

AB Doer 360 Pro



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MADE IN CHINA

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AB Doer 360 Pro

Quick Start Guide

Core & More

- Abdominals
- Mobility
- Aerobics
- Muscle Toning
- Fat Burning
- Massage



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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, 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 AB Doer 360™ Pro machine. Keep this guide in a safe place and make sure everyone who uses the AB Doer 360™ Pro machine also reads this guide. Have safe, enjoyable and productive workouts.

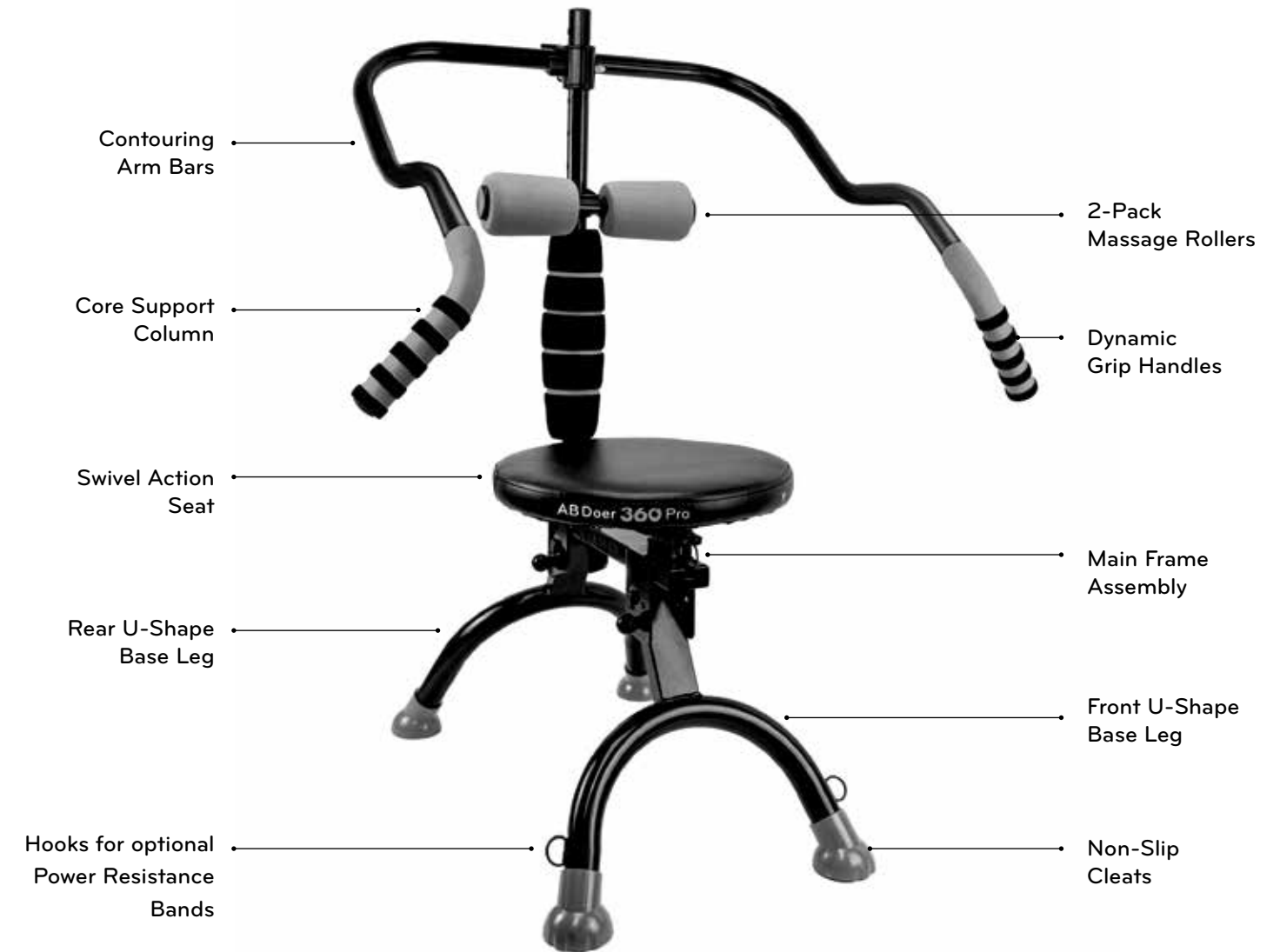
1. This product has been tested in accordance with the requirements of ASTM F2276:2010 and EN 957-1, class H - home use only. THE MAXIMUM WEIGHT CAPACITY OF THE AB Doer 360™ Pro unit is 300 LBS/136 KGS. Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the 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 AB Doer Swivel™ 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 AB Doer 360™ Pro unit without the presence of a qualified health professional or physician.
8. Position the AB Doer 360™ Pro 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.

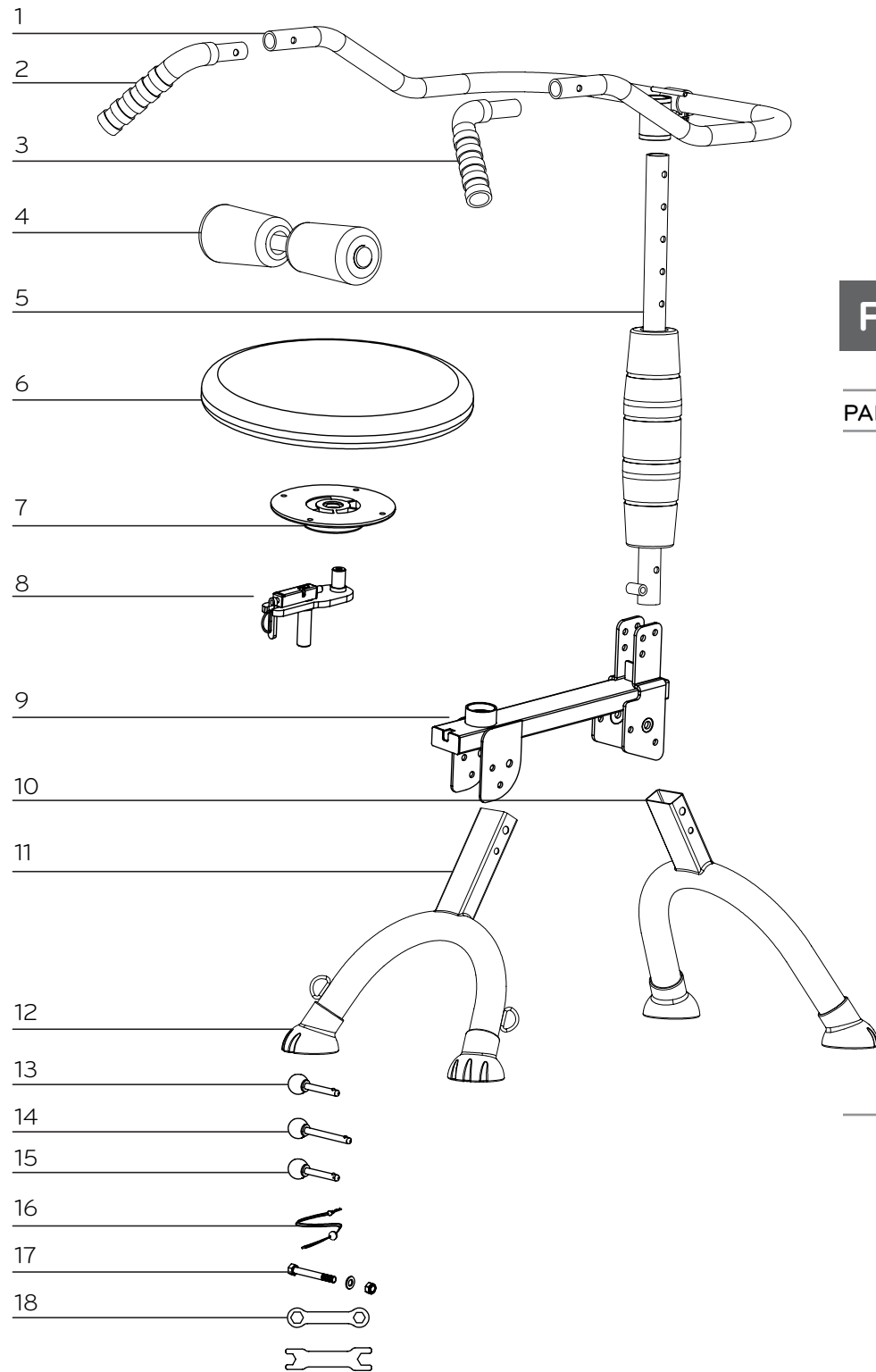
IMPORTANT SAFETY NOTICE

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 AB Doer 360™ Pro 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 prior to using your AB Doer 360™ Pro 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

PRODUCT FEATURES



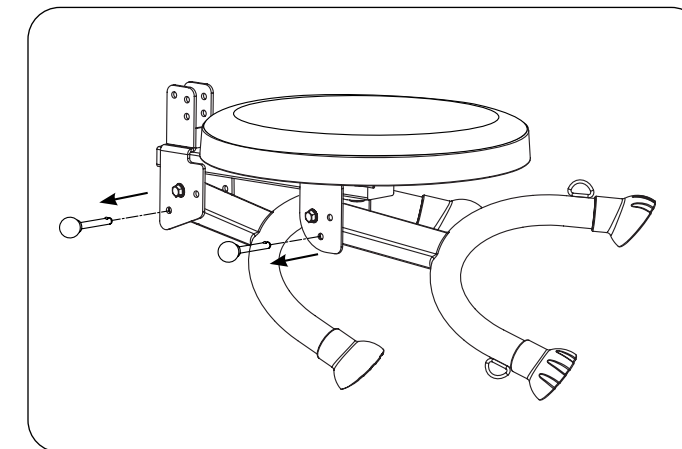
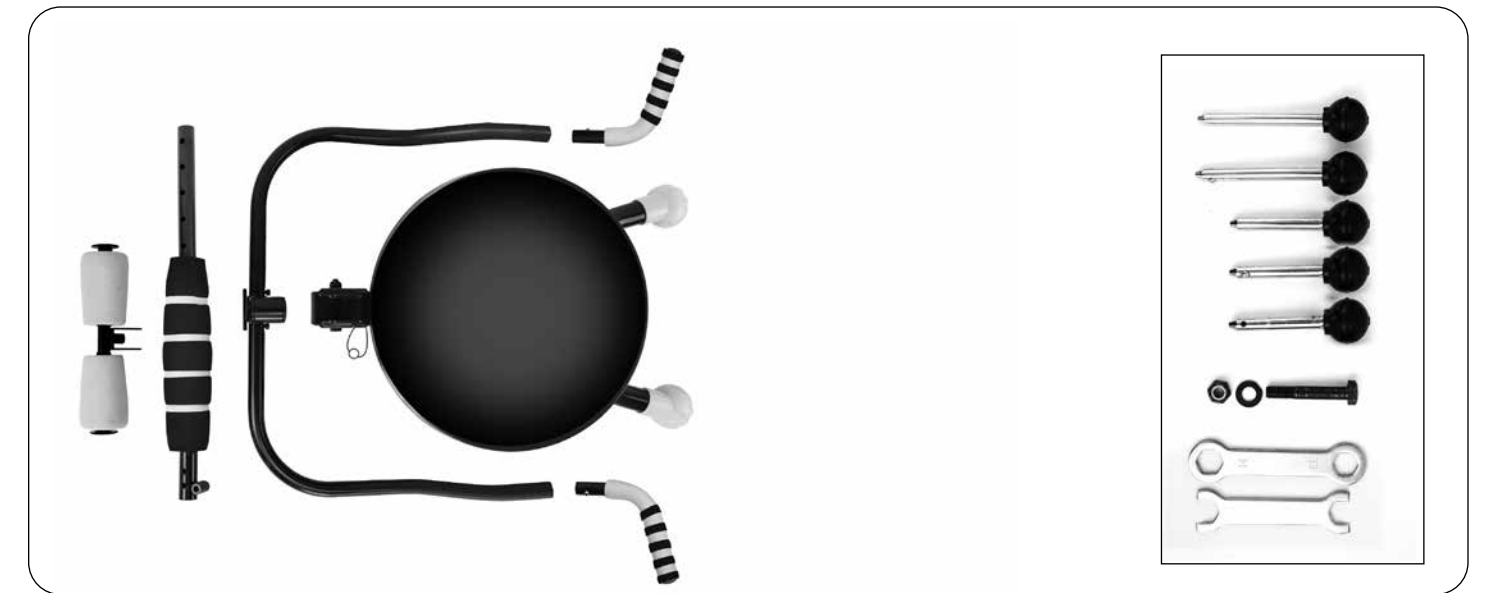


PARTS LIST

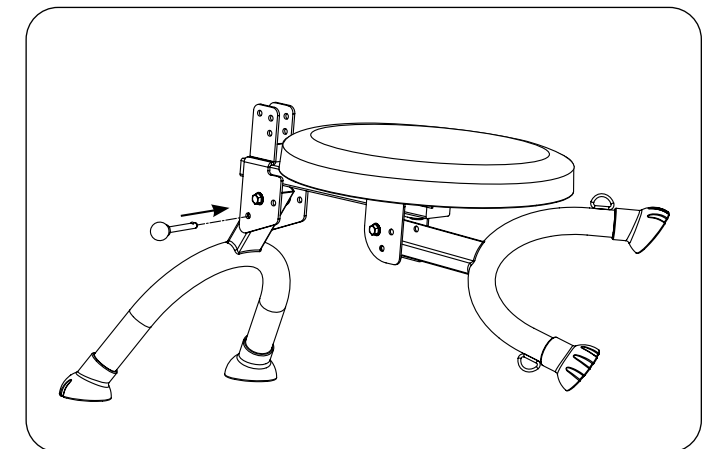
PART NUMBER PART NAME

- 1 Contouring arm bars
- 2 Dynamic grip handle bar R
- 3 Dynamic grip handle bar L
- 4 2-Pack massage roller
- 5 Core support column
- 6 Seat
- 7 Seat Plate
- 8 Rotating crank with lock assembly
- 9 Main Frame Assembly
- 10 Rear foot tube assembly
- 11 Front foot tube assembly
- 12 Non-Slip cleats
- 13 Insert pin
- 14 Long insert pin
- 15 Insert Pin with Hole (for Core Support Column)
- 16 Locking Clip and String (for Insert Pin with Hole)
- 17 Bolt, nut, washer
- 18 Set of wrenches

1. Carefully open your AB Doer 360™ Pro box. Do not cut into the box or slice the tape to prevent cutting any inside materials. Carefully remove all protective wrapping without slicing into parts. Separate all items from the box.

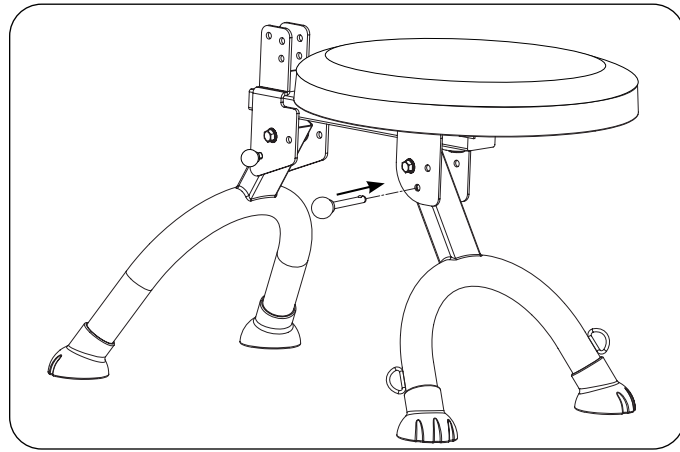


2. Take the 'Main Frame' assembly and remove the front and rear 'Long Insert Pins' that are holding the U-Shaped Base Legs in place.

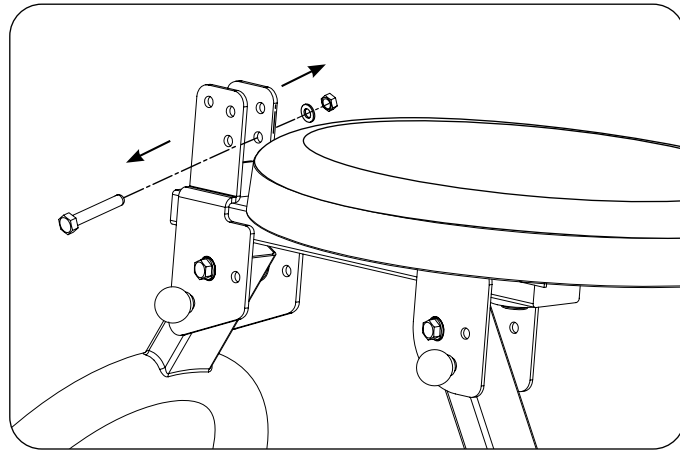


3. Unfold the rear U-Shaped 'Base Leg' and re-insert the 'Long Insert Pin' that aligns with the insert holes.

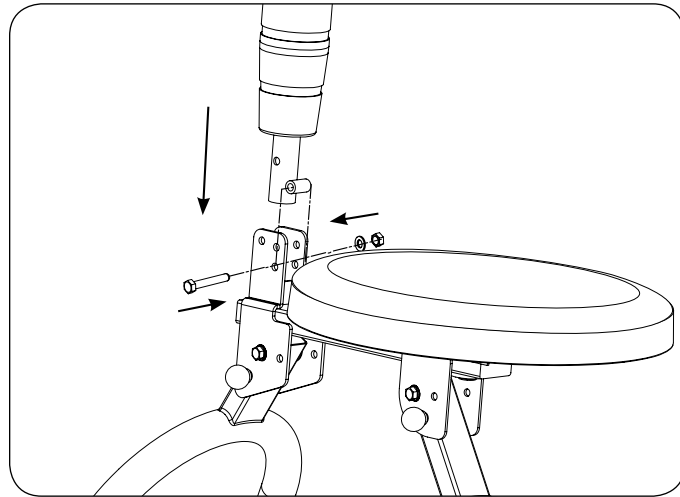
ASSEMBLY



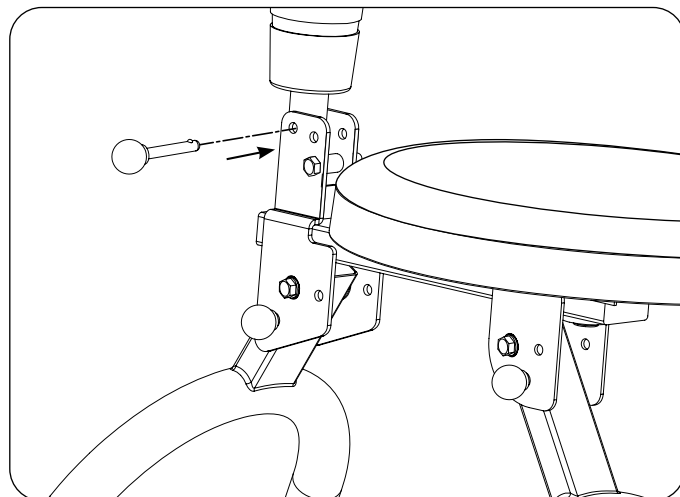
4. Unfold the front U-Shaped 'Base Leg' and re-insert the 'Long Insert Pin' that aligns with the insert holes.



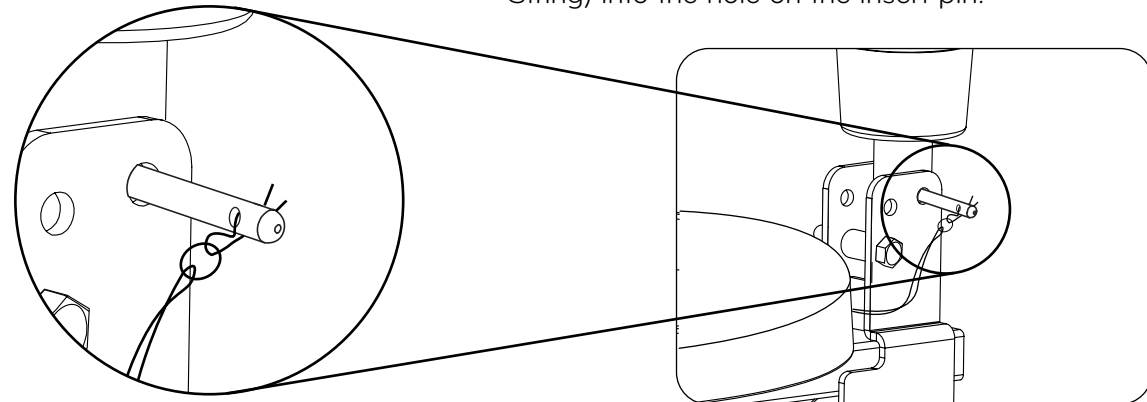
5. Disassemble the 'bolt, washer and nut' that's affixed to the rear bracket on the 'Main Frame'.



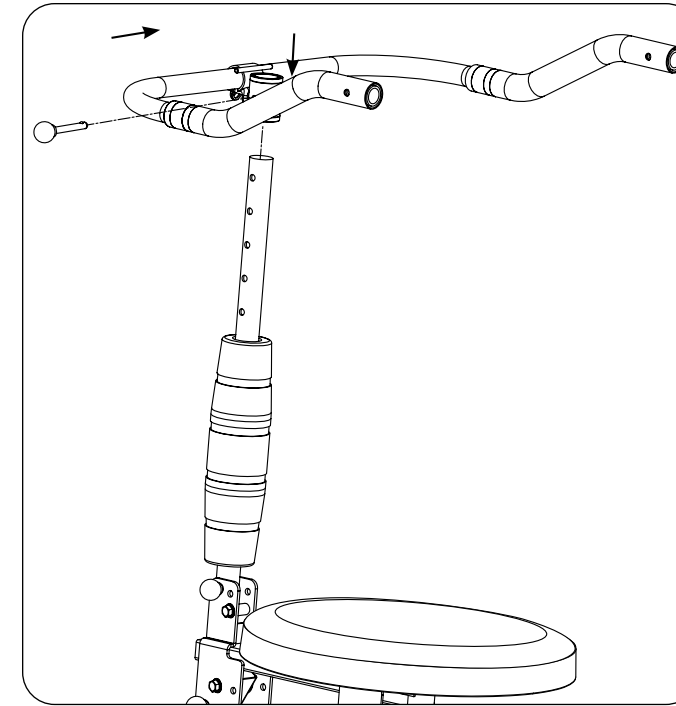
6. Insert the 'Core Support Column' into the rear bracket on the 'Main Frame' then re-insert the bolt through the bottom hole on the bracket (make sure to remove the twister tie from the sleeve). Insert the washer and nut and tighten by using the supplied wrenches (or you can use your own wrenches).



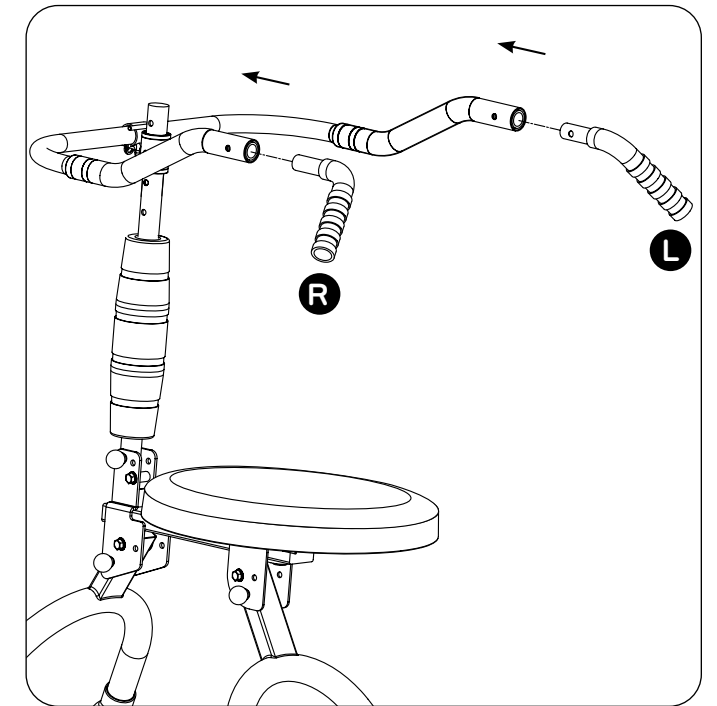
7. Once the bolt/washer/nut are fastened into the bracket, to hold the 'Core Support Column', slide in the 'Insert Pin with Hole' into aligned holes to secure an upright (vertical) position of the 'Core Support Column'. Secure the 'Insert Pin with Hole' by inserting the Locking Clip (attached to the String) into the hole on the insert pin.



ASSEMBLY

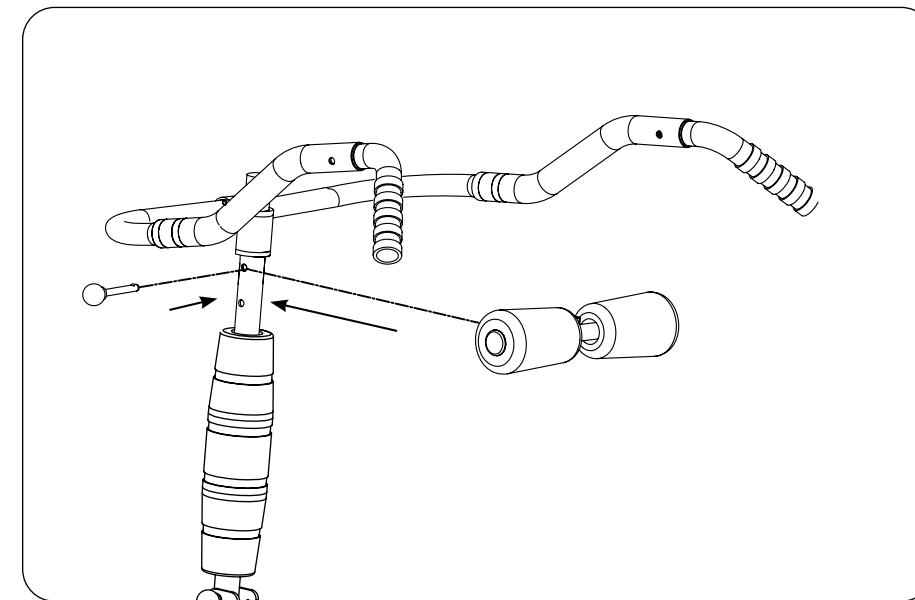


8. Attach the 'Contouring Arm Bars' onto the upper part of the 'Core Support Column', and slide in the 'Insert Pin'.



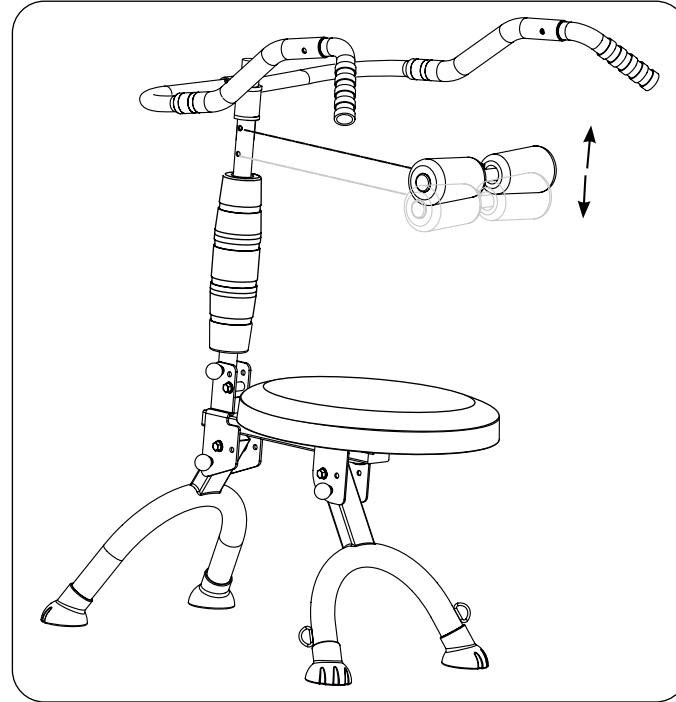
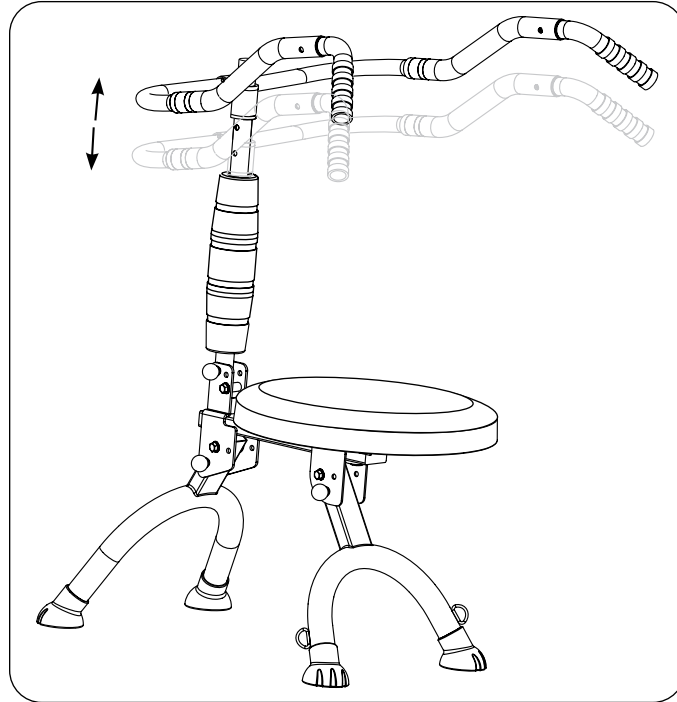
9. Insert the L and R 'Dynamic Hand Grips' into the ends of the 'Contouring Arm Bars'. When you hear a 'clicking' noise and seeing a silver rounded knob poking out of the 'Contouring Arm Bars' the 'Dynamic Hand Grips' are in place.

NOTE: the 'Contouring Arm Bars' freely rotate upward and downward. This is normal function, and very useful for many of the Abdoer motions.



10. Attach the '2-Pack Massage Rollers' below the 'Contouring Arm Bars' by sliding in the 'Insert Pin'.

Both the 'Contouring Arm Bars' and '2-Pack Massage Rollers' are adjustable upward or downward for your body height by simply choosing any one of the various insert holes vertically aligned on the 'Core Support Column'. This adjustability is also extremely useful to offer exercise diversity for many applications.



Swivel Action Seat

⚠ WARNING You should sit on the Swivel Action Seat and get off the seat only when the seat is in its **LOCKED** position

How to UNLOCK the seat

The arrow mark on the seat should be in its centered position, as illustrated in fig 1

Pull the locking pin out of the lock cradle on the seat crank, as illustrated in fig 2a and let it turn up in clockwise direction (when seated) by 90 degrees so the locking pin comes to its horizontal (unlocked) position under the seat, as illustrated in fig 2b.

⚠ WARNING When the Swivel Action Seat is in its **UNLOCKED** position it spins freely. You should exercise **excessive caution** when you are engaged on it.

Note: When the Ab Doer Swivel seat is in its **UNLOCKED** position it will allow you to use the Dynamic Dual Rotating System with the following two movements:

Swivel action when the seat rotates together with the crank in left or right direction, as illustrated in fig 3.

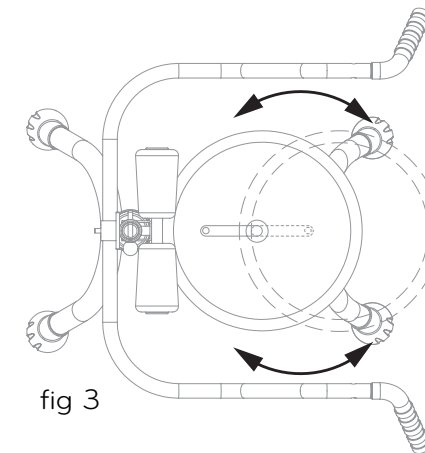


fig 3

and **360 degrees Twist action** when the seat freely rotates around the crank in left or right direction, as illustrated in fig 4.

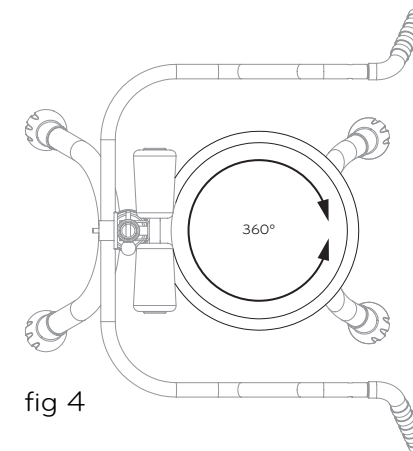


fig 4

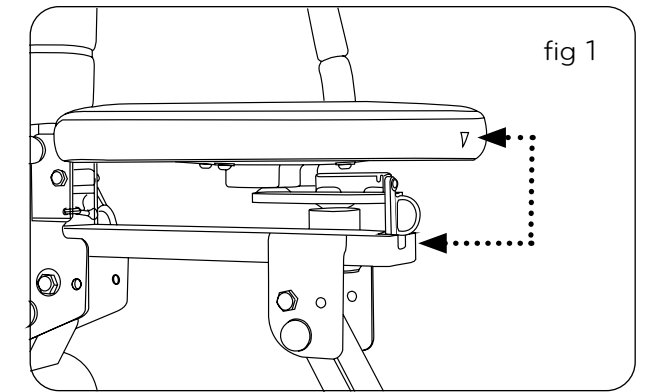


fig 1

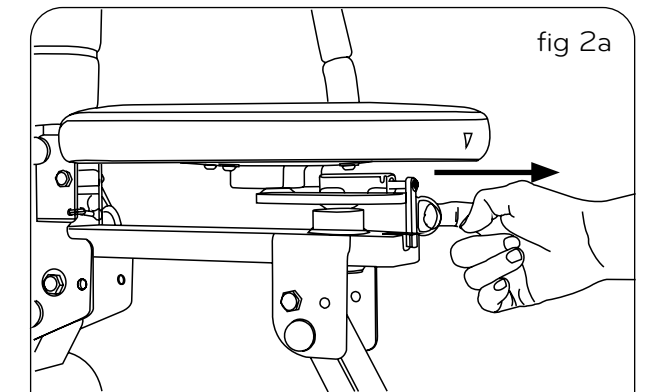


fig 2a

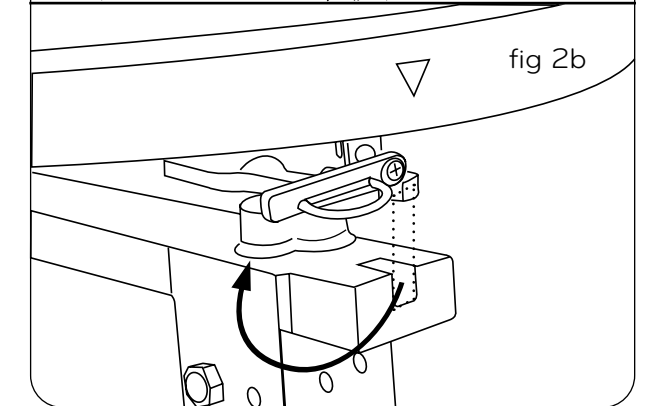


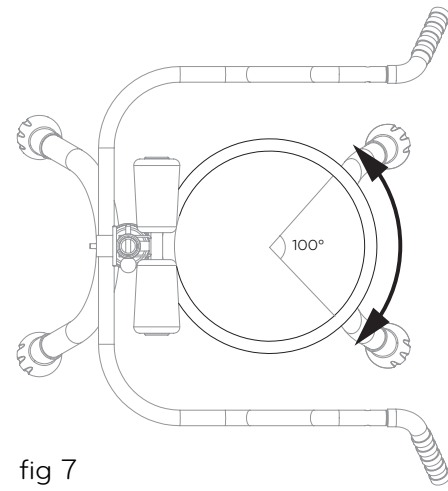
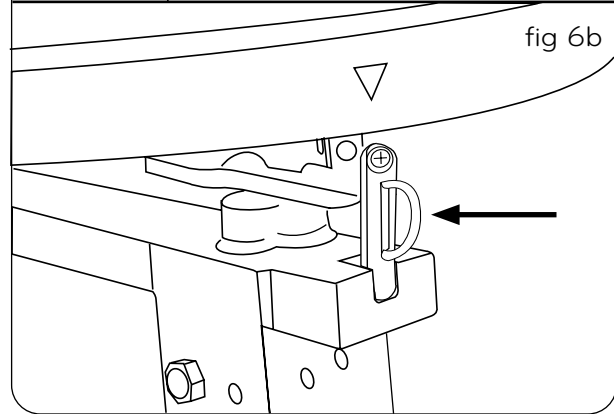
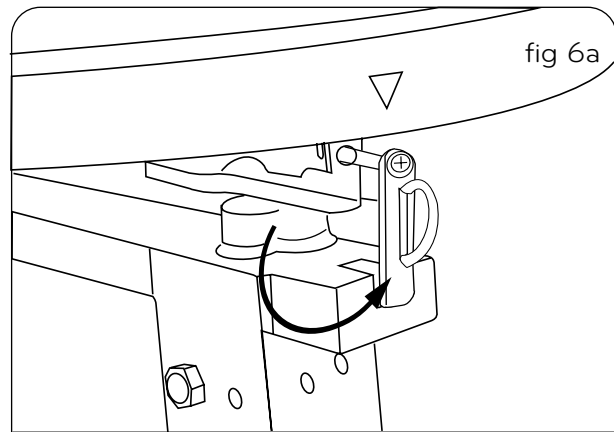
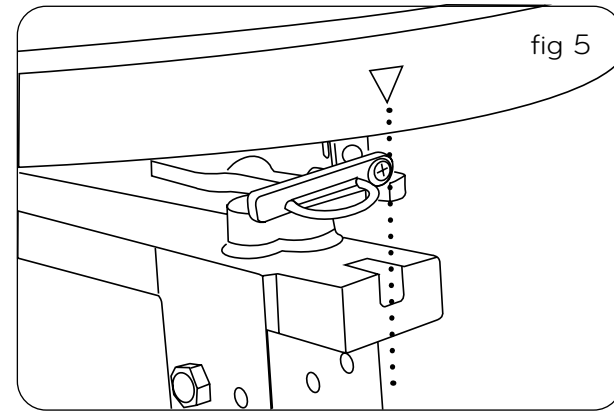
fig 2b

How to LOCK the seat

Bring the crank with the locking pin under the seat to its forward position and bring into line the arrow mark on the seat so it is in its centered position. as illustrated in fig 4.

Turn the locking pin down in counterclockwise direction (when seated) by 90 degrees so the locking pin comes to its vertical position, as illustrated in fig 6a and then push the locking pin into its cradle on the crank, as illustrated in fig 6b.

Note: When the AB Doer 360™ Pro seat is in its LOCKED position it will allow you to use the Twist action with rotation of 50 degrees to the left side and 50 degrees to the right side, as illustrated in fig 7.

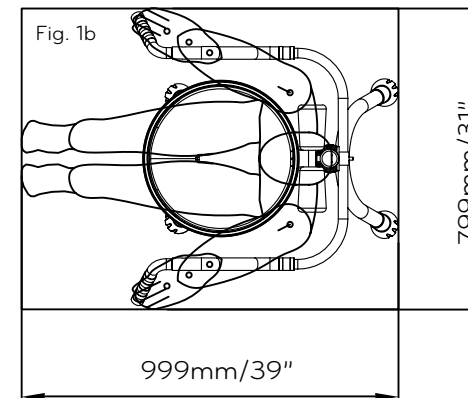
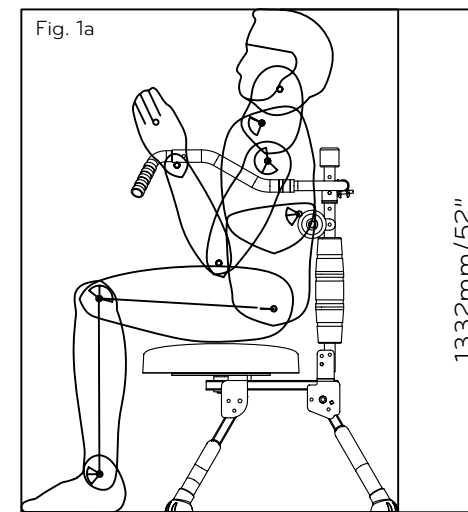


Before beginning your workout program, please read through these guidelines

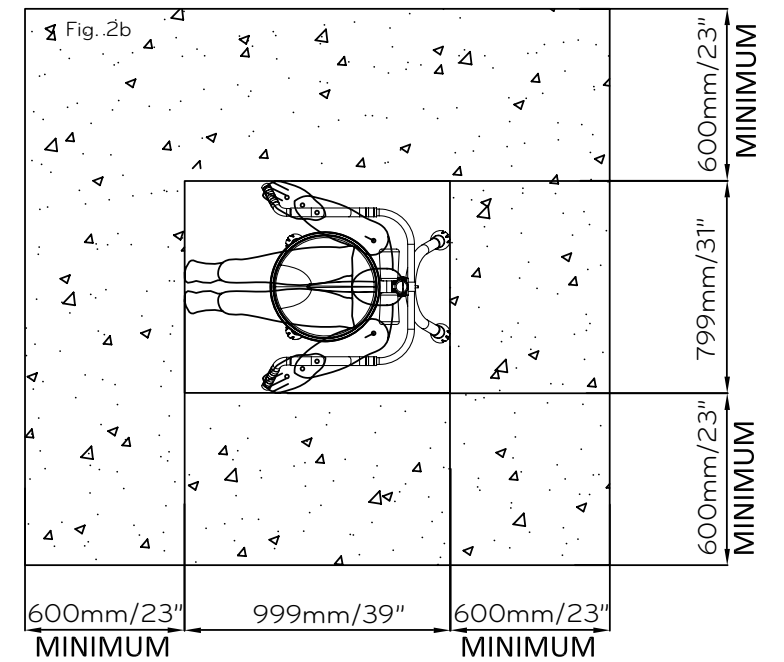
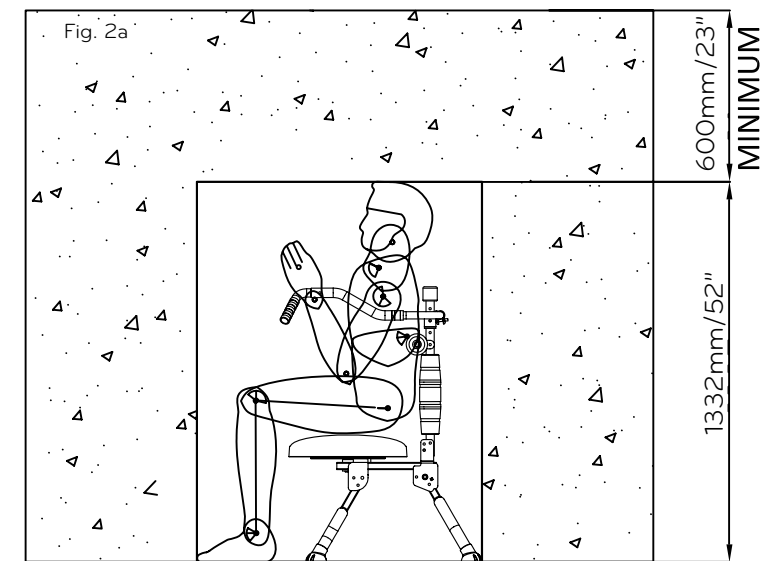
Make sure that you have enough space around your AB Doer 360™ Pro machine so you can exercise freely, and safely.

The diagrams on this page demonstrate the 'Training area' (Figure 1a & 1b) as well as the minimal 'Free area' (Figures 2a & 2b) that should be available around you while you are working out on this unit.

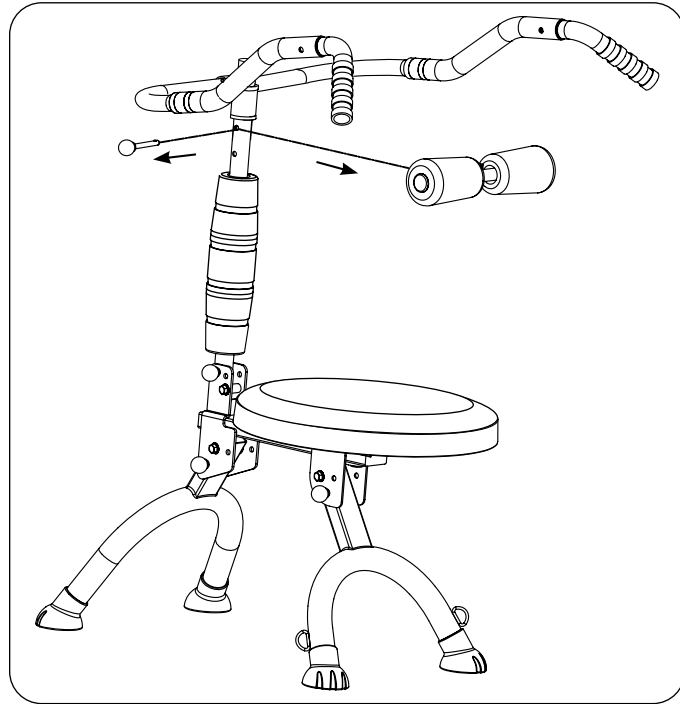
TRAINING AREA



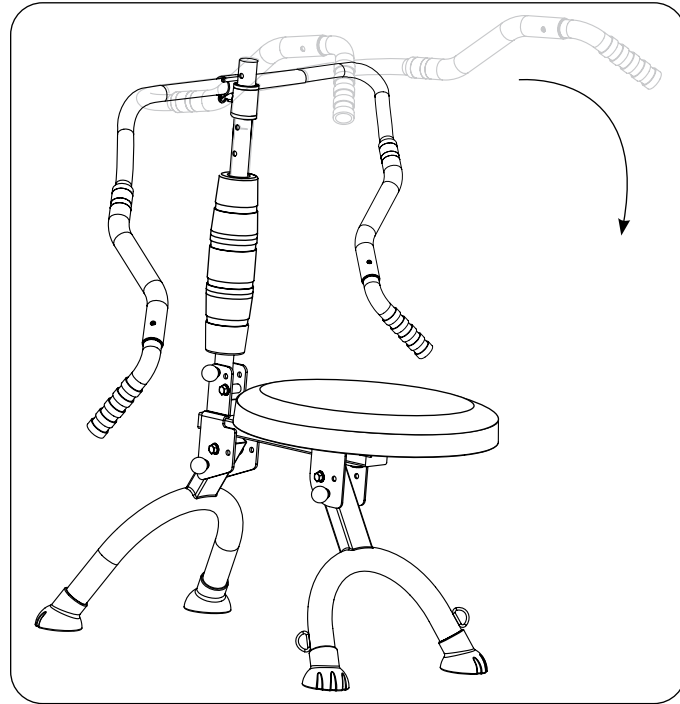
FREE AREA



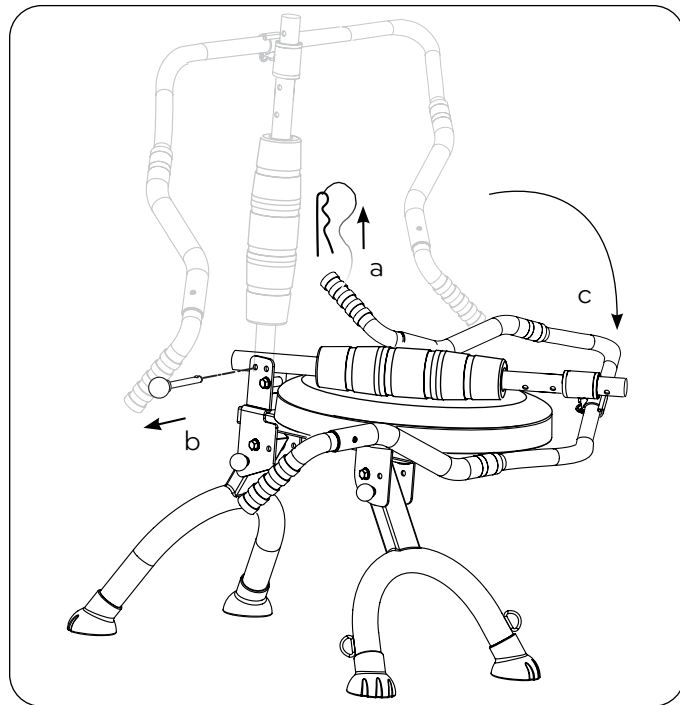
STORING OR TRANSPORTING



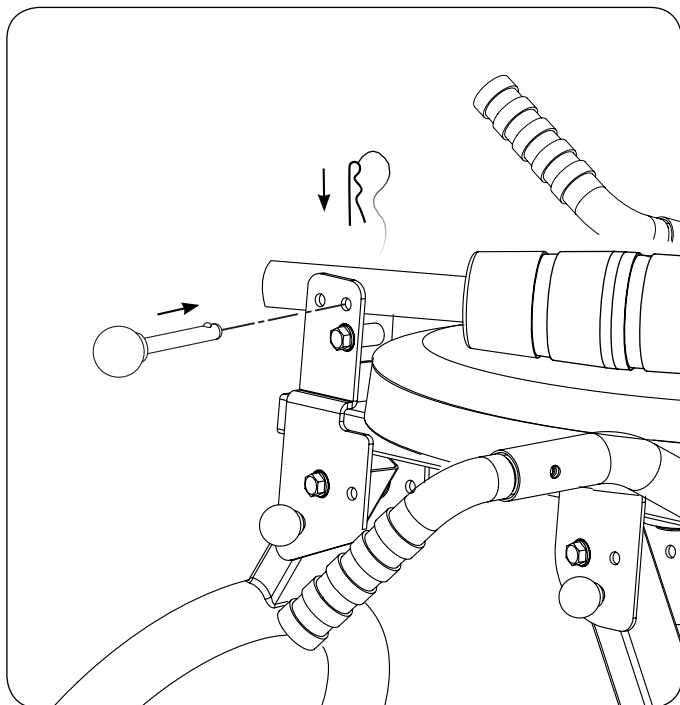
1. Remove the 'Insert Pin' and detach the '2-Pack Massage Rollers'



2. Fold down the 'Contouring Arm Bars'

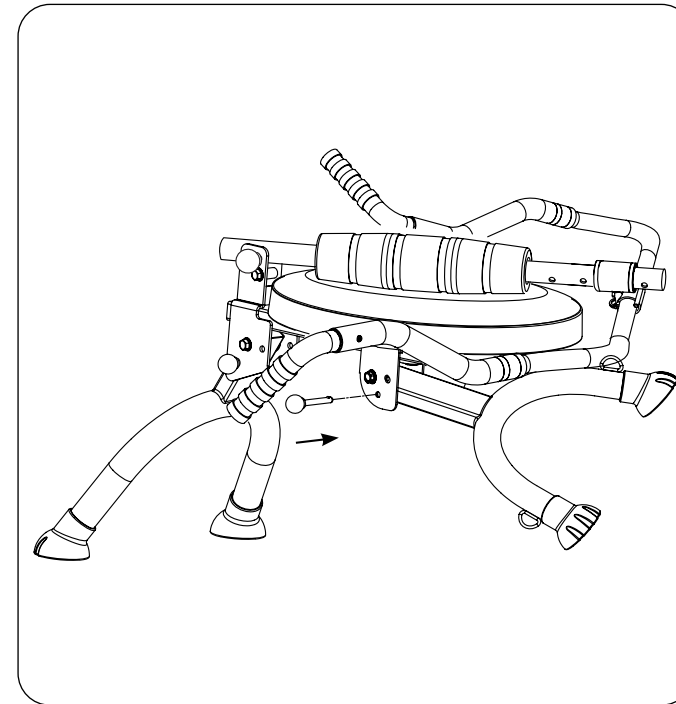


3. Fold down the 'Core Support Column' toward the 'Swivel Action Seat' by releasing the Locking Clip and removing the 'Insert Pin with Hole'.
 a) Release the lower clip
 b) Remove the 'Seat Pin with Hole'
 c) Fold down the 'Core Support Column' toward the Seat

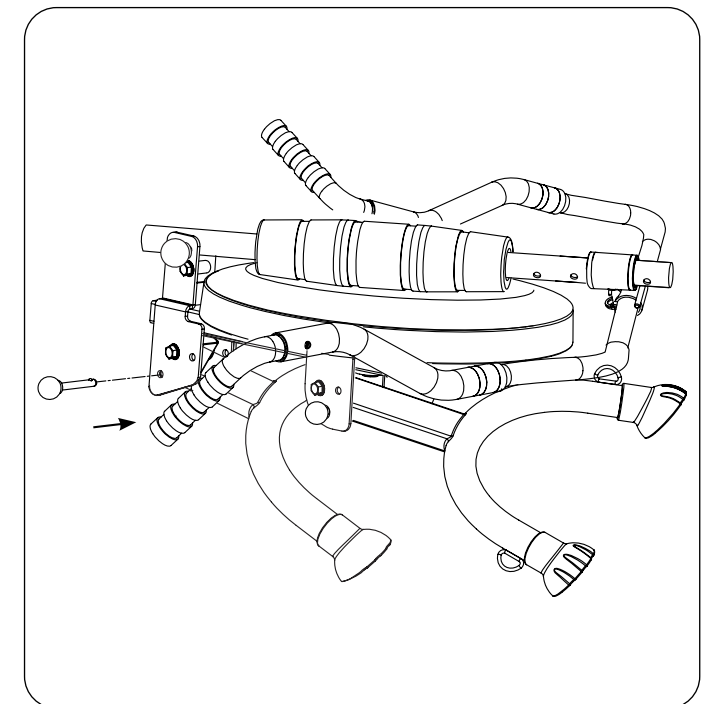


4. After the 'Core Support Column' is folded down onto the 'Swivel Action Seat', re-insert the 'Insert Pin with Hole' into the 'bracket' to lock the 'Core Support Column' into place and secure with the Locking Clip.

STORING OR TRANSPORTING



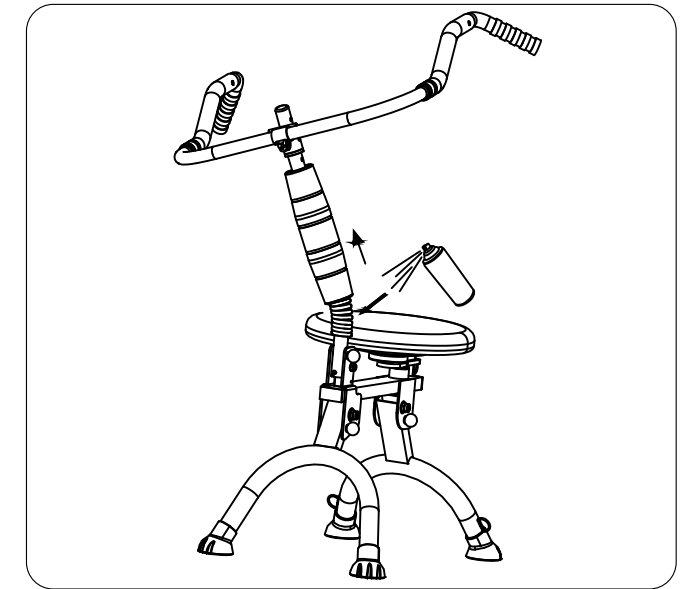
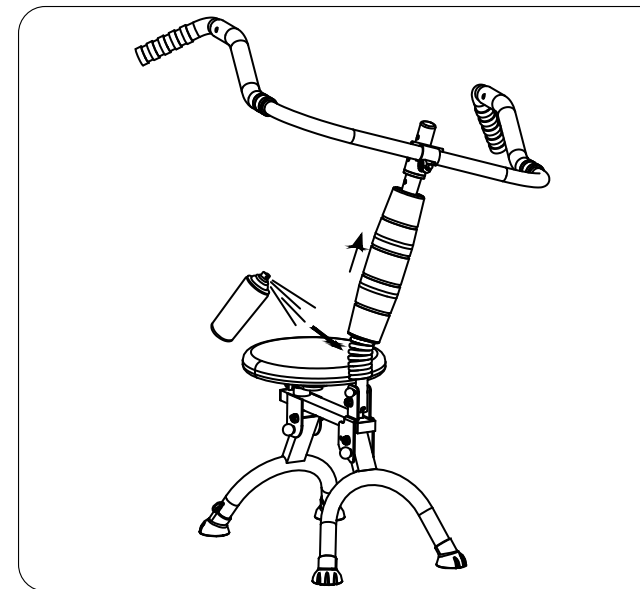
5. Carefully remove the 'Long Insert Pin' from the front 'U-Shaped Base Leg', fold it underneath the unit and re-insert the 'Insert Pin' to lock into place.



6. Perform the same action as explained in #5 above for the rear 'U-Shaped Base Leg'; removing its 'Long Insert Pin', folding it underneath the unit and re-insert the 'Long Insert Pin' to lock into place.

NOTE:

Always re-insert the 'Insert Pins' when removed as these are free-moving items that can be misplaced, or lost.



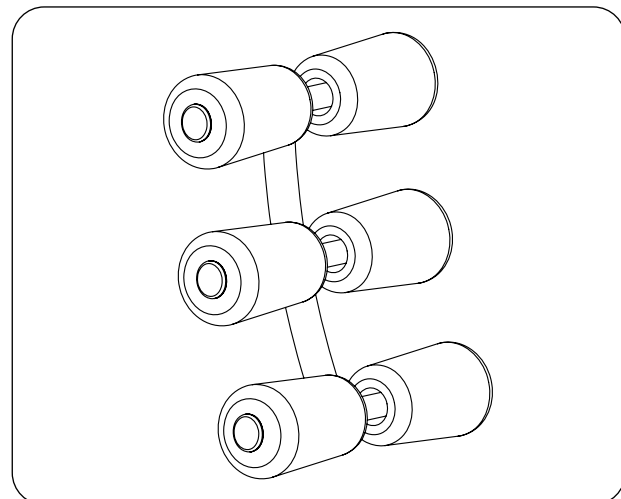
IMPORTANT!

If your AB Doer 360™ Pro machine starts producing a squeaky sound after some prolonged use, it can be easily eliminated by lubricating the coil part of the Core Support Column. Simply slide up the foam cover around the coil and apply a lubricating oil on the coil while bending the Core Support Column by approximately 30 degrees to both the right and left side. Wipe off any excess lubricant. Slide down the foam cover.

6-Pack Massage Roller

This is our most popular accessory item for the AB Doer 360™ Pro machine. It does what the 2-Pack massage roller does but 'Multiplied X3'!

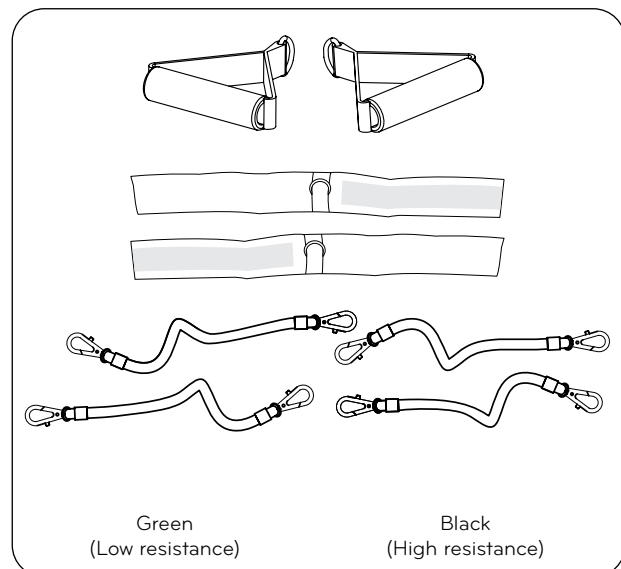
NOTE: This accessory is not suggested for the actual AB Doer 360™ Pro aerobic workouts as it may limit your range-of-motions. Instead, the 6 Pack Roller is to be used only for back and spine stretching and mobilizing routines.



Resistance Bands Kit

(2 different levels of resistance)

If you want to tone up your arms, shoulders, chest and back and even your thighs, hips and buttocks, then the AB Doer 360™ Pro Resistance Bands allows you to perform the same exercises you would perform at the gym with dumbbells and barbells and cable machines. Simply attach each end of the Bands to the Hooks located on the front base legs of your AB Doer 360™ Pro machine, and you'll be able to curl, press and row. To work your lower body, simply secure the Ankle Stirrup around your ankle and kick, lift and push your legs, hips and buttocks into their best shape ever. Progressive resistance options keep you challenged and realizing great results from workout to workout.



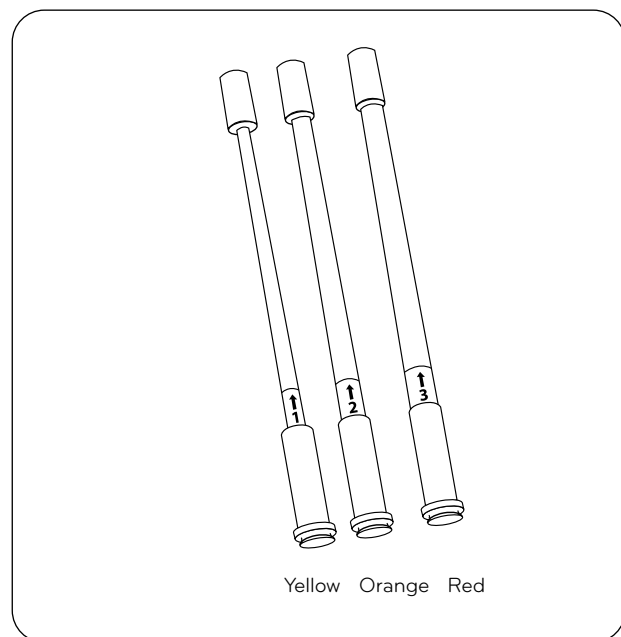
Power Rods

(3 different level of resistance)

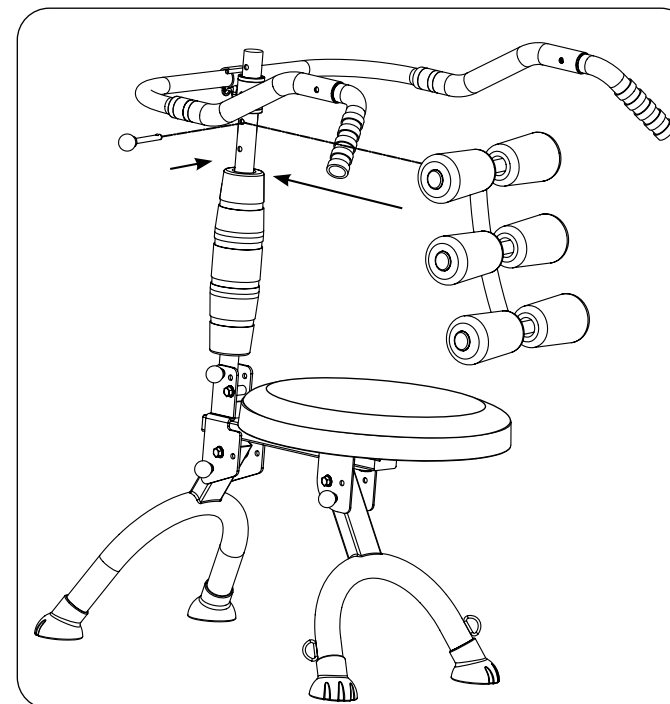
This set of Power Rods allows you to add extra resistances to your AB Doer 360™ Pro machine with its triple progressive resistance options. Simply select Light (#1/Yellow Label) for a higher level aerobic challenge, Medium (#2/Orange Label) for a cross-training combination of aerobics and muscle toning, and Advanced (#3/Red Label) for the ultimate in calorie burning and muscle toning.

These triple progressive resistance options are extremely easy to insert and remove into your AB Doer 360™ Pro machine allowing you to have even more variables, and results, while using your AB Doer 360™ Pro machine!

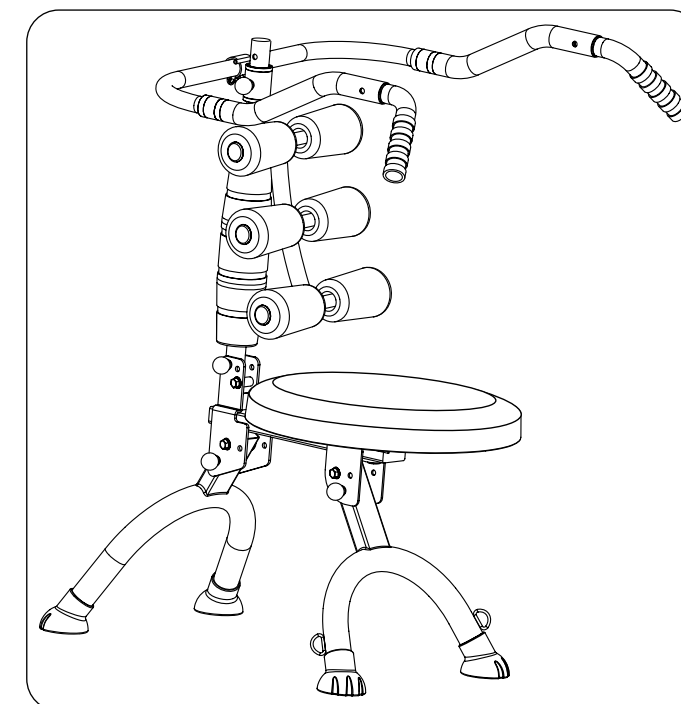
NOTE: These added resistances are only intended for aerobic fat-burning benefits, as they're not intended to overstress muscles to enlarge or hypertrophy.



6 Pack Massage Roller



1. Attach the 6 Pack Massage Roller to the Core Support Column then fix it by inserting the 'Insert Pin'.



2. Assembly is complete.



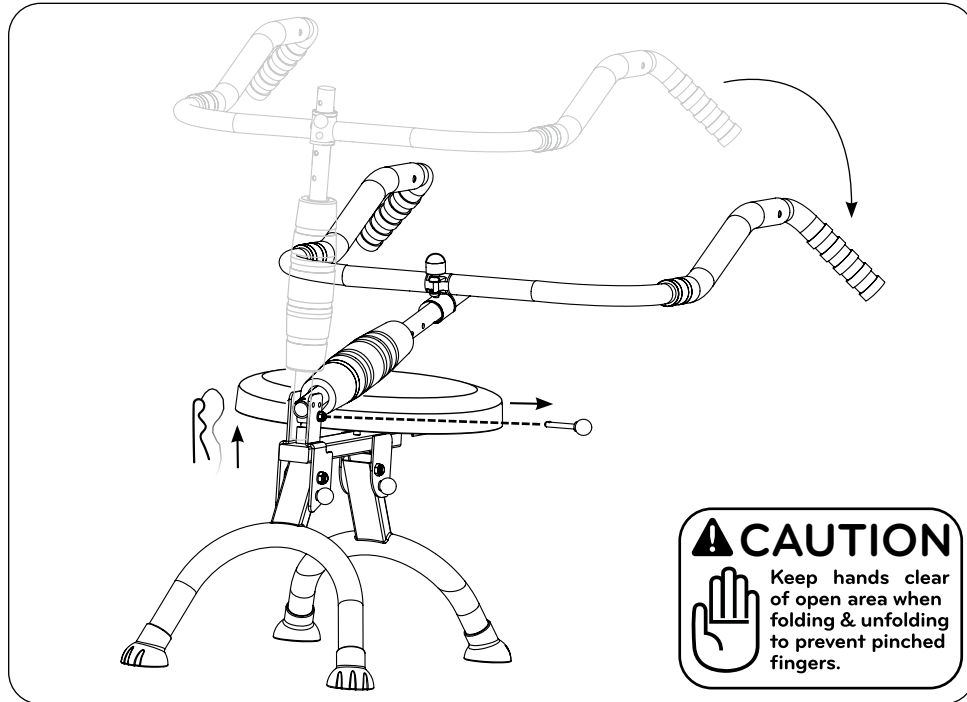
The '6-Pack Massage Rollers' are adjustable upward or downward for your body height by simply choosing any one of the various insert holes vertically aligned on the 'Core Support Column'. This adjustability is also extremely useful to offer exercise diversity for many applications.

Power Resistance Bands Kit

Stretching length (CM)		120	140	160	185
(INCH)		47	55	63	73
Force (N)	Black Band	40	50	68	116
	Green Band	38	46	62	108

Power Resistance Rods

1. Remove the Locking Clip and remove the 'Insert Pin with Hole' from the Core Support Column, then fold it down.



2. Select the level of resistance you need (Yellow, Orange or Red), then insert the Power Resistance Rod, arrow first, into the Core Support Column. Once the Power Resistance Rod is completely inserted into the Core Support Column, turn the Power Resistance Rod clockwise to lock in place as illustrated in figure A. Reposition the Core Support Column to upright position and 'Insert Pin with Hole' to lock into place and secure with the Locking Clip.

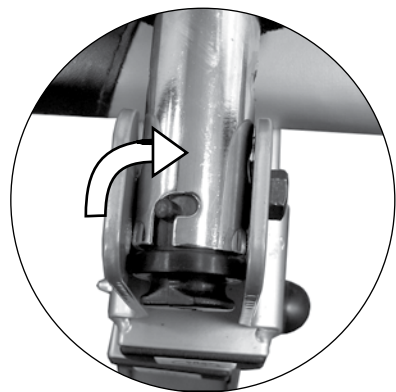
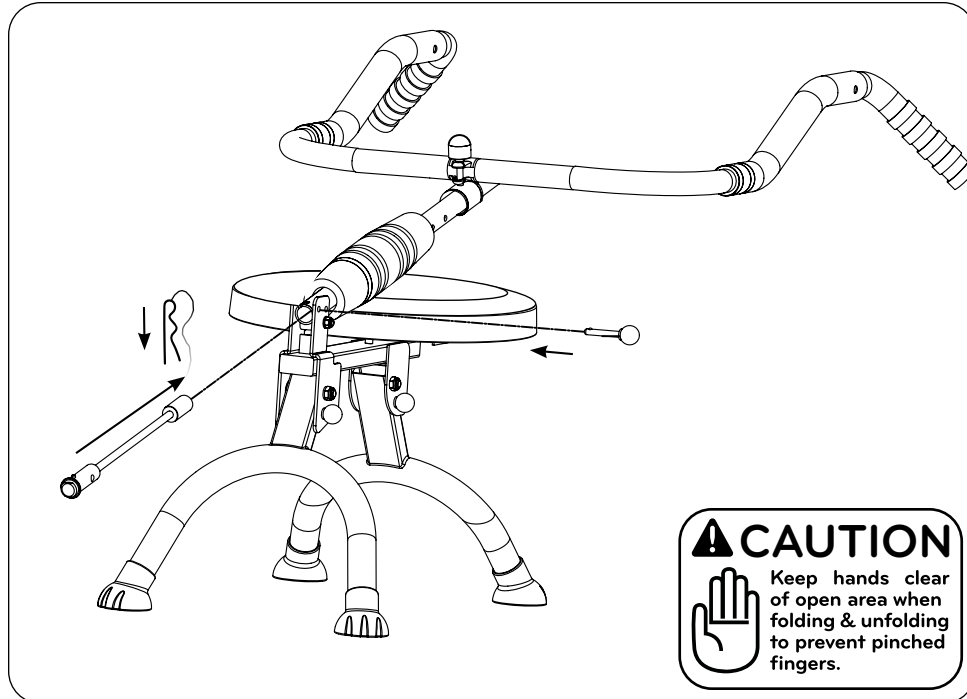
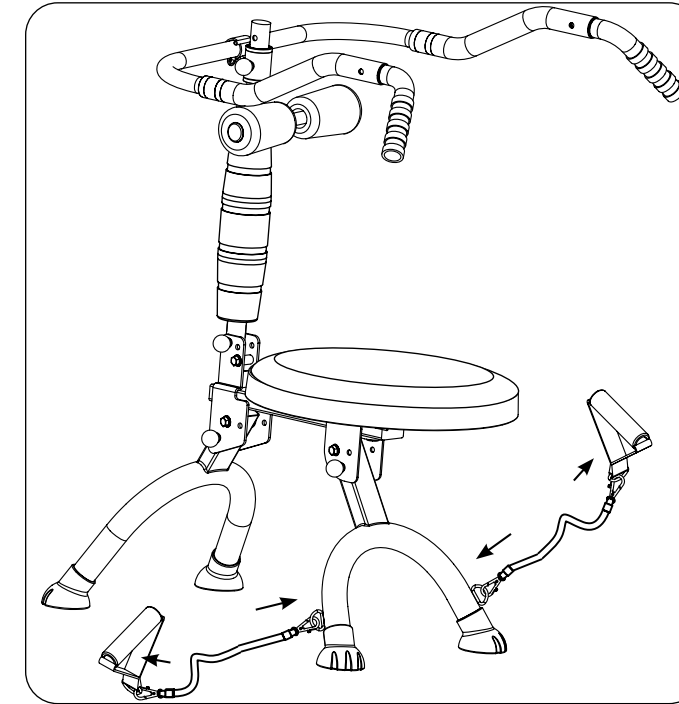


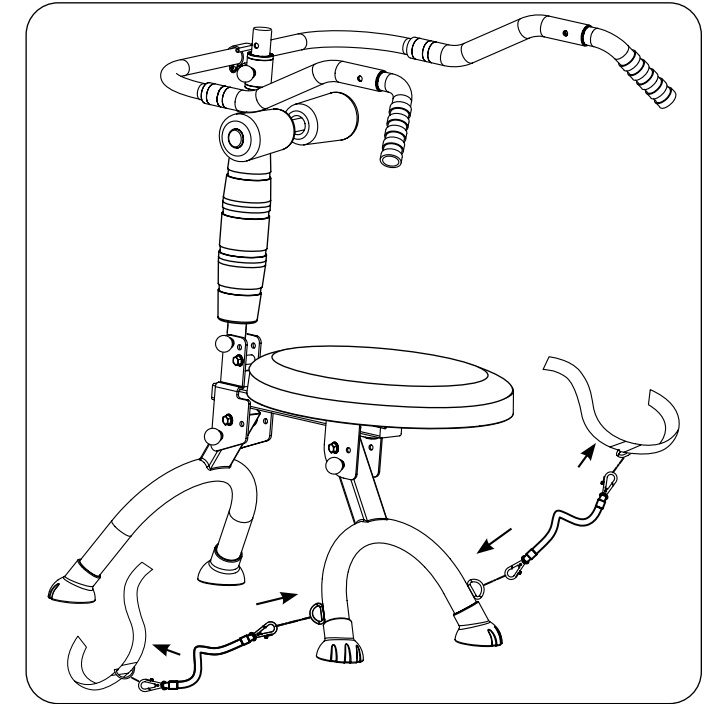
Figure A

Hand Grips



To assemble the Power Resistance Bands and the Hand Grip, take the clip end of a Power Resistance Bands and attach it onto the hook located on the front 'U-Shaped Base Leg'. Attach the other end of the Resistance Bands to the Hand Grip.

Ankle Stirrups



To assemble the Power Resistance Bands and the ankle stirrups, take the clip end of a Power Resistance Bands and attach it onto the hook located on the front 'U-Shaped Base Leg'. Attach the other end of the Resistance Bands to the ankle stirrup.

IMPORTANT!

Always mount and dismount the AB Doer 360™ Pro after aligning the 'Center Markings' to make certain your Swivel Action Seat is centered. Never mount or dismount diagonal or from either side of the unit. Never sit on the unit facing the Core Support Column. When mounting and/or dismounting always make certain you're entire body is secure so you don't stumble or fall. When performing any exercise or routine, transition from movement to movement using care and caution.

AB Doer 360™ Pro is a dynamic product comprised of many moveable components. All of these items are to be safely and effectively activated only after you are positioned in a secured seated upright posture. Some of the moveable parts include the Core Support Column, Arm Bars, Massage Rollers and Swivel Action Seat. Therefore, if you grab onto any of these items when mounting and/or dismounting you can stumble or fall.

