

AB LOUNGE SPORT

Strengthen and tone
your core faster than you
thought possible!



INCLUDES:
AB Lounge Sport
Owner's Manual
Adjustable Footrest
Headrest
Exercise Mat
and Workout DVD

- Resistance can be machine strength and more your speed, slow rate and release
- Tense strong and easy the using the advanced all motion exercise the machine
- Helps you get in perfect posture, better posture
- Automatically released posture is proven to hold more muscle activity than a regular crunch

- Support your head, neck, back and body throughout the entire range of motion
- Easy for beginners, challenging for advanced users

Assembly Required

1



2



3



Just three exercises
work your abs better
than regular crunches!

1 **Basic Jackknife**
• Easy for beginners

2 **Lateral Jackknife**
• Great for working
your love handles

3 **Advanced Jackknife**
• More effective than
regular crunches

Full range of motion keeps
your muscles activated longer
during each repetition for
better results!



Ab Lounge 2 User Guide

SA Dillow



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