

AB LOUNGE SPORT

Strengthen and tone
your core faster than you
thought possible!



INCLUDES:
AB Lounge Sport
Owner's Manual
Audio Tone Plan
Healthy Living Plan
and Workout DVD

- Resistance can be machine strength and more your own strength, lower risk and safer.
- Tones strong and sexy abs using the advanced ab toning exercise, the patented.
- Helps you get in perfect posture, better posture.
- Superbly designed posture is proven to hold more muscle activity than a regular crunch.

- Tones 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

SJ Ball



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