



**OWNER'S
MANUAL &
TRAINING
GUIDE**



Maximum User
Weight is 300 lbs.

We are very proud of the design and quality of the Ab Coaster® PS500. This product has been manufactured to the highest standards.

We are available at:
866-219-5335

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U.S. Pat. Nos. 7,611,445; 7,585,263; 7,485,079; 7,455,633; D584,367; D565,134; and Other Patents Pending.
U.S. Trademark Registration Number 3407362.

Hard Abs Made Easy™



Manufacturer's Limited Warranty – AB COASTER® PS500

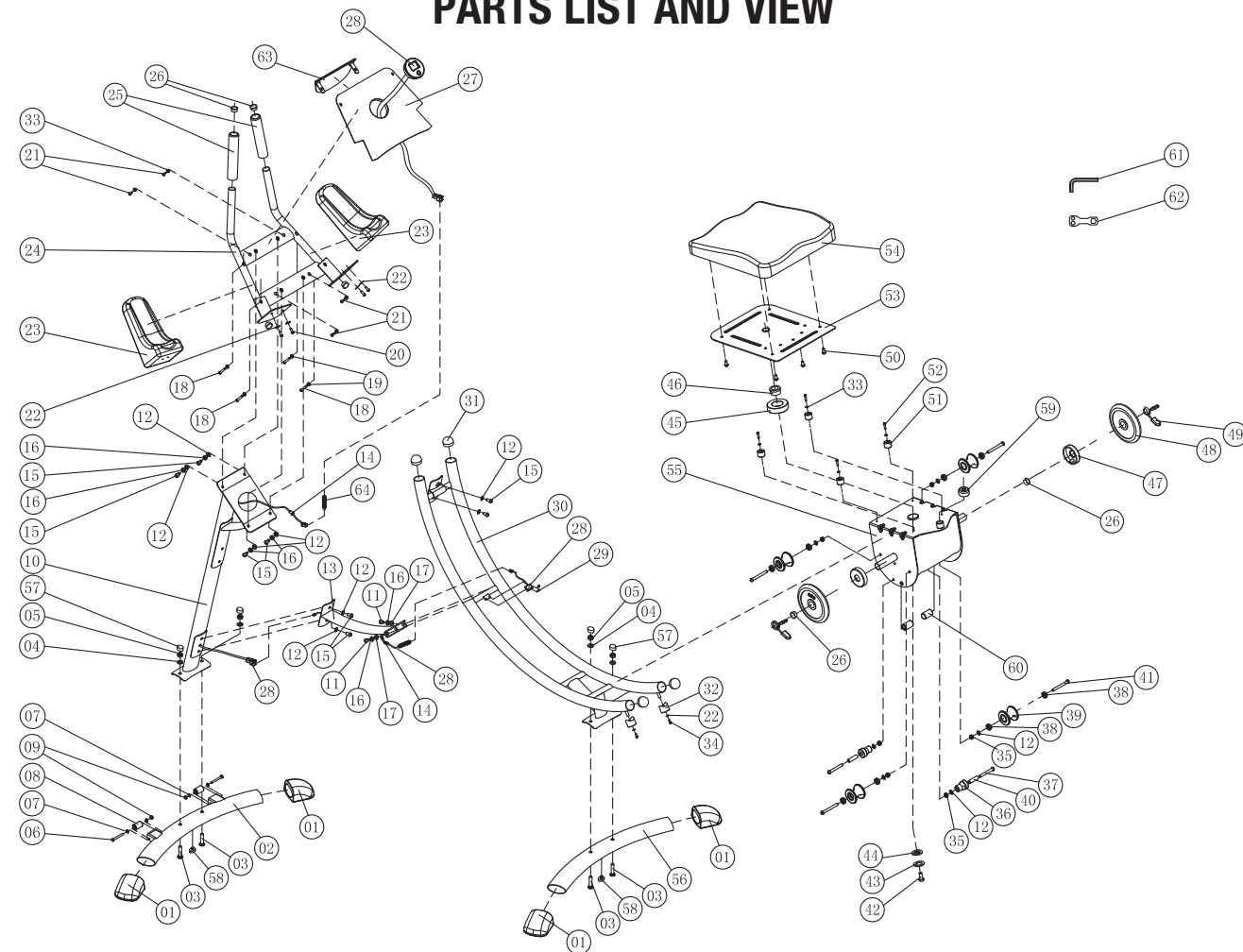
The manufacturer warrants that your Ab Coaster® is free of defects in materials and workmanship and will, at its option, repair or replace any defective Ab Coaster® that is returned to it. Except as described in the following sentence, all parts and components of the Ab Coaster are warranted for one (1) year from the original date of purchase. The roller bearings are warranted for ninety (90) days from the date of original purchase and all pads are warranted for ninety (90) days from the date of original purchase.

This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.



PARTS LIST AND VIEW



NO.	Part Name	Specification	QTY (PCS)	NO.	Part Name	Specification	QTY (PCS)	NO.	Part Name	Specification	QTY (PCS)
01	foot grip match	70*35*1.5 elliptical tubing	4	23	arm cushion		2	45	nylon bushing	ø70*ø40*20	1
02	front leg		1	24	handlebar frame		1	46	ø38 nylon sleeve	ø38*ø25*19	2
03	M10*45 screw	M10*45(15mm thread)	4	25	handlebar grip	ø29*ø23*220	2	47	weight post collar	ø70*12	2
04	R71 arc washer	ø25*d10*2.0_R71	4	26	circular piston match	ø25.4*1.5 tubing	6	48	weight plate	2.5KG/pcs, ø26.5	4
05	M10 nut	M10	4	27	arm plate	337*267*_24	1	49	weight plate clip	ø25.4*1.5__	2
06	M6*50 flanged-hex screw	M6*50(15mm thread)	2	28	counter including sensor, magnet, and ø76 wire		1set	50	M8*15 hex screw	M8*15	4
07	ø13 flat washer	ø13*d6*1.2	4	29	ST2.9*8 self-drilling phillips screw	ST2.9*8	2	51	seat swivel bushings	ø25*20	4
08	front leg wheel	ø20*ø7*25	2	30	ab coaster track		1	52	M5*20 phillips screw	M5*20	4
09	m6 nut	M6	2	31	ball piston match	ø38*1.5 tubing	4	53	seat plate		1
10	front support post		1	32	bumper	ø32*26.5	2	54	seat cushion		1
11	M8*20 lock hex screw	M8*20	2	33	ø10 flat washer	ø10*d5*1.0	8	55	U shape seat carriage		1
12	ø16 flat washer	ø16*d8*1.5	14	34	M5*10 phillips screw	M5*10	2	56	rear leg	70*35*1.5	1
13	front support brace		1	35	M8 nut	M8	6	57	M10 nut cover	S17	4
14	wire clip	ø15*12	2	36	spacing wheel	ø32*42	2	58	leg support pad	ø25*10	2
15	M8*20 hex screw	M8*20	8	37	M8*55 hex screw	M8*55(15mm thread)	2	59	muffler	ø28*13	1
16	ø8 spring washer	ø8	6	38	bearing	608ZZ_ABEC-5	8	60	seat swivel bushing	ø23*37	2
17	R12.5 ø16 arc washer	ø16*d8*1.5, R12.5	2	39	roller wheel	ø54*48	4	61	tool	A S5	1
18	M6*40 hex screw	M6*40	4	40	spacing wheel bushing	12*1.5*44	2	62	tool	B S10/S13/S17	1
19	R12.7 ø16 arc washer	ø16*d6*1.2_R12.7	4	41	M8*75 hex screw	M8*75_15mm thread)	4	63	front logo plate		1
20	M6*15 screw	M6*15	4	42	M10*25 hex screw	M10*25	1	64	wire protection cover	ø14.2*90*0.8	2
21	ST4.8*15 self-drilling phillips screw	ST4.8*15	4	43	ø10 spring washer	ø10	1				
22	ø18 flat washer	ø18*d6*1.2	6	44	lifted washer	ø38*ø10.5*2	1				

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SAFETY LABELS

CAUTION: PINCH POINT
Keep hands away and stand clear of machine while in use.



WARNING
SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.
Read the Owner's Manual prior to using this machine.
Obtain a medical exam prior to beginning an exercise program.
Keep head, limbs, fingers and hair clear of all moving parts.
Inspect machine prior to use. Do NOT use if it appears damaged or inoperable.
Use the machine only for intended use.
Use caution getting on and off machine.
Do not allow children near this machine.

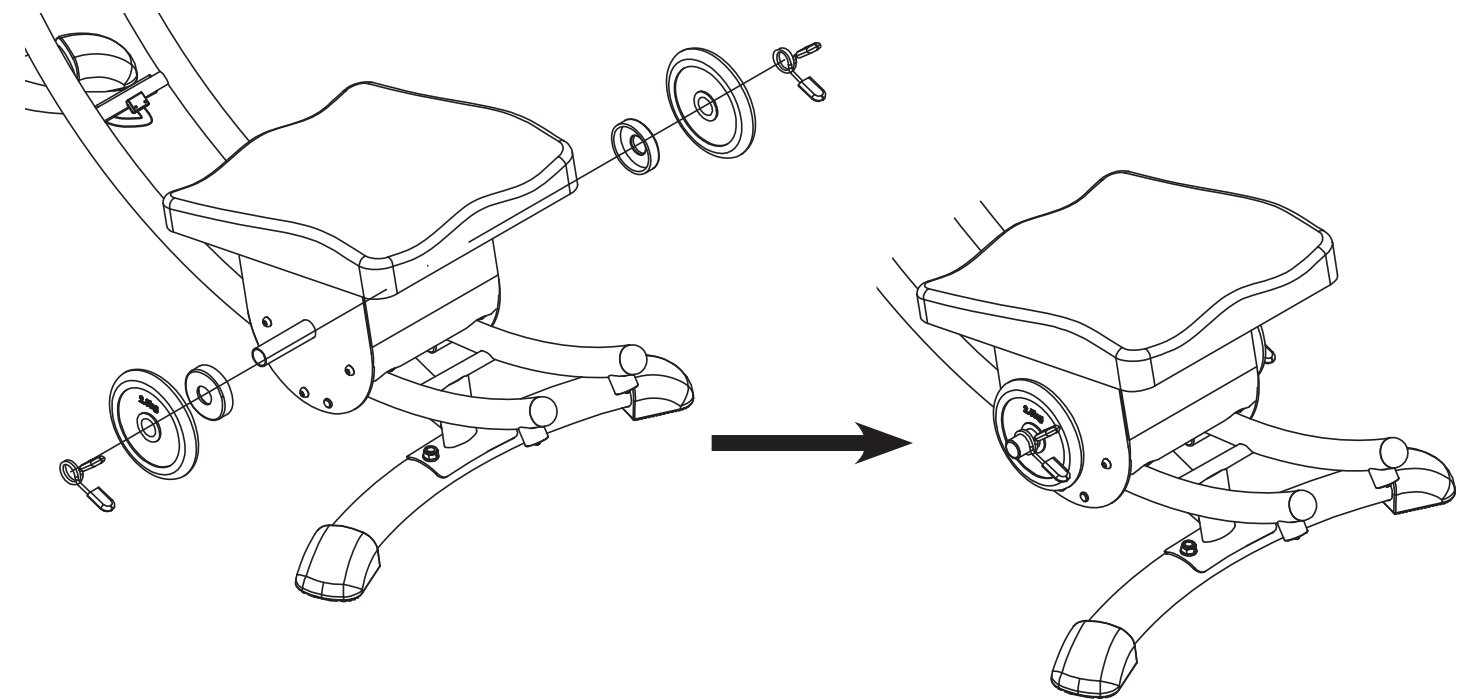
IMPORTANT SAFETY INFORMATION

IMPORTANT: Please read and follow all instructions thoroughly before using your Ab Coaster® PS500.

- Maximum user weight is 300 lbs.
- ALWAYS USE CAUTION WHEN GETTING ON AND OFF THE Ab Coaster® PS500. READ INSTRUCTIONS ABOUT PROPER WAYS TO GET ON AND OFF THE Ab Coaster® PS500.
- KEEP BODY PARTS, HANDS AND FEET AWAY FROM THE SEAT, WHEELS AND THE CURVED TRACK WHILE USING THE Ab Coaster® PS500. SEVERE INJURY CAN RESULT IF BODY PARTS, HANDS OR FEET ARE PLACED ON TRACK WHILE SOMEONE IS USING THE UNIT.
- KEEP THE Ab Coaster® PS500 OUT OF THE REACH OF CHILDREN. The Ab Coaster® PS500 is not a toy and is not meant to be used by or near children and pets. Please keep children and pets away from the Ab Coaster® PS500 and during use, as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers near the unit while you are exercising.
- Consult your physician before beginning any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for exercising with the Ab Coaster® PS500.
- If you experience any pain or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- When using the Ab Coaster® PS500, follow the instructions provided in this booklet. Do not use the product for any other exercises or motions which are not contained herein.
- ONLY USE THE Ab Coaster® PS500 ON A FLAT, STABLE SURFACE. DO NOT USE THE Ab Coaster® PS500 ON A SMALL AREA RUG THAT MAY TEND TO MOVE WHILE EXERCISING.
- DO NOT ATTEMPT TO USE THE Ab Coaster® PS500 WITHOUT RESTING YOUR ARMS ON THE ARM REST AND HOLDING ONTO THE HANDLES.
- Do not pick up the Ab Coaster® PS500 to move it. Follow the instructions in this booklet for moving the Ab Coaster® PS500.
- Do not leave the Ab Coaster® PS500 in the direct sun for extended periods of time.
- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and could possibly cause serious personal injury or damage to you and the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.
- DO NOT USE THE Ab Coaster® PS500 if it is damaged in any manner. Inspect before each use. Failure to observe this warning could result in personal injury while exercising.
- Use the machine only for intended use as described herein. DO NOT modify the machine.
- Do not replace any parts with parts from other equipment or other manufacturers. Use only parts provided by the manufacturer.
- **This product is intended for Residential use only and is not intended for commercial facilities such as Health Clubs, Hotels or Fitness Centers.**

SAVE THESE INSTRUCTIONS AND ENSURE THAT OTHER EXERCISERS READ THESE INSTRUCTIONS PRIOR TO USING THE Ab Coaster® PS500 FOR THE FIRST TIME.

RESISTANCE TRAINING (weights not included)



Using Added Weight for Resistance: There are 2 weight posts on the sides of the Ab Coaster® PS500 Seat for adding weights (not included) for extra resistance during exercise.

CAUTION: Do not add more than 20 lbs. of weight in total to the posts (4 plates of 5 lbs. each). Before adding any weight, ensure that you are able to perform the exercise with proper form without any additional weights.

Please visit www.AbCoaster.com to view video of proper usage of the machine.

DIGITAL REPETITION COUNTER



The digital repetition counter helps to keep your workout on track. You focus on exercising correctly and the counter keeps track of your repetitions.

Requires 2 "AAA" batteries (included).

Press the mode key to start the count function.

To reset the counter, press and hold the button for 3 seconds.

MOVING STORING AND MAINTAINING THE AB COASTER® PS500



Moving and Storing:

There are 2 wheels attached to the front leg support of the Ab Coaster® PS500 in order to aid in the moving and storage of the unit. Stand in the front of the unit and grasp the handle bars. Push down on the handle bars tilting the rear up until the front wheels are engaged.

For storage, keep the unit in a dry place. If placed in long-term storage, you should

cover the unit with a cloth or other material to protect the unit from excessive dust or dirt accumulation.

Maintenance:

Keep curved track clean and free of debris. Wipe periodically with cloth to keep track smooth and clean.

EXERCISE INSTRUCTIONS



1. Adjust Hand Grip and place forearms and elbows on arm pads. Lightly grasp handles.
 2. Kneel on Seat so that your feet are hooked on the back edge of the pad.
 3. Keeping your back straight, pull your knees forward until you fully contract your abs. DO NOT move your upper body while performing exercise. Make sure you use your abs to lift the Seat carriage, not your upper body.
 4. Return slowly to starting position, and repeat. Do not bang Seat carriage when lifting or when returning to starting position.
- Please visit www.AbCoasterClub.com and www.AbCoasterBlog.com to view videos of proper exercise usage of the machine.

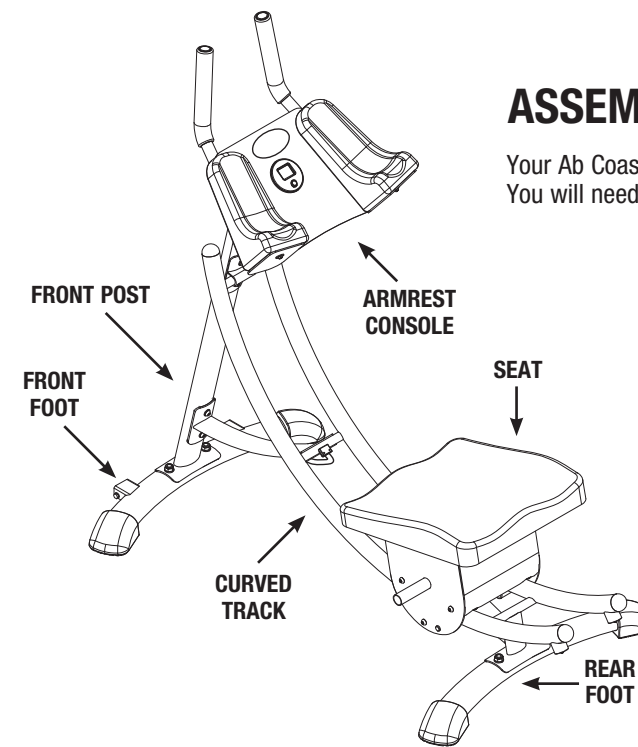
FREE-STYLE MOTION SEAT

The Seat is free-moving so that you can turn your knees and work on your obliques. Turn knees to right to exercise left oblique; turn knees to left to exercise right oblique. Move side to side for free-style motion training.



ASSEMBLY INSTRUCTIONS

Your Ab Coaster® PS500 has been thoroughly inspected and partly assembled before shipment. You will need to take a few additional steps as described below to complete assembly.

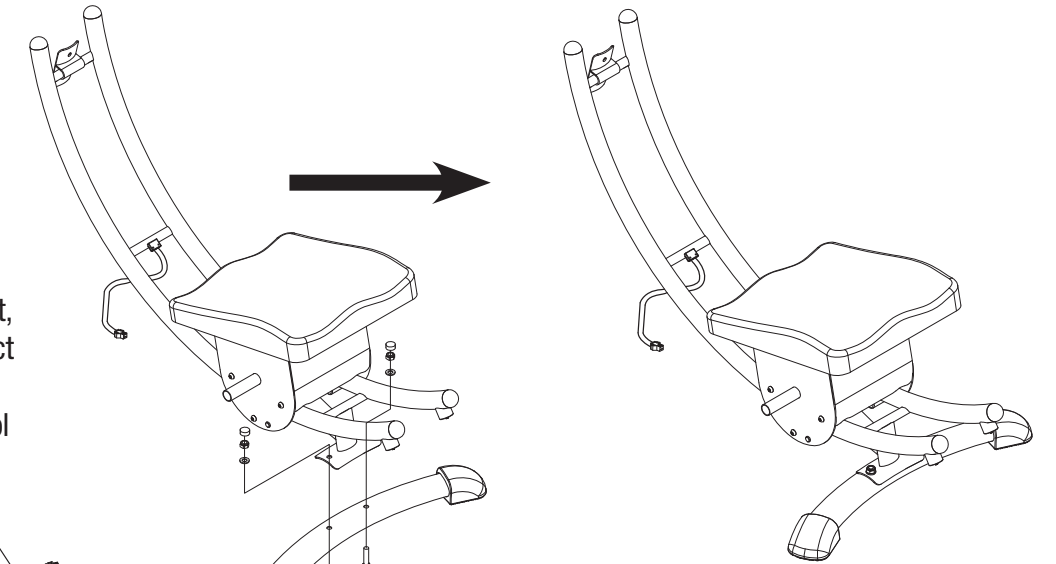


- Step 1: Attach Rear Foot**
- Step 2: Attach Front Foot**
- Step 3: Attach Front Post**
- Step 4: Attach Armrest Console**
- Step 5: Connect Wires**

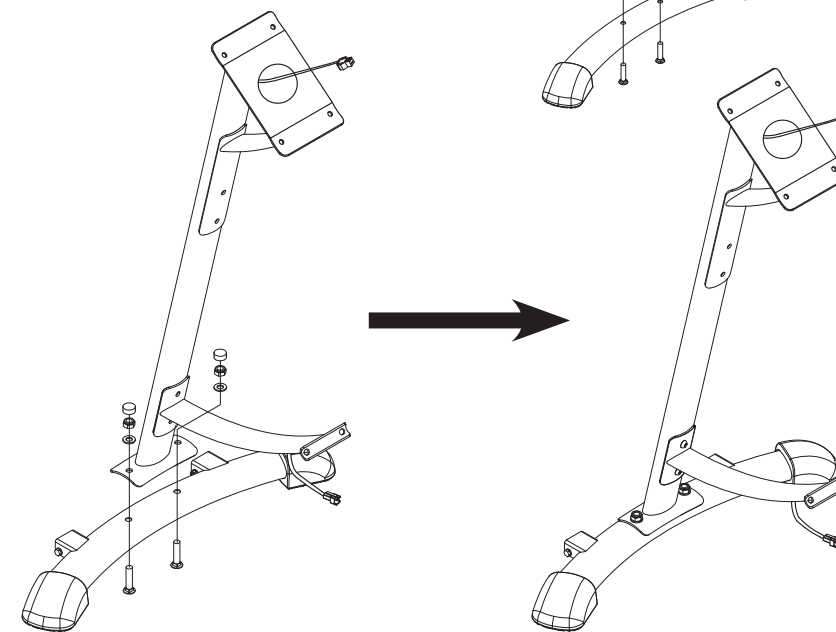
IMPORTANT: Remove all parts from packing and inspect for damage. Retain packing materials if possible.

CAUTION: DO NOT CUT!
DO NOT cut and remove this plastic strap until unit is completely assembled.

CAUTION: Do not cut and remove the plastic strap with this label attached until unit is completely assembled. The strap keeps the SEAT secure to the CURVED TRACK for easy assembly.



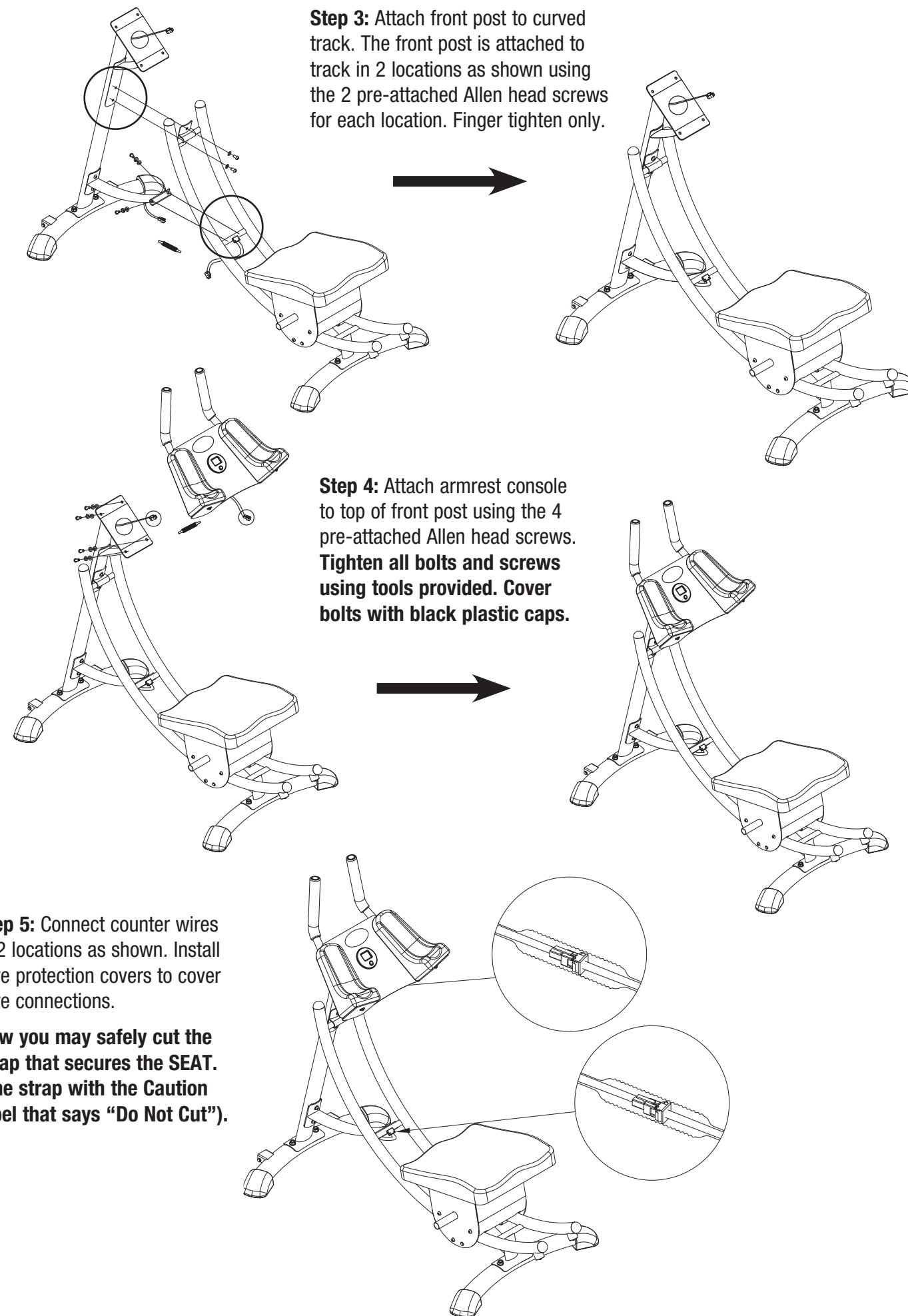
Step 1: Attach rear foot (without wheels) to rear of curved track. Remove the 2 bolts which have been pre-attached to the rear foot, then re-attach the bolts to connect foot to track. Finger tighten bolts only. Do not tighten bolts with tool until unit is fully assembled.



Step 2: Attach front foot (with wheels) to front post using the 2 pre-attached bolts. Finger tighten only.



GETTING ON AND OFF THE Ab Coaster® PS500



Step 1: Make sure the Ab Coaster® PS500 is placed on a flat, stable surface.

Step 2: Approach the Ab Coaster® PS500 from the side, not the back, of the unit.

Step 3: Place forearms and elbows on arm pads. Grasp handles to maintain your balance.

Step 4: While grasping handles, place knees on Seat so that your feet are hooked on the back edge of the seat. You are now ready to exercise.



EXERCISE INSTRUCTIONS

How It Works: The Ab Coaster® PS500 is designed to help you exercise your abdominal muscles via a leg lift motion. Unlike the popular sit-up or ab crunch exercise, which works your abdominals from the "top down", the Ab Coaster® PS500 moves in the opposite direction, working your abs from the "bottom up." The basic motion requires you to lift your knees and legs while contracting your abs.

The Ab Coaster® PS500 features a Seat moving along a curved track to aid you in performing the abdominal lifting motion. The starting position requires you to kneel on the Seat while resting your arms on the arm rests. The exercise requires you to lift the Seat along the track by using your abdominal muscles, not by using your arms or your upper body. The key to performing the exercise properly is to concentrate on contracting your ab muscles prior to and while you lift the Seat. Your upper body should be stable and should not be moving or swaying while you exercise.

