

YORK FITNESS
ABDO BOARD

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ABDO BOARD ASSEMBLY INSTRUCTIONS

NOTE

Maximum weight limits : 110 kg

BEFORE ASSEMBLY

Read instructions carefully. If the instructions are followed, you should have no problems with assembly. Always assemble your board on a flat surface.

TOOLS REQUIRED

2 x 14mm Spanners or 2 Adjustable Spanners.

WARNINGS

Before every training session, the equipment should be inspected for loose, worn or missing parts. To prevent possible injury, replace doubtful parts before resuming usage of the equipment.

Never lift weights alone. There should always be someone readily available to help in case of difficulty. A thorough physical examination by your doctor is advisable before commencement of your training program. Ensure that all nuts and bolts are fully tight before using any exercise equipment.

Always wear suitable clothing and footwear e.g. track suit and training shoes.

Children should not be allowed on or around the machinery or equipment, even when not in use.

Do not eat large meals before exercising. Always warm up well before exercising as this will prevent muscle strain. Remove jewellery, rings, chains and pins before exercising.

Always use your board on a flat, level surface. Always use your board in an adequate space e.g. at least 2ft. (60cm) clearance on each side. Give special attention to checking the parts used for adjusting and folding the bench as they may wear. Injuries to health may result from incorrect or excessive training.

Check that any of the adjustment devices are not projecting.

CARE AND MAINTENANCE

Use a warm, damp cloth to keep upholstery clean.

SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS
PLEASE CONTACT OUR HELPLINE ON (01327) 701824.

YORK FITNESS

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY, NORTHANTS,
NN11 4YB

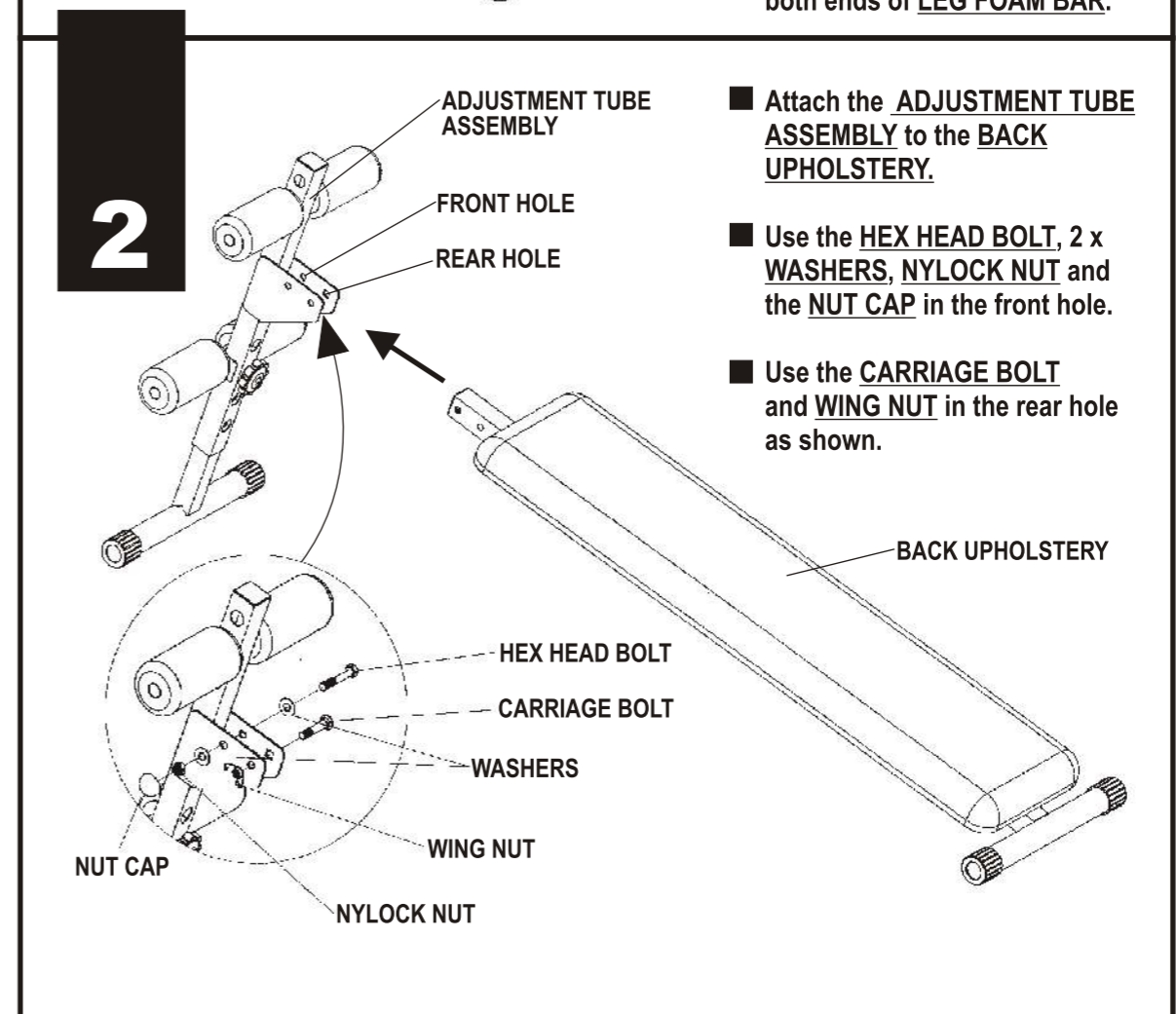
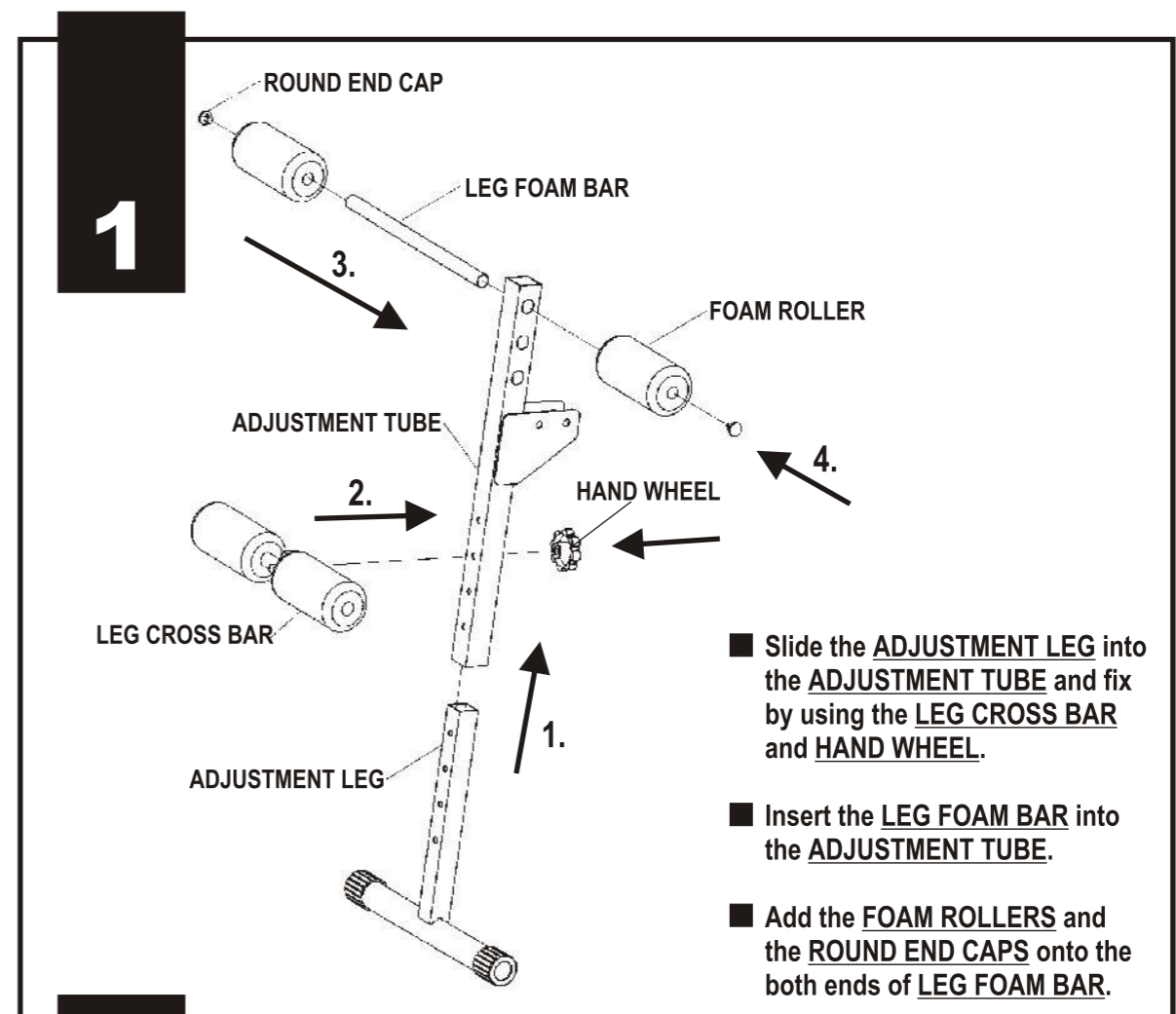
GENERAL ENQUIRIES

TEL: (01327) 701824

CUSTOMER SERVICE HELPLINE

TEL: (01327) 701824 FAX: (01327) 706704

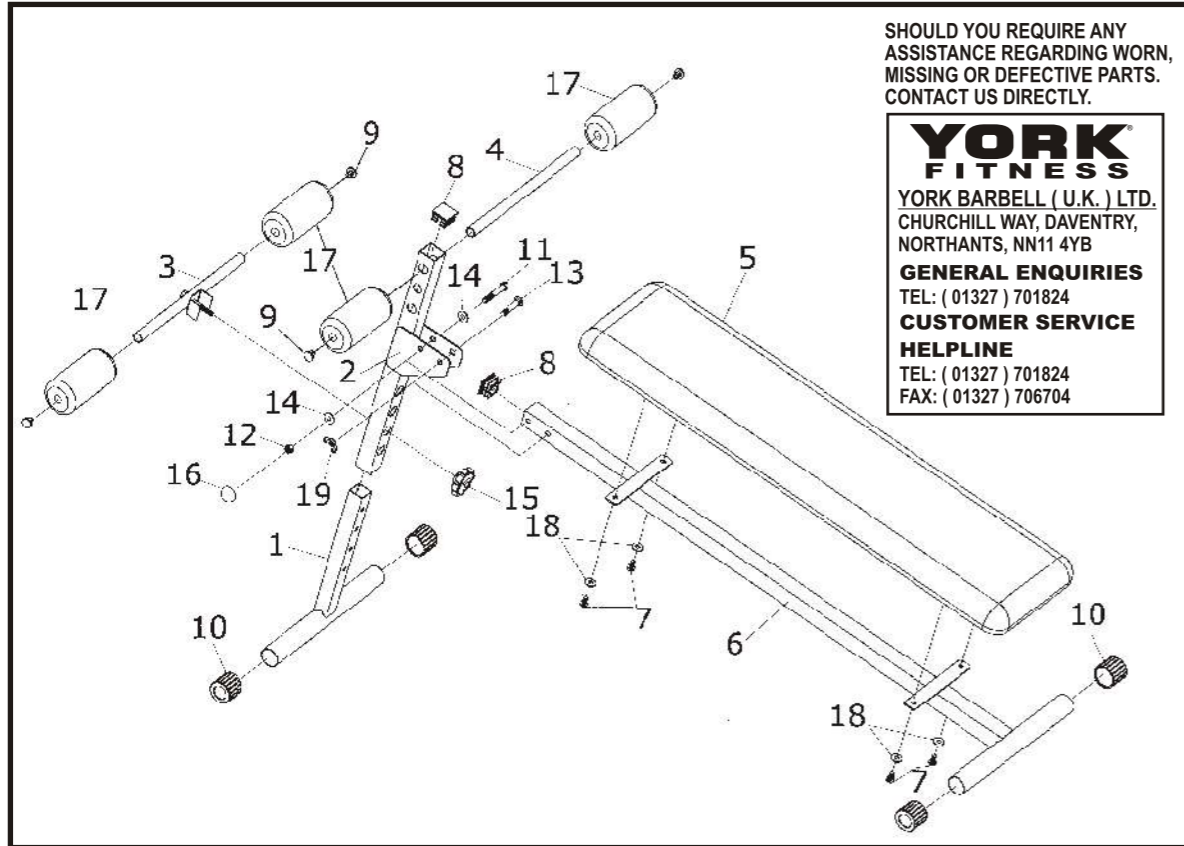
yorkfitness.com



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SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS. CONTACT US DIRECTLY.

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ITEM NO.	PART NO.	DESCRIPTION	Q'TY
1		ADJUSTMENT LEG	1
2		ADJUSTMENT TUBE	1
3		LEG CROSS BAR	1
4		LEG FOAM BAR	1
5		UPHOLSTERY	1
6		SUPPORT FRAME	1

ITEM NO.	PART NO.	DESCRIPTION	Q'TY
7		M8X15mm HEX HEAD BOLT	4
8		35mm SQ. INTERNAL END CAP	2
9		Ø 19.1mm ROUND TUBE END CAP	4
10		Ø 38.1mm STABILIZER END CAP	4
11		M10 X 58mm HEX HEAD BOLT	1
12		M10 NYLON LOCKNUT	1
13		M10 X 55mm CARRIAGE BOLT	1
14		10.5mm X 23mm X 1.5mm FLAT WASHER	2
15		M8 X 60mm HAND FEMALE WHEEL	1
16		M10 NUT CAP	1
17		Ø 70 X Ø 17 X 145mm FOAM ROLLER	4
18		8.5mm X 20mm X 2mm FLAT WASHER	4
19		M10 WING NUT	1

USING YORK ABDO BOARD

- KEEP YOUR MOVEMENTS SMOOTH - NO SUDDEN JERKING OR TWISTING.
- ENSURE THAT YOU BREATHE COMFORTABLY THROUGHOUT THE EXERCISE.
- COMMENCE CURLS WITH THE SHOULDERS - THEN THE UPPER BACK LIFTS.
- BRING TORSO UP NO MORE THAN 30° OFF OF THE BOARD; HOLD MOMENTARILY, THEN LOWER SLOWLY.
- IF YOU WISH, PLACE HANDS BEHIND THE HEAD TO SUPPORT YOUR HEAD, BUT DO NOT PULL ON THE NECK.
- KEEP YOUR CHIN OFF OF CHEST, AIM TO KEEP YOUR UPPER SPINE STRAIGHT (NEUTRAL POSITION.)
- FINISH OFF BY STRETCHING OUT THE ABDOMINALS - (YOU CAN USE DORSAL RAISES FOR THIS.)

WHEN YOU PERFORM THE EXERCISES, YOUR HANDS CAN BE PLACED IN 1 OF 3 POSITIONS -



BEGINNER



INTERMEDIATE



ADVANCED

YORK FITNESS ABDO BOARD PARTS LIST

EXERCISING WITH THE ABDO BOARD

1. ABDOMINAL CURL

POSITION YOURSELF ON THE ABDOMINAL BOARD WITH YOUR FEET FLAT ON THE FLOOR AND YOUR BACK FLAT ON THE BENCH. (PLACE HANDS ON THIGHS, CHEST OR TO SIDE OF HEAD.)

WHILST KEEPING YOUR CHIN OFF OF YOUR CHEST, RAISE UP YOUR SHOULDERS & UPPER-BACK USING YOUR ABDOMINAL MUSCLES TO APPROX 30° OFF OF THE BENCH, THEN RETURN SLOWLY BACK DOWN ONTO THE BENCH.

COMPLETE DESIRED REPETITIONS & BREATHE THROUGHOUT THE MOVEMENT.



2. ADVANCED ABDOMINAL CURL

POSITION YOURSELF LAYING ON THE ABDOMINAL BOARD WITH YOUR LOWER BACK FLAT ON THE BACKREST. (THIS CAN BE ACHIEVED BY INCREASING THE HEIGHT OF THE FRONT KNEE-ROLLERS, WHICH WILL ENABLE YOUR BACK TO BE BETTER SUPPORTED.)

PLACE YOUR HANDS IN BEGINNER, INTERMEDIATE OR ADVANCED POSITION. WHILST KEEPING YOUR CHIN OFF OF YOUR CHEST RAISE YOURSELF UP TO APPROX 30° OFF OF THE BENCH USING YOUR ABDOMINAL MUSCLES, THEN RETURN SLOWLY BACK DOWN TO THE BENCH.

COMPLETE DESIRED REPETITIONS & BREATHE THROUGHOUT THE MOVEMENT.



3. ABDOMINAL TWIST

POSITION YOURSELF IN THE SAME BASIC STARTING POSITION (AS DESCRIBED IN (2.)

SLOWLY RAISE YOUR UPPER BODY, AND TWIST ONE SHOULDER TOWARDS THE OPPOSITE KNEE SO THAT YOUR SHOULDER GOES PAST THE MID-POINT OF THE BODY. HOLD AND THEN RETURN YOUR BACK TO THE CENTRE, AND YOUR LOWER BACK TO THE BENCH.

COMPLETE DESIRED REPETITIONS & BREATHE THROUGHOUT THE MOVEMENT.



4. REVERSE ABDOMINAL CURL

POSITION YOURSELF ONTO THE BENCH AS SHOWN, AND FOR EXTRA SUPPORT YOU CAN HOLD ONTO THE ROLLERS.

BRING UP YOUR KNEES SO THAT YOU HAVE A 90° BEND (THIS IS THE START POSITION.)

ROLL YOUR KNEES TOWARDS YOUR HEAD UNTIL THERE IS A SLIGHT LIFT OF THE LOWER BACK. PAUSE, AND THEN RETURN TO THE START POSITION.

COMPLETE DESIRED REPETITIONS & BREATHE THROUGHOUT THE MOVEMENT.



5. DORSAL RAISES (LOWER BACK.)

POSITION YOURSELF ONTO THE BENCH FACING DOWNWARDS, WITH YOUR FEET ON THE FLOOR. THE AIM IS TO LIFT YOUR HEAD AND SHOULDERS 4-6 INCHES (OR TO A HEIGHT THAT YOU FEEL COMFORTABLE) OFF OF THE BOARD.

YOU CAN ASSIST YOUR BACK MUSCLES, BY PUSHING UP WITH YOUR ARMS. OTHERWISE PLACE YOUR HANDS TO THE SIDE OF YOUR HEAD AND LIFT THE ARMS. (TO MAKE THE EXERCISE HARDER, PLACE YOUR ARMS OUT TO THE FRONT.)

ALWAYS LOOK STRAIGHT DOWN - KEEPING YOUR HEAD IN A NEUTRAL POSITION. GRADUALLY INCREASE REPETITIONS IF YOU FEEL COMFORTABLE. MAINTAIN BREATHING. KEEP THE MOVEMENT SLOW AND CONTROLLED.

