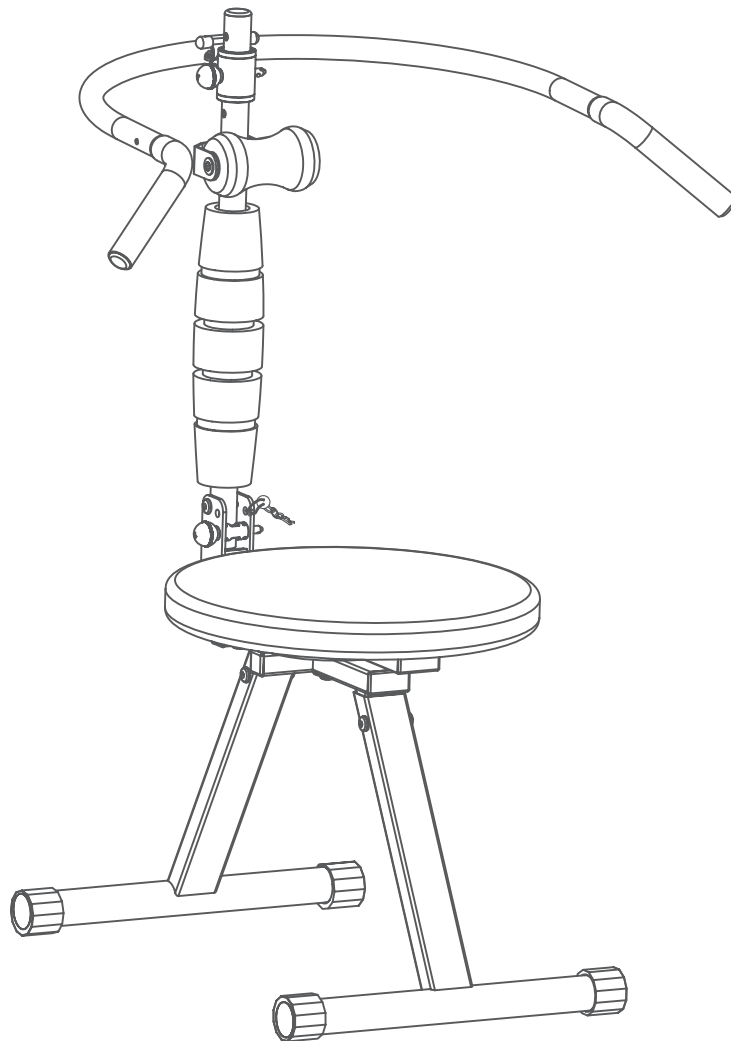


# AB Doer **Twist**®



USER'S MANUAL

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## IMPORTANT SAFETY NOTICE

### IMPORTANT MEDICAL WARNING

Carefully review this User's Guide and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this User's Guide are in no way intended to be a substitute for medical counseling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Certain training programs and types of exercise equipment, as well as eating plans, may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medications that affect your heart rate or cognitive functions, you must seek professional medical advice before starting this program.

**Please read and follow this instructional guide completely before using your ABDoer™ Twist® machine. Keep this guide in a safe place and make sure everyone who uses the ABDoer™ Twist® machine also reads this guide. Have safe, enjoyable and productive workouts.**

1. This product has been tested in accordance with the requirements of EN 957-1, class H - home use only. THE MAXIMUM WEIGHT CAPACITY OF THE ABDOER™ TWIST® unit is 275 lbs/125 kgs. Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.
3. Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components susceptible to defects.
4. Use this equipment EXCLUSIVELY for the purpose intended and described in these user instructions. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
5. Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around the unit. Refer to ABDoer™ Twist® Training Area section of this manual.
6. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.
7. Handicapped or disabled persons should not use the ABDoer™ Twist® unit without the presence of a qualified health professional or physician.
8. Position the ABDoer™ Twist® unit on a clear matted or carpeted level surface. Place a non-slip mat under the unit to help keep the machine stable and to protect flooring and note that the unit should not be pushed across delicate floor coverings (laminated, parquet, carpet, etc.) in order to avoid damage.

9. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.
10. Always warm up before each training session.
11. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
12. Check insert pins and bolts and tighten if loose.
13. Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.
14. Begin slowly and get used to the unique movements of the ABDoer™ Twist® unit prior to starting your routine.
15. To avoid serious injury, never place any part of your body between or near any moving parts.
16. DO NOT use any other accessories not recommended by the manufacturer.
17. Please review the user's guide and the instructional DVD (where available) routines prior to using your ABDoer™ Twist® machine to understand the correct use of this product.
18. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind you of all maintenance guidelines.
19. Do not place unit in direct sunlight as the heat can degrade the non-steel materials on the unit.
20. Do not place your hands or fingers underneath the unit while it's being used. Please do not use while in the presence of children.
21. If you have long hair please tie it up to avoid getting caught in the massage roller or other parts of this unit.
22. Thane Direct Inc. and its affiliate companies assumes no responsibility for personal injury or property damage sustained by or through the misuse of this product.

SAVE THESE INSTRUCTIONS

## BEFORE YOU BEGIN

Dear Fellow Fitness Enthusiast,

I want to thank and congratulate you for making The ABDoer™ Twist® your choice in abdominal training. And once you see the amazing results, not only to your abs, but to your entire midsection you'll be telling all your friends how great the ABDoer™ Twist® is.

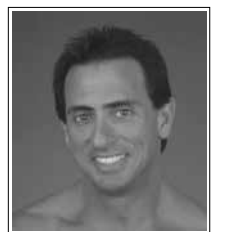
The ABDoer™ Twist® was invented to provide you with a multitude of benefits. Not only will you strengthen, tone and reduce fat from your abdominals, but you will also strengthen your lower back and spinal column.

Common ab exercises are prone to increase (not decrease) the size of your stomach muscles, this is called hypertrophy, as traditional exercise uses a resistance factor that actually stimulates muscle enlargement. Now, instead of anywhere from five to ten different exercises that are time consuming, energy draining, inefficient, and ridiculous all you need is the ABDoer™ Twist®.

From one comfortably seated location you can easily condition every muscle in and surrounding your midsection while shaving away all of that excess fat. And the great thing is The ABDoer™ Twist® is fun and easy to use.

So without further delay, finish reading this manual and get ready for all the compliments when your friends see how great you look.

I wish you phenomenal success!



Sincerely,

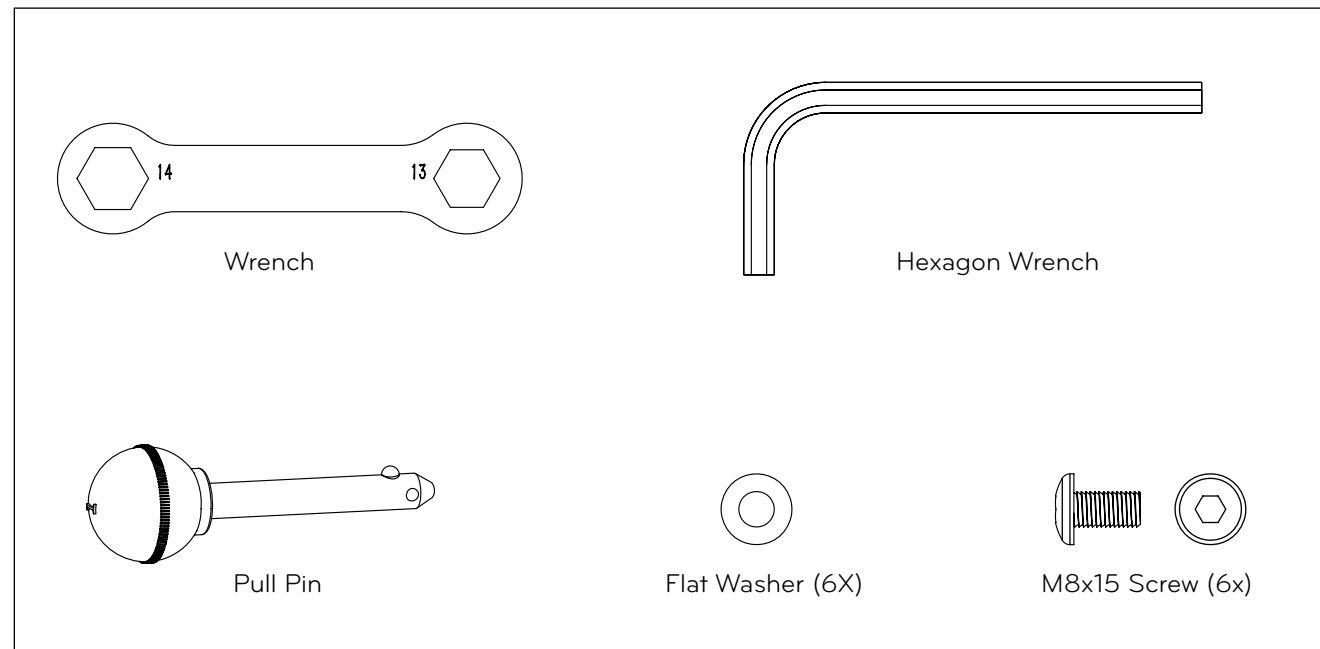
*John Abdo*

John Abdo  
Inventor

## HARDWARE ILLUSTRATIONS

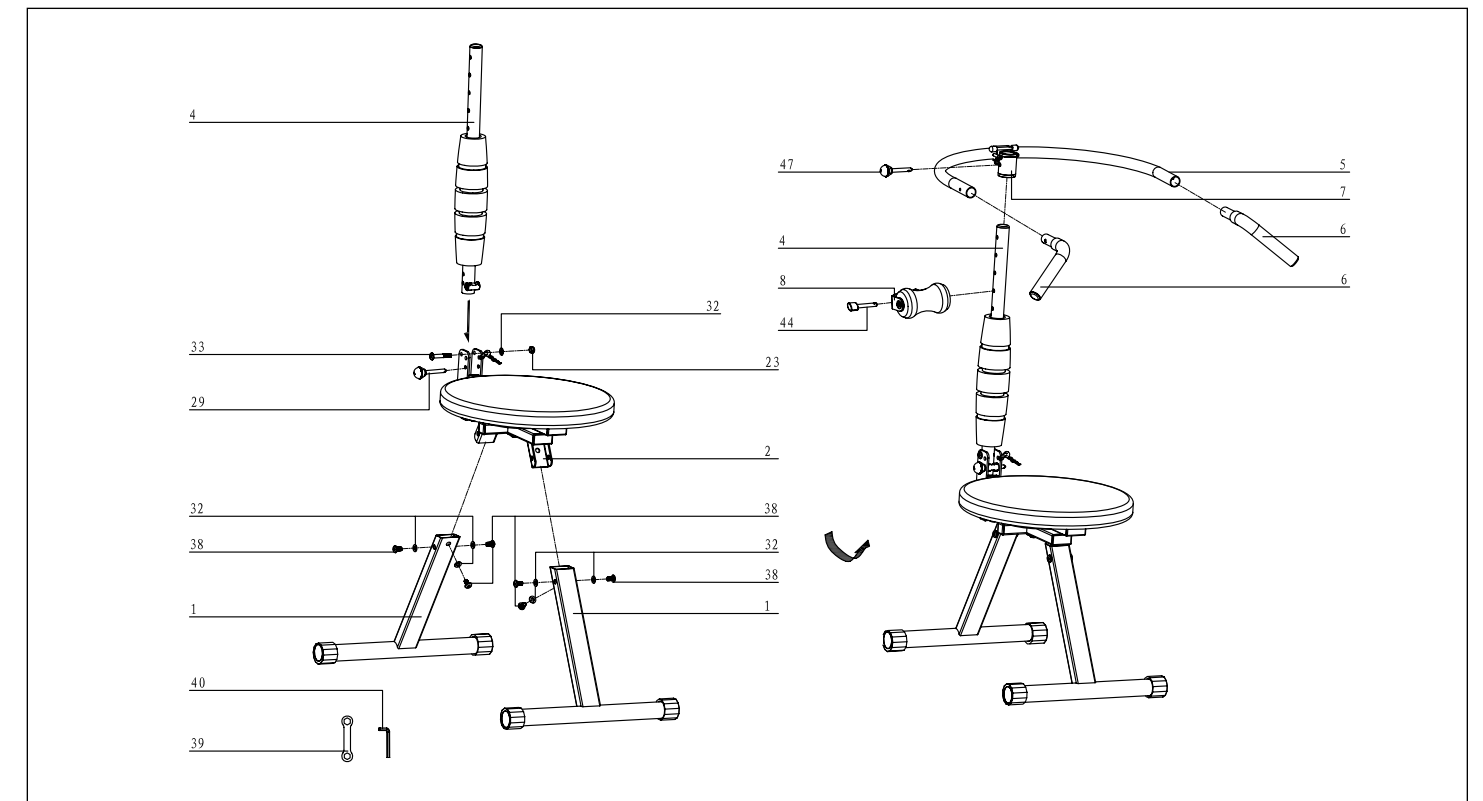
This reference chart is provided to help you identify some of the small parts utilized in the assembly of your ABDoer™ Twist®.

PLEASE NOTE: From time-to-time the manufacturer will substitute a comparable part for another. This sheet may identify parts that are not included for the assembly of your ABDoer™ Twist®. Do not become alarmed if you do not have the specific parts listed on this sheet.



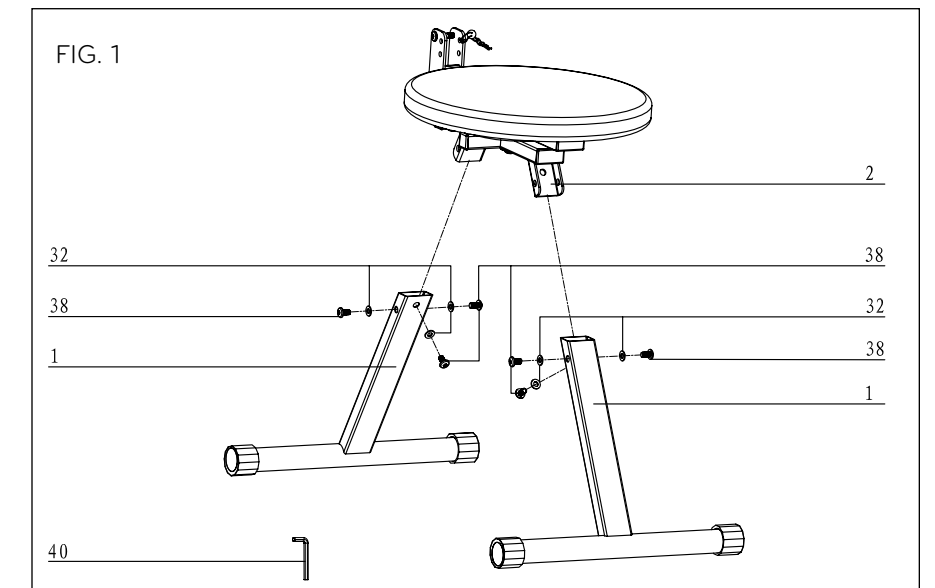
## HOW TO ASSEMBLE

Before beginning lay out all parts and hardware in a clear area. Put all packing material back into the box. Familiarize yourself with all the parts and assembly by carefully reading the instructions before you do anything else.



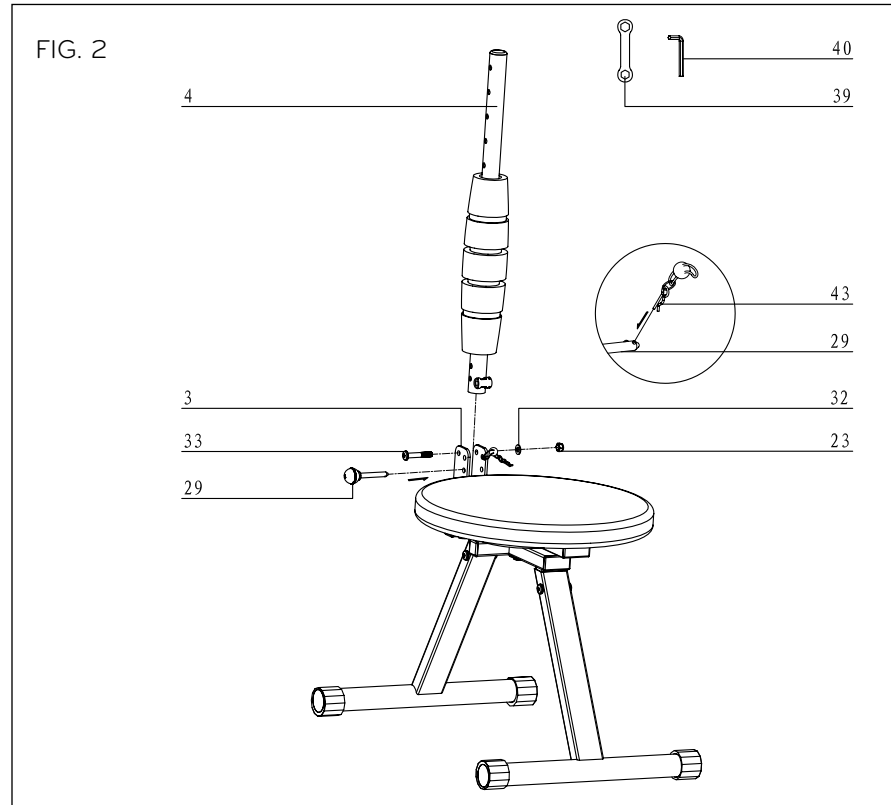
### STEP 1

Assemble front and rear foot#1 with bottom main frame assembly #2 using #32 flat washer, #38 bolt and tightened by Allen wrench.



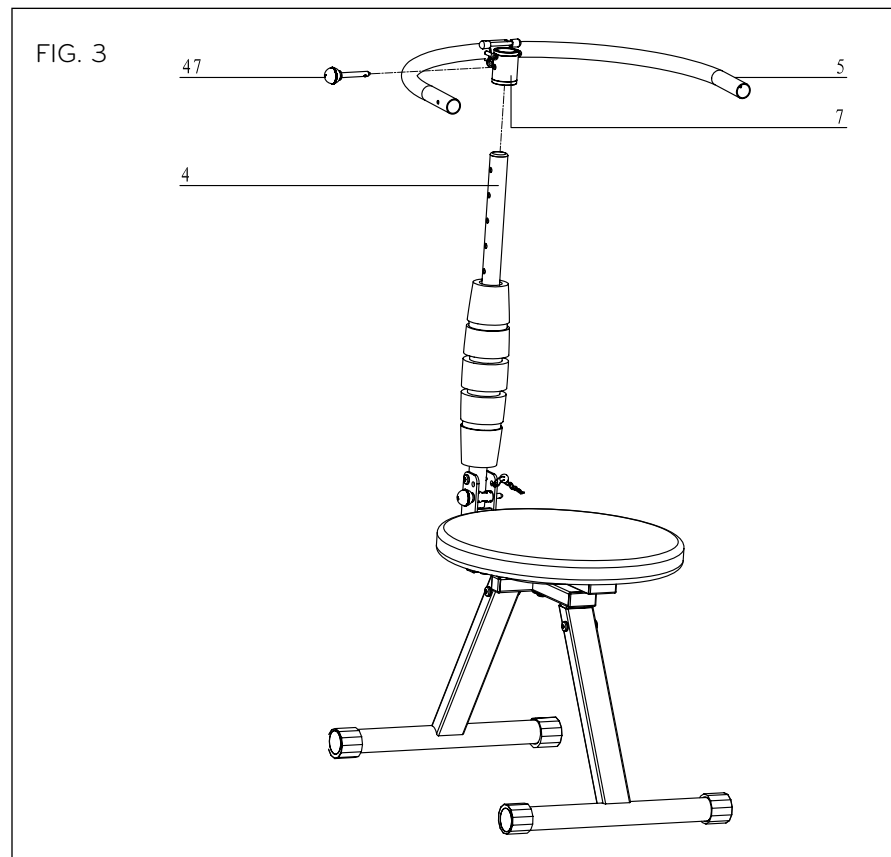
### STEP 2

Assemble center post spring assembly #4 with upper main frame assembly #3, align holes and insert knob pin #29, then insert hitch pin #43 into hold of the knob pin #29. Lock it by bolt #33, flat washer #32, lock nut #23 using wrench #39 and Allen wrench #40.



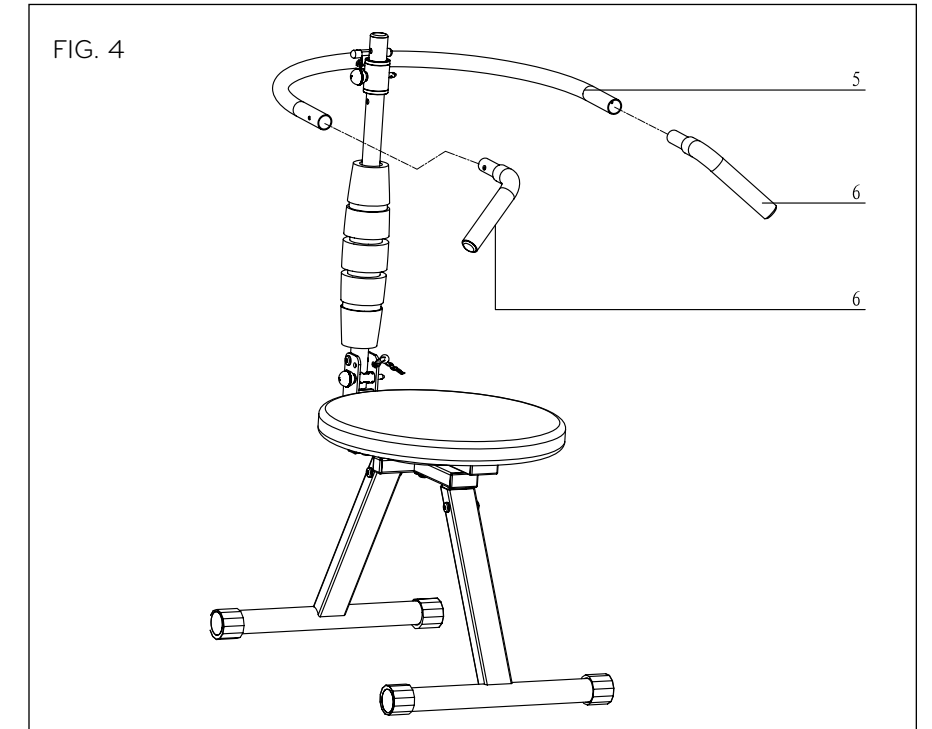
### STEP 3

Remove knob pin #47 from lock bracket #7, then assemble arm bar #5 with center post spring assembly #4. Align hole and insert knob pin #47 into center post spring assembly #4.



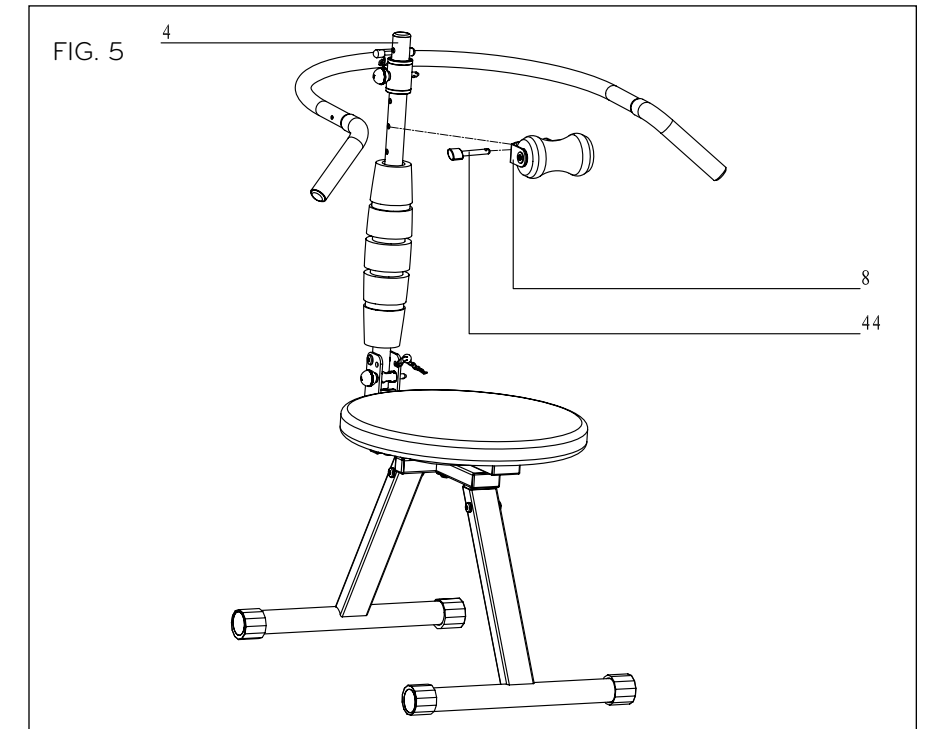
### STEP 4

Assemble handle bar #6 with arm bar #5.

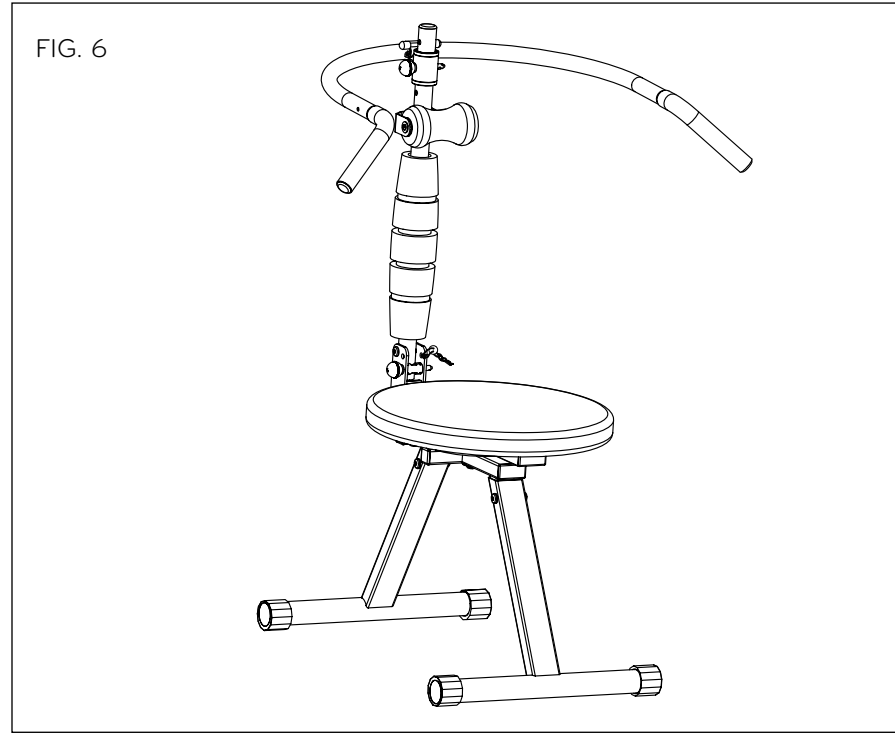


### STEP 5

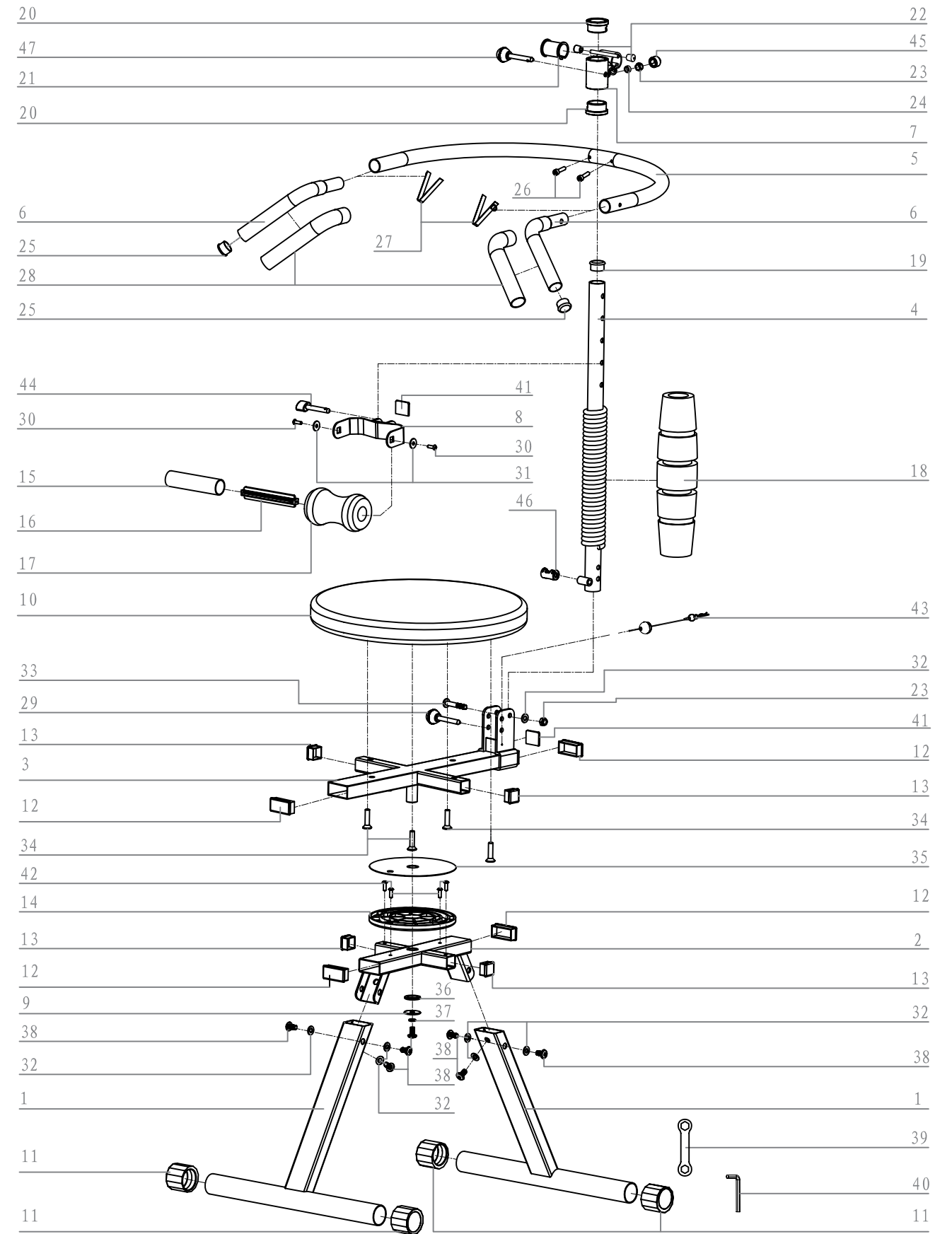
Remove flat knob pin #44 from U bracket #8, insert U bracket #8 on center post spring assembly #4. Align hole and insert flat knob pin #44 into center post spring assembly #4.



**STEP 6**  
Fully assembled.



**PRODUCT PARTS DRAWING**



## PRODUCT PARTS LIST

No	Part Name	Spec.	Materials	Qty/Unit
1	Foot assembly		Q235	2
2	bottom main frame assembly		Q235	1
3	upper main frame assembly		Q235	1
4	center post spring assembly		Q235 65Mn+Q235	1
5	arm bar	φ25.4*1.5	Q235	1
6	handle bar (L/R)	φ25.4*1.2	Q235	2
7	lock bracket assembly		Q235	1
8	U bracket		Q235	1
9	washer	φ30*φ8.5*2	Q235	1
10	seat assembly	φ400*40		1
11	end cap	match φ38.1*1.5 tube, orange 151C	Q235	4
12	inner end cap	match 50*25*1.5 tube	PE	4
13	inner end cap	match 25*25*1.5 tube	PP	4
14	twist assembly	φ160*φ21*10	PA66	1
15	rotation tube	φ29*φ25*116	PP	1
16	support rod	24*24*125	PA6	1
17	headrest foam	φ72*φ27*112	NBR	1
18	center foam	φ74*φ36*300C	NBR	1
19	end cap	match φ28.6*2 tube	PE	1
20	spacer	φ40*2.5	PA66	2
21	spacer 2	match φ25.4*1.5 tube	PA66	1
22	plug	φ6	PVC	2
23	lock nut	M8 , black	Q235	2
24	locking bushing	φ12*φ8*5 chrome plating	Q235	1
25	end cap	match φ25.4*1.2 tube	HDPE	2
26	bolt	M6*25 , black	Q235	2
27	clip	φ8	65Mn	2
28	foam grips	φ34*φ23*305,orange	NBR	2
29	pin with round knob (with hole)	φ8*45, chrome plating	PP+Q235	1
30	screw	ST4.2*16, black	Q235	2
31	big washer	φ4.2*1.2, black	Q235	2
32	flat washer	φ8 , black	Q235	7
33	bolt	M8*48, black	Q235	1
34	bolt	M8*35, black	Q235	4
35	round friction sheet	φ160*φ21*1	PP	1
36	PU spacer	φ20.5	PU	1
37	spring washer	φ8, black	65Mn	1
38	bolt	M8*15, black	Q235	7
39	wrench	13# 14#	Q235	1
40	allen wrench	5#	Q235	1
41	rubber	27*27*0.8, black	rubber	2
42	screw	M5*16, black	Q235	4
43	hitch pin	φ2.0 rope + pin		1
44	pin with flat knob	φ8*φ45,chrome plating	Q235	1
45	nut cover (M8)	match M8 nut	PVC	1
46	pin sleeve	φ18*φ9*29.5	PA66	1
47	pin with round knob	φ8*45, chrome plating	PP+Q235	1

## AB-DOs

For best results follow these AB-DOs!

- Please consult a professional trainer, licensed fitness authority, or physician before attempting this or any exercise machine or program.
- Use only on a level surface.
- Follow any one of the instructional video routines which compliment your level of fitness.
- Sit upright on the ABDoer™ Twist® placing your back against the massage roller and your buttocks approximately 2 - 4 inches from the upright bar. The massage roller is adjustable, so adjust it until it is comfortable.
- To ensure stability and balance place your feet on the floor wider than shoulder width apart.
- Secure a firm grip on the handles and tuck the Arm Bar underneath your armpits. The ABDoer™ Twist® offers an adjustable height Arm Bar. So position Arm Bar to a level that is suitable and comfortable for your height. And make sure you are sitting upright to decompress the spine.
- The function of the ABDoer™ Twist® is to strengthen and firm all the midsection muscles. DO NOT PULL WITH YOUR ARMS, otherwise you will engage upper body muscles.
- To begin any session, just move slowly and easily. Short movements will begin to limber up stiff or unconditioned waistline and back muscles. As your conditioning builds you will want to move through wider ranges of motion and increase your movement speed.
- When you fatigue during an ABDoer™ Twist® session, simply:
  1. Slow down the speed of each movement, or
  2. Transition to another movement, or
  3. Reduce the range of motion, or
  4. Stop, you've had enough – great job. You finished your workout today! (Note: Don't stop until you have had a challenging workout.)
- An important feature of the ABDoer™ Twist® is the great aerobic workout you obtain. Stay moving for the period of time listed on the video. To maintain an aerobic time duration, as you fatigue from one movement simply transition to another, but keep moving.
- Use the ABDoer™ Twist® to help loosen up and help relieve stiffness of back muscles, before and after playing your favorite sport. Or before and after lifting weights. This is especially helpful if you sit or stand all day or are involved in strenuous labor.
- I do not recommend adding resistance to abdominal and/or mid-section exercises. Adding resistance has a tendency make the muscles bigger (hypertrophy), not smaller. If you want more resistance, you can try any of the following:
  1. Slow down the speeds of your movements, or
  2. Perform larger or exaggerated ranges-of-motion. This will place more anaerobic emphasis on the muscles, or
  3. Stop and hold your body in various positions for a short period of time to increase the flexion time or power of each contraction, or
  4. Position the Arm Bar over your shoulders to increase the resistance leverage.
- Concentrate your mental focus on your mid-section muscles and your lower back only.
- If at first your movements seem awkward, don't get alarmed. Your midsection muscles and lower back are most likely out of shape. These muscles aren't accustomed to the workout that's provided with the ABDoer™ Twist®. Just give it time and you will become accustomed.

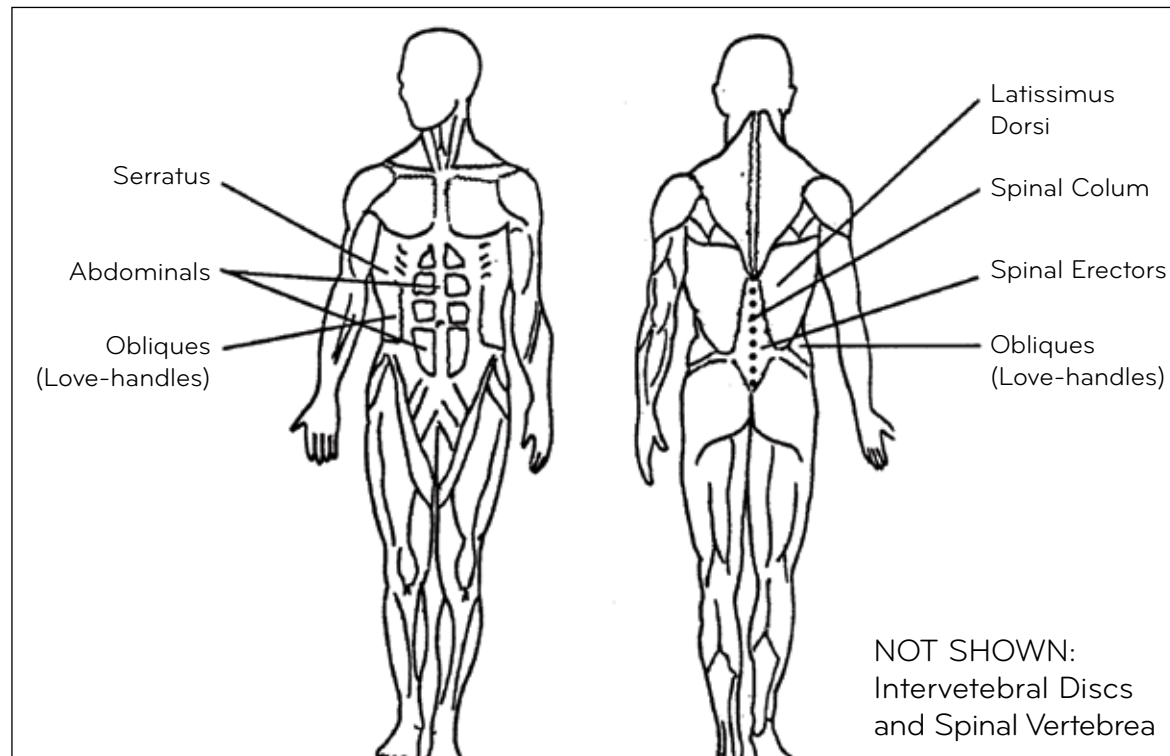
## AB-DOn'ts

Now for the AB-DOn'ts!

- Don't place your feet together; they must be wide and flat and firmly planted on the floor.
- Don't look down, instead keep your chin up and eyes forward. This will prevent your upper back from slouching and help keep your spinal column straight and upright.
- Don't perform any fast movements until your muscles have had a chance to adjust to their new exercise routine.
- Don't perform extreme ranges of motion until your midsection muscles and lower back have become more flexible.
- Don't pull the Arm Bars with your hands. Instead, let your midsection muscles perform all the work.
- Don't count repetitions. Rather, treat your ABDoer™ Twist® workouts like any other aerobic activity. You wouldn't count steps on a treadmill or stepper. Instead, just have fun and "dance" from a **seated position**.

## John Abdo's ABDoer™ Twist® does it all!

It targets the ABDOMINALS,  
It targets the SPINAL COLUMN  
It targets the MUSCLES OF THE LOWER BACK,  
AND It targets the THE OBLIQUE S, those nasty  
love handles everybody desperately wants to eliminate.



## Flexibility & WarmUp Program

Designed by John Abdo

Flexibility or warm up program is an important aspect of all fitness or health routines. Typically, warm up routines comprise any number of mobility movements which are intended to condition the body to move more freely during activity. When you become more flexible you will realize better performance in all your sports and exercise routines while, as an added bonus, you will also feel much healthier ALL THE TIME!

Performing warm ups consistently not only conditions the muscles, you will also reach deeper tissues like the ligaments and tendons of your body.

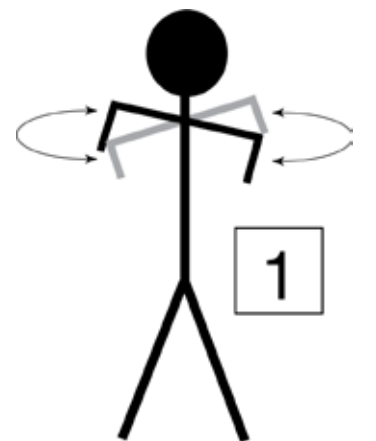
Before using your ABDoer™ Twist® it is wise to spend some time conditioning your body with stretching movements to allow you to become more flexible. I have intentionally designed The ABDoer™ Twist® instructional video to include both a warm-up and a cool-down period on the unit itself. This prepares you for your workout while it helps to speed post workout recovery as well. So you have the option of performing warm ups outside of those you can perform on The ABDoer™ Twist® as well as those you can't. My objective is to make sure that you get healthy while you're striving to obtain your best shape ever. I have designed The ABDoer™ Twist® and its routines to enable you to quickly, enjoyable and safely reach your goals.

I'm A DOER, and I encourage you to commit to becoming a "DOER" yourself!

## DESCRIPTIONS

### 1 TORSO TWISTS:

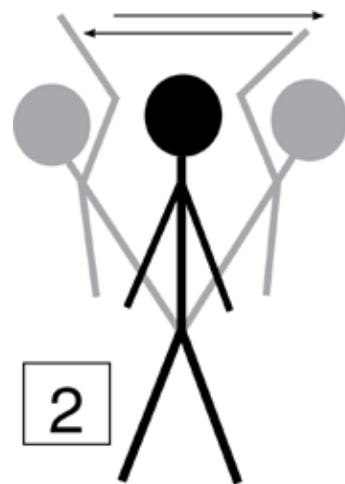
While standing with a slightly wider than shoulders' width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lift both arms, bending them at the elbows. While keeping your focal point, slowly pivot, or twist, at your midsection as far as you can to the right then, without any jerking motions, rotate in the opposite direction past your starting point twisting as far to the left as your flexibility will permit. Try to obtain a rhythmical cadence as you twist from side to side. This simple movement will loosen up stiff and unconditioned muscles, tendons and ligaments to the entire abdominal region, the obliques and the mid-to-lower back, including the spinal column in that region. Perform as long as you like, 30 seconds minimum.





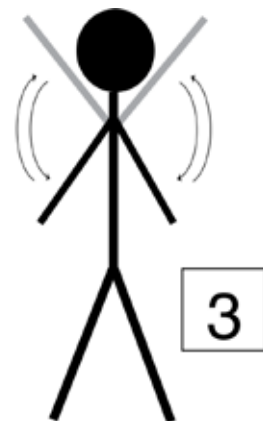
## 2 SIDE LEANS: [Standing]:

While standing with a slightly wider than shoulders' width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lean to your right side as far your flexibility will permit, while keeping both feet planted on the floor for balance. Reach your farthest, most comfortable lean, without any jerking motions. Then rotate to the opposite side leaning as far to your left as your flexibility will permit. Try to obtain a rhythmical cadence as you lean from side to side. This simple movement will loosen up stiff and unconditioned muscles, tendons and ligaments to the obliques, the mid-to-lower back and the entire spinal column, and the entire abdominal region. Perform as long as you like, 30 seconds minimum.



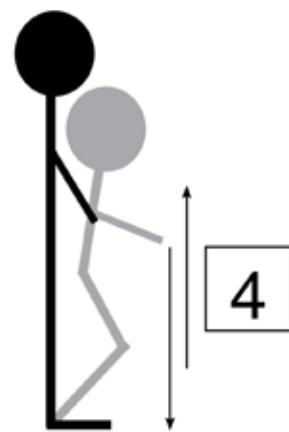
## 3 ARM CIRCLES:

While standing with a slightly wider than shoulders' width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest allowing both arms to freely hang to each side. Slowly start to lift your arms in front of you, keeping your elbows rigid if possible, and make large circles with both your arms. Perform 5-10 circles with your arms in this direction then reverse directions and perform 5-10 more circles. Always perform this motion slow with no jerky movements. This simple exercise will strengthen and increase the flexibility to the shoulders, chest, upper back, neck and arms.



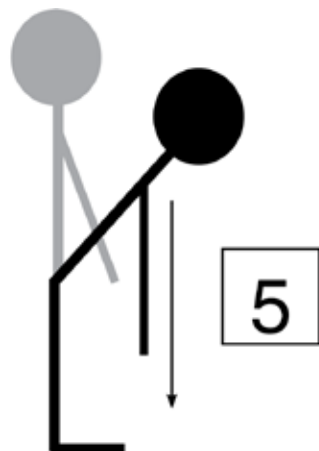
## 4 SQUAT:

While standing with a slightly wider than shoulders' width foot stance, fix your eyes on an object in front of you. Hold your chest upright to obtain an erect back posture. Bend slowly at the knees and allow your body to lower itself toward the floor. Only squat down as far as you feel comfortable or until your heels start to raise off the floor. Use your arms for balance by moving them in front of you if necessary. Squat down slowly and never bounce back up. Perform as many squats as you feel comfortable with, 5-10 is a preferred minimum. Squats are an incredible exercise for developing body balance and control while strengthening the muscles of the thighs, hips, buttocks, groin area, calves and ankles.



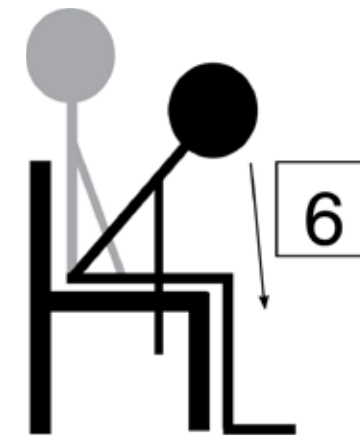
## 5 FORWARD LEAN: [Standing]:

While standing with a shoulders' width foot stance, lift your chest so your back is upright and your spine is erect. Bend your torso at the waistline and allow yourself to lean forward. Simply let your arms hang or use them to grab onto a wall or a chair for balance if needed. Lean forward as far as you feel comfortable and hold your deepest, most comfortable forward position, then return to the upright position, make sure you do not bounce. Do this movement slowly as it may have a tendency to make you a little dizzy due to the lowering and lifting of the head. Perform between 3-10 forward leans. This movement is great for conditioning the mid-to-lower back and spinal column, the buttocks and hamstrings. [If standing is uncomfortable please try exercise #6.]



## 6 FORWARD LEAN: [Seated]:

While seated on a bench or chair obtain a firm shoulders' width foot stance on the floor. Lift your chest so your back is upright and your spine is erect then bend forward at the waistline allowing yourself to lean forward as far as you feel comfortable and hold your deepest, most comfortable forward position for 3-5 seconds before returning to your upright seated position. Make sure you do not bounce. Do this movement slowly as it may have a tendency to make you a little dizzy due to the lowering then lifting of the head. Perform between 3-10 forward leans. This movement is great for conditioning the mid-to-lower back and spinal column, the buttocks and hamstrings.



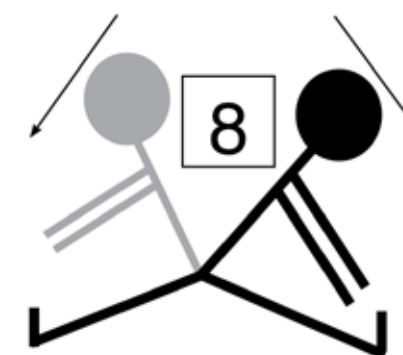
## 7 CAT STRETCH:

Lay face down with the palms of each hand planted firmly onto the floor just lateral your chest. By keeping your legs and pelvic/hip region pressed against the floor push your upper body upwards with your arms to allow you to perform a backward bend from your lower back. Press yourself up as high as you feel comfortable then hold for a count of 1-3 seconds then slowly lower yourself back to the floor; repeat 3-5 times. Never over extend and always perform this motion slowly. This is a great movement for conditioning the abdominals with added benefits to the shoulders, arms, chest and back.



## 8 PENDULUM: [Seated]:

While seated on the floor spread your legs as far as you feel comfortable with knees locked. Start by bending your body at the waistline, and lean toward your right ankle or foot. Reach as far as your flexibility will permit then hold this position for 1-3 seconds. Release slowly and return back to your starting position then lean toward your left ankle or foot and repeat this movement for a minimum of 3-5 times to each side. This exercise will condition the hamstrings, buttocks, knees, ankles and mid-to-lower back and spinal column.



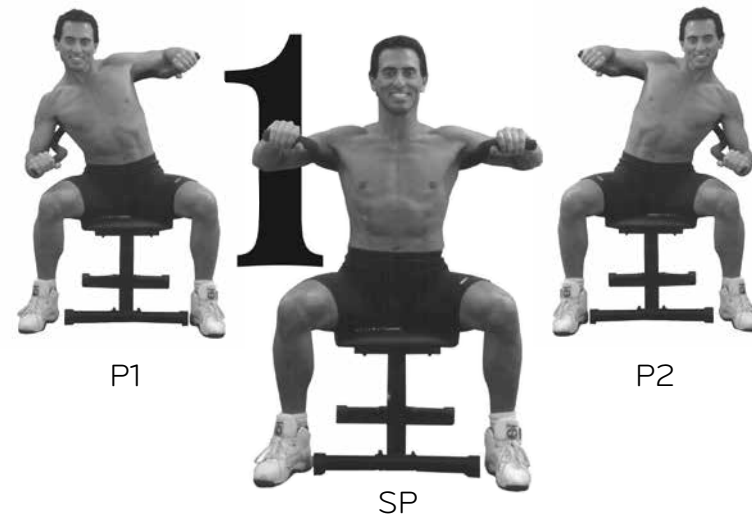
## HERE 'S YOUR WORKOUT ROUTINE – HAVE FUN!

NOTE: All movements begin from a seated upright position; this is known as the Starting Position (SP). Place both feet in a wide stance, sit upright with your back pressed against the massage roller, and pull the Arm Bar firmly underneath your armpits to decompress your spine and maintain an upright posture.

### 1) BODY BOBS:

(Lateral Bending):

Sit upright in the Starting Position (SP) then lean to the right side with your torso (STEP 1), pause momentarily. After you reach the right lean position come back to the upright SP (STEP 2), pause momentarily before proceeding to lean over to the left side (STEP 3), pause momentarily then return to the SP (STEP 4). Repeat this cycle. This drill works ALL of the midsection muscles with emphasis to the oblique and low back!



### 2) GOOD MORNINGS:

(Forward/Rearward Bending):

Sit upright in the SP then proceed to lean forward bringing your chest toward your knees (STEP 1), pause momentarily. After you reach this position return to the upright SP (STEP 2), pause momentarily before proceeding to lean rearward (STEP 3). After reaching this position (STEP 3), pause momentarily, then return to the SP (STEP 4). Repeat this sequence. Although this drill works ALL of the midsection muscles, more emphasis is placed on the abdominals and the lower back!



### 3) BODY BOOGIES:

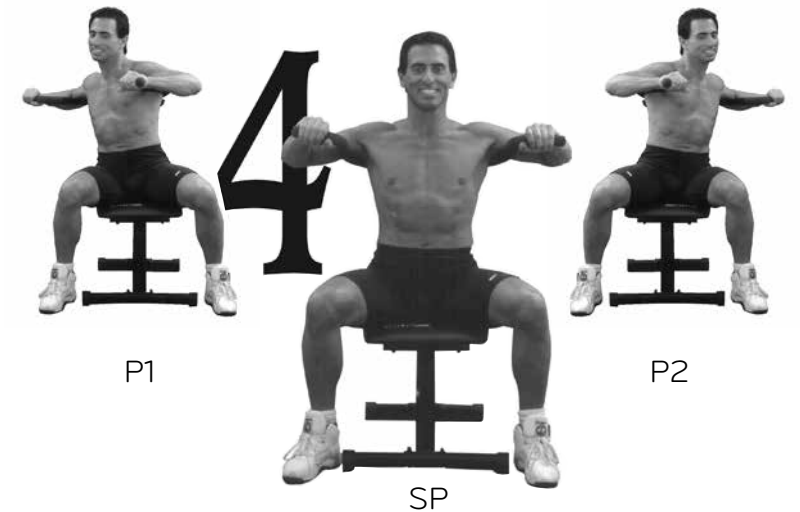
(Circular; Clockwise and Counter-clockwise):

Sit upright in the SP then lean forward bringing your chest towards your thighs SP1. Once you reach this position (STEP 1), begin to rotate your torso to the right in a circular fashion until you perform a complete circle with your upper body (STEP 2). Start slowly with little circles, then as you warm up, increase the size of the circle. Rotate in the opposite direction. This drill is incredibly effective for working ALL the midsection muscles, no muscle is ignored!



### 4) TWIST & SHOUT: (Twists):

Sit upright in the SP then twist, or rotate, your torso leading with your right hand (STEP 1), pause momentarily. Return to the SP position (STEP 2), pause momentarily then proceed to twist to the opposite side leading with your left hand (STEP 3), pause momentarily. Return to the SP (STEP 4), and then repeat the entire cycle. This drill works ALL of the midsection muscles; abdominals, obliques, lower back, ALL OF THEM!



### 5) TOSSES:

Start with your chest near your legs (STEP 1) [this is the starting position]. Begin to sit upright while twisting your torso so your right shoulder is lifting faster than your left and proceed past the upright SP until your torso is leaning rearward (STEP 2), pause momentarily then proceed to sit upright this time leading with your left shoulder; proceed until you are leaning rearward again (STEP 4). Pause momentarily then return to the starting position (STEP 5). Repeat the entire cycle. Although this drill works ALL of the midsection muscles, more emphasis is placed on the lower back, obliques, and abdominals.



### 6) HOP SCOTCH:

Sit upright in the SP then start to lean forward bringing your right hand toward the top of your right knee (STEP 1), pause momentarily. Now lift yourself and lean rearward crossing the SP diagonally leading with your left shoulder as you lean rearward (STEP 2), pause momentarily. Now bring your left hand down to your left knee (STEP 3) pause momentarily. From this position, lean rearward crossing the SP diagonally leading with your right shoulder as you lean rearward (STEP 4), pause momentarily. Now bring your right hand back down to your right knee (STEP 5), pause, and repeat the cycle. Although this drill works ALL of the midsection muscles, more emphasis is placed on the lower back, obliques, and abdominals.



### 7) FIGURE 8's:

Sit upright in the SP then start to move your torso and midsection so your hands scribe the Figure 8 (don't pull with the arms or hands). Really concentrate on making the most perfect "8" figure you can. Once you master this figure, try reversing your motion to scribe a perfect figure 8 in the opposite direction. Although this drill works ALL of the midsection muscles, more emphasis is placed on the obliques and abdominals.



### 8) STREET BRAWL:

Lean forward so your chest is near your thighs and your hands are close to your knees. By radically pivoting from side-to-side in short little bursts, try to punch your knees in alternate fashion. You can lift your chest away from your knees and still maintain a pivoting punching action. This drill places a lot of emphasis to the abdominals and obliques.



NOTE: To increase the challenge, instead of pausing at the various points suggested, move gracefully through the entire cycle without hesitation. You can also increase the challenge by positioning the Arm Bars over your shoulders. Performing your drills in this manner will be for Intermediate and Advanced level ABDoer™ Twist® participants, indicating a greater degree of skill improvement and muscle control! If you fatigue in any position simply:

1. Change to another movement, or
2. Slow down the speed, or
3. Reduce the range-of-motion, or
4. Return the Arm Bar to underneath your arms, or
5. STOP, your workout has ended – congratulate yourself.

## SUGGESTED ROUTINES

### BEGINNER – 8 MINUTES

Start – Warm-up for 2 minutes

BODY BOBS – 1 minute

GOOD MORNINGS – 1 Minute

BODY BOOGIES – Clockwise – 30 seconds

Counter Clockwise – 30 seconds

You may increase the range of motion and pace at this point.

BODY BOBS – 1 minute

GOOD MORNINGS – 1 minute

BODY BOOGIES – Clockwise – 30 seconds

Counter Clockwise – 30 seconds

COOL-DOWN

### INTERMEDIATE – 12 MINUTES

Start – Warm-up for 2 minutes

BODY BOBS – 1 minute

GOOD MORNINGS – 1 Minute

BODY BOOGIES – Clockwise – 30 seconds

Counter Clockwise – 30 seconds

FIGURE 8's – 1 Minute

You may increase the range of motion and pace at this point.

TWIST & SHOUT – 1 Minute

TOSESSES – 1 Minute

{Raise Arm Bar over your shoulder}

BODY BOOGIES:

Clockwise – 1 Minute

Counter Clockwise – 1 Minute

TOSESSES – 1 Minute

BODY BOBS – 1 Minute

COOL-DOWN

#### Special notes:

Perform routine every other day; no more than 4 times weekly. After 2 to 4 weeks you might be ready to graduate to the Intermediate routine.

#### Special notes:

Perform routine every other day; no more than 4 times weekly. Add 2 to 6 minutes to entire routine if you are capable. After 2 to 4 weeks, you might try to graduate to the Advanced routine.

#### Key Points for all Routines

- Obtain a wide stance!
- Sit upright with back pressed against massage roller!
- Pull Arm Bar underneath your armpits!
- Follow all drills as assigned in sequence without hesitation!
- Limber up your lower back and midsection muscles before using the ABDoer™ Twist®!
- To obtain a productive ABDObic workout, A bdominal Aerobic, remain in constant motion while using The ABDoer™ Twist®!
- Be creative!
- Listen to music!
- Have fun!



# AB Doer **Twist**®



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