



Thank you for purchasing the AB COASTER®.
Our customer service staff is ready to help
and to answer any questions.

Our phone number is: 908-879-2713
The Ab Coaster Company, 173 Route 206, P.O. Box 9
Chester, NJ 07930

Website: www.abcoasterclub.com
Email: info@abcoasterclub.com

Please call us if you have any questions.
Customer service staff can be reached
Monday to Friday from 9:00 AM to 5:00 PM Eastern Standard Time.
You can also send us an email, or visit our website
for additional customer service information.

Prior to calling or emailing,
please have the following information with you:

- Customer Name and Address
 - Telephone Number
 - Proof of Purchase
- Product Model Number

© 2010 The Ab Coaster Company. All Rights Reserved.
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.

AbC_CS3000_MAN_V2_100519



OWNER'S MANUAL & TRAINING GUIDE

Maximum User
Weight is 450 lbs.

• COMMERCIAL SERIES •



TABLE OF CONTENTS

Safety Instructions for Assembly and Usage	3
Getting On and Off the Ab Coaster®	3
How to Use the Ab Coaster®	4
Exercise Instructions	4
Adjusting the Seat	5
Adjusting the Hand Grip	5
Resistance Training	6
Moving and Storing the Ab Coaster®	6
Parts List and View	7
Assembly Overview	8
Step-By-Step Assembly	9
Warnings	14
Warranty	14

SAFETY INSTRUCTIONS FOR ASSEMBLY AND USAGE

Safety comes first. Please read this instruction guide completely before assembling and using the Ab Coaster®. Please keep this guide in a safe place and accessible to all staff.

- Make sure all bolts and screws are tight prior to each day's use. Make sure machine is working properly every day.
WARNING: The safety level of this equipment can be maintained only if it is examined regularly for damage and wear. Pay special attention to the moving parts, including the bearings under the carriage and the pull pin which secures the carriage, and to components which are susceptible to wear such as the rear bumpers, the arm rests and seat.
- Periodic maintenance is required on all exercise equipment in order for it to remain in good operating condition.
- Keep Curved Track clean and free of debris and grit to maintain smooth operation.
- Make sure Bumper Stops are secure.
- Place and use the machine on a flat, level surface. Maintain at least 2 feet of free space around machine for safe operation.
- Place all warnings and safety labels as provided by manufacturer on the machine if not already applied.
- Train and educate members, clients or customers prior to using this machine.
- IMPORTANT: Keep all children and pets away from machine.
- WEIGHT LIMIT: Users must weigh no more than 450 lbs. (204 kg)

GETTING ON AND OFF THE AB COASTER®



Step 1: Approach the Ab Coaster® from the side, not the back, of the unit.

Step 2: Adjust Hand Grip and place forearms and elbows on arm pads. Grasp handles to maintain your balance.

Step 3: 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.



WRONG!

1

2

**1 - Foot should be hooked on back edge of seat.
2 - Do not lean forward; sit back toward your heels.**



HOW TO USE THE AB COASTER® CS3000

FEATURES AND TIPS: The Ab Coaster® CS3000 is designed to help you exercise your abdominal muscles via a leg lift motion. Unlike the popular ab crunch exercise, which works your ab muscles from the “top down”, the Ab Coaster® moves in the opposite direction, working your abs from the “bottom up.” The motion requires you to lift your knees and legs while contracting your abs.

The Ab Coaster® features a Seat moving along a curved track to aid you in performing the abdominal lift 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 using your abdominal muscles, not your upper body. The key to performing the exercise properly is to concentrate on contracting your ab muscles while lifting the Seat. Your upper body should be stable and not moving while you exercise.

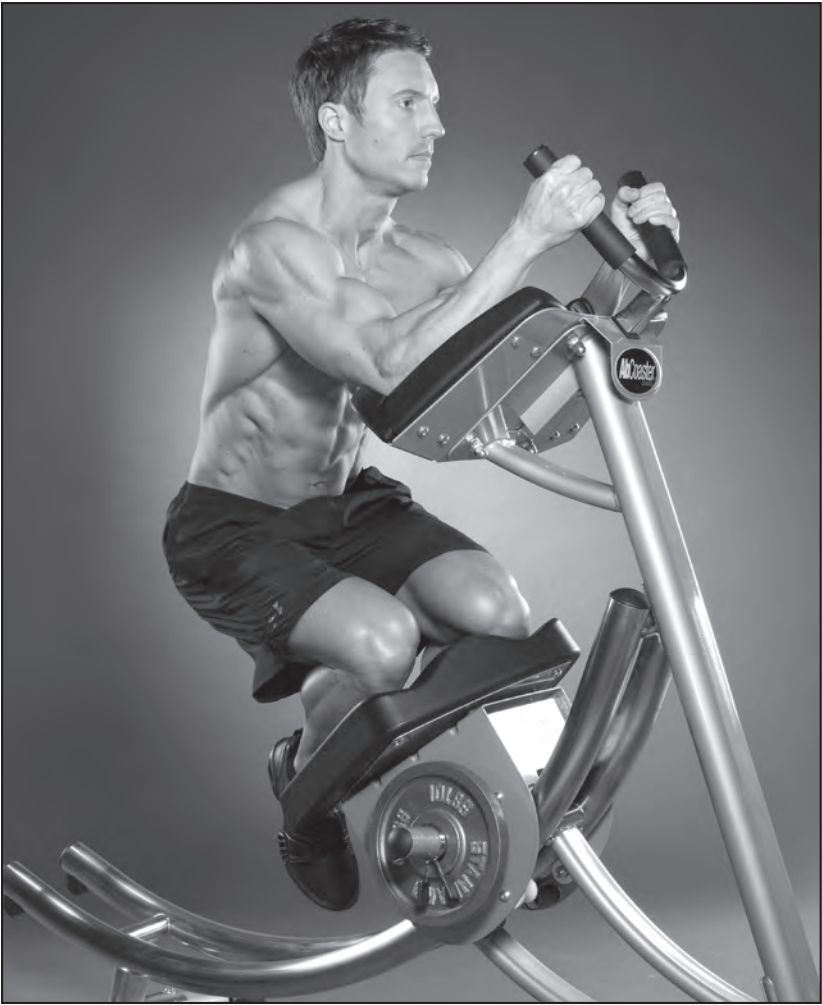
Setting up the Ab Coaster®: Make sure the Ab Coaster® is placed on a flat, stable surface.



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.



ADJUSTING THE SEAT

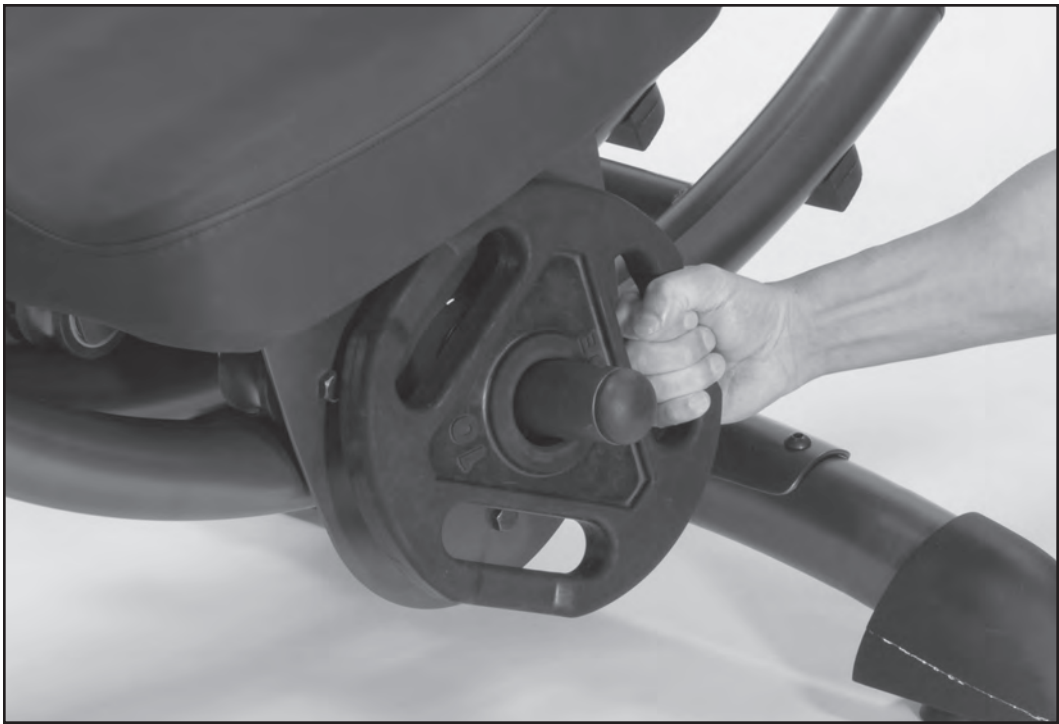
The Seat is free-moving so that you can turn your knees and work on your obliques. Turn knees to right to exercise left oblique; turn knees to left to exercise right oblique. Move knees side to side for free-style motion training.

ADJUSTING THE HAND GRIP

To adjust hand grip, pull up on pop-pin and move grip up or down. Then secure the grip by releasing pop-pin into the hole. Make sure hand grip is secure before using.



RESISTANCE TRAINING (Weights Not Included)



USING ADDED WEIGHT FOR RESISTANCE: There are 2 weight posts on the sides of the Ab Coaster® Seat for adding Olympic weights (not included) for extra resistance during exercise. Safety collars are recommended (not included).

CAUTION: Do not add more than 40 lbs. of weight in total to the posts (2 plates of 10 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.AbCoasterClub.com and www.AbCoasterBlog.com to view videos of proper usage of the machine.

WARNING: As with any physical exercise routine, injuries may result from incorrect usage of equipment or excessive training.

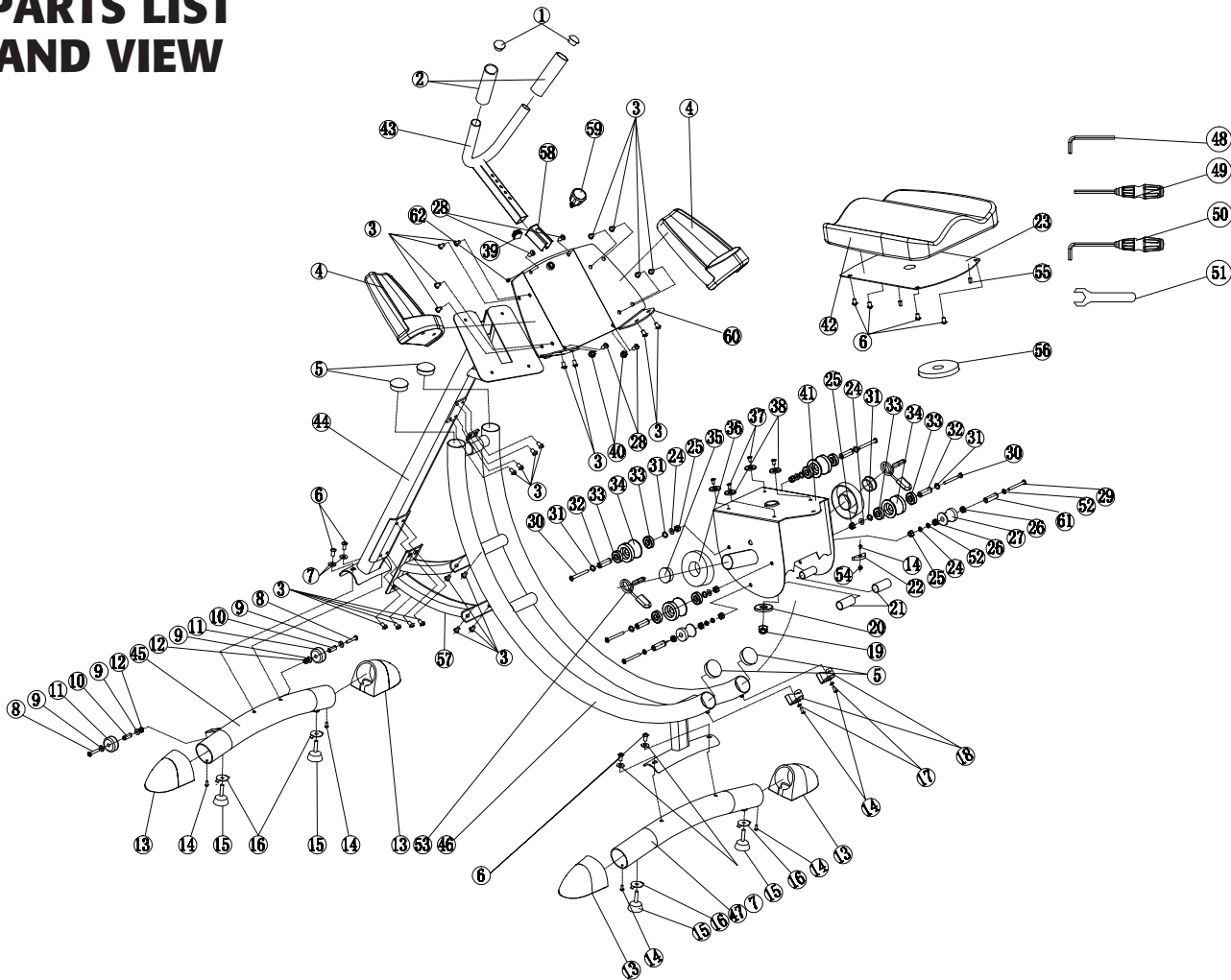
MOVING AND STORING THE AB COASTER®

There are 2 wheels attached to the front leg support of the Ab Coaster® in order to aid in the moving and storage of the unit.

DO NOT move the Ab Coaster® from the front of the unit. Stand in the rear of the unit and grasp the rear leg support (not the track or the Seat carriage), and lift unit from the rear until the front wheels are engaged. Keep stored in a cool, 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.

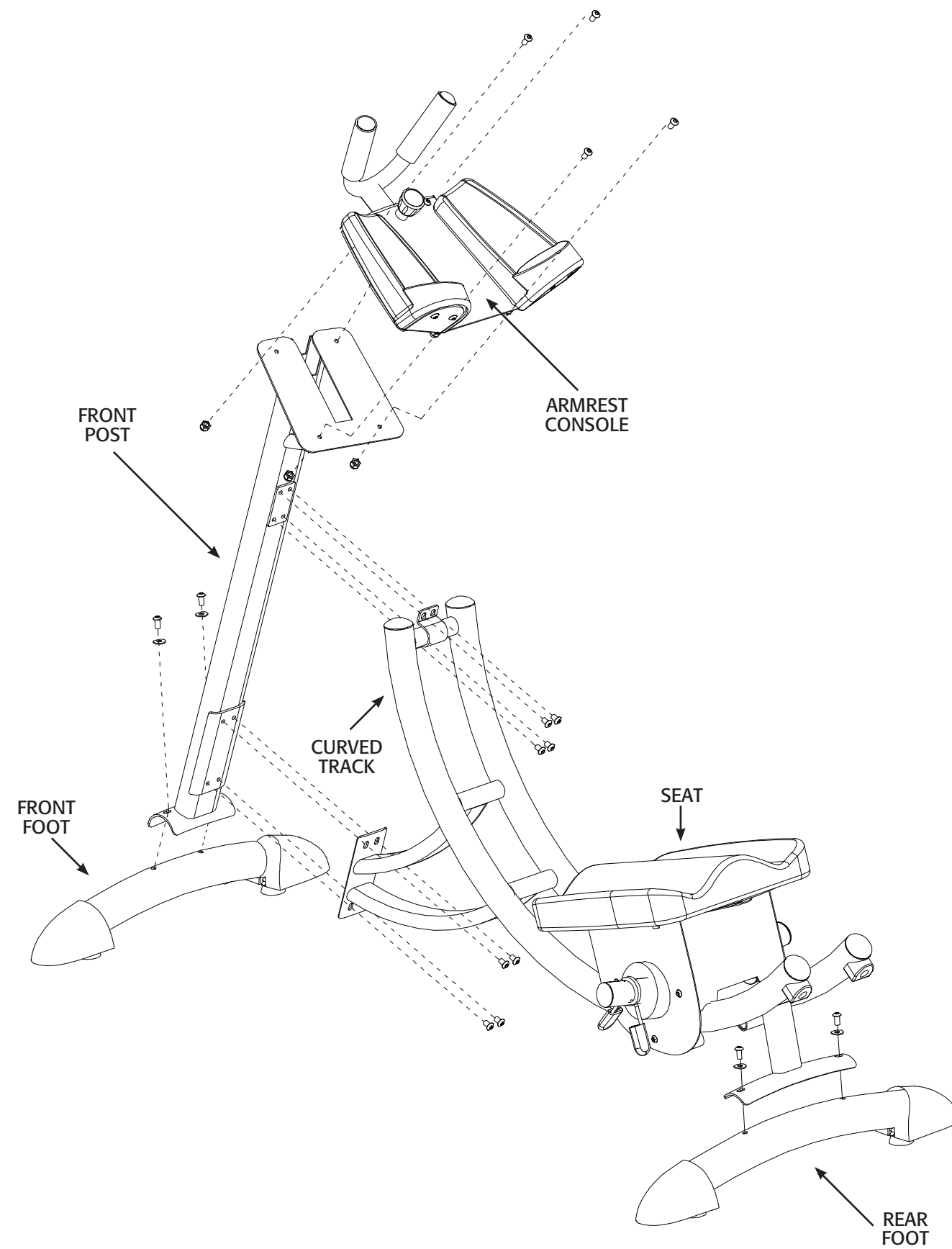
PARTS LIST AND VIEW



NO.	Part Name	Specification	QTY (PCS)	NO.	Part Name	Specification	QTY (PCS)	NO.	Part Name	Specification	QTY (PCS)
01	circular piston match	match ø32*2.0 tubing ø42*20	2	23	seat plate		1	45	front foot		1
02	handlebar grip	ø40* ø30*175	2	24	ø20 flat washer	D20*d10*2	6	46	ab coaster cs2000 track		1
03	M10*15 hex screw	M10*15	24	25	M10 nut	M10	6	47	rear foot		1
04	arm cushion	310*150*120	2	26	bearing	6800Z	4	48	allen tool	S6	1
05	ball piston match	ø60*2.0 tubing	4	27	spacing wheel	ø44*52	2	49	green handle allen tool	S6	1
06	M10*20 hex screw	M10*20	8	28	M10*25 hex screw	M10*25	4	50	green handle L-shaped allen tool	S6	1
07	R40 arc washer	ø25*d10.5*2.0 R40	4	29	M10*75 hex screw	M10*75(15mm thread)	2	51	wrench tool	S17	1
08	M8*45 hex screw	M8*45 (20mm thread)	2	30	M10*80 hex screw	M10*80(20mm thread)	4	52	ø15 subulate flat washer	D15*d10*3	4
09	ø16 flat washer	ø16*d8*1.5	4	31	ø17 spring washer	match ø17 axel	8	53	weight plate clamp		2
10	front leg wheel bushing	ø13*1.5*41.5	2	32	roller wheel bushing	ø17*ø10*57.6	4	54	M6 nylon nut	M6	1
11	front leg wheel	ø47*27	2	33	bearing	6203Z	8	55	ø13 washer	ø13*d8*16	2
12	M8 nut	M8	2	34	roller wheel	ø63*52	4	56	EVA pad	ø150*ø50*ø9	1
13	foot grip match	105*105*171	4	35	circular piston match	match ø45*2.0 tubing	2	57	front rail support assembly		1
14	M6*15 hex screw	M6*15	7	36	weight post collar	ø118*42	2	58	handle sleeve	match ø40*2.0 ø32 tubing	1
15	leveler	ø50*67,M10 44mm thread	4	37	M8*15 screw	M8*15	4	59	handle adjustment knob	ø16*1.5P	1
16	leveler orientation	65*46*3.0	4	38	seat cushion pad	ø32*ø9*7	4	60	arm plate assembly		1
17	ø18 flat washer	ø18*d6*1.2	2	39	square end cap	match ø32*32*1.5 tubing	1	61	spacing wheel bushing	OD14*T2.0*L41.5	2
18	bumper	49*44*34	2	40	M10 cap nut	M10	4	62	M8xL15 hex screw	M8*15L	1
19	M16 nut	M16	1	41	U-shape seat carriage		1				
20	ø40*ø16.5*4.0	ø40*ø16.5*4.0	1	42	seat cushion	488*425*91.5	1				
21	seat swivel bushing	ø23*60 , match ø25.4 tubing	2	43	handlebar frame		1				
22	free motion bumper	70*20.3*8.8	1	44	front support post		1				



ASSEMBLY OVERVIEW



8

STEP-BY-STEP ASSEMBLY

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

CAUTION: DO NOT CUT!

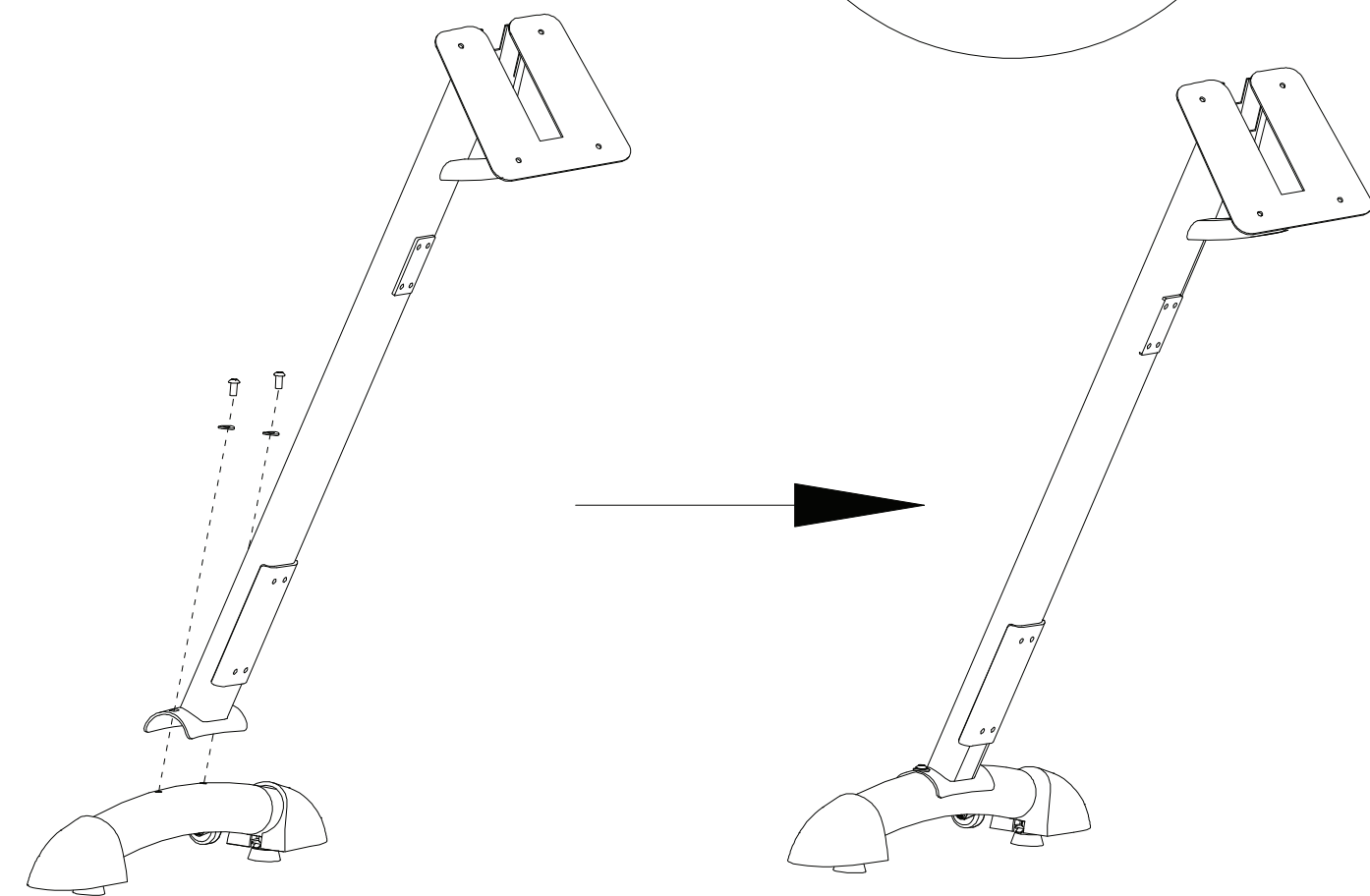
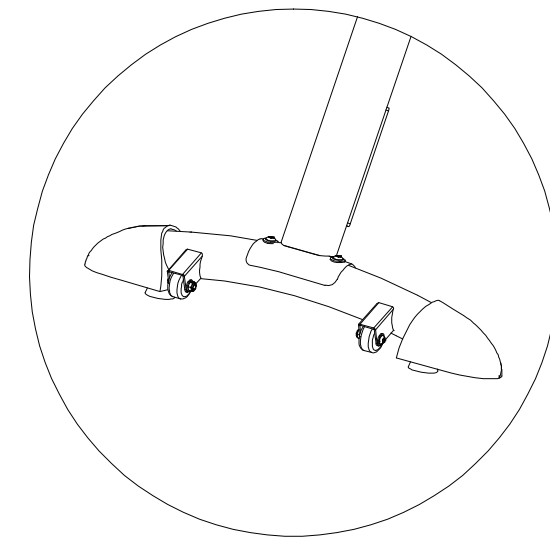
DO NOT cut and remove this plastic strap until unit is completely assembled.

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:

Have one person hold the CURVED TRACK and have the other person attach the REAR FOOT using 2 Hex screws.

NOTE: Half-tighten all screws until assembly is complete.



9

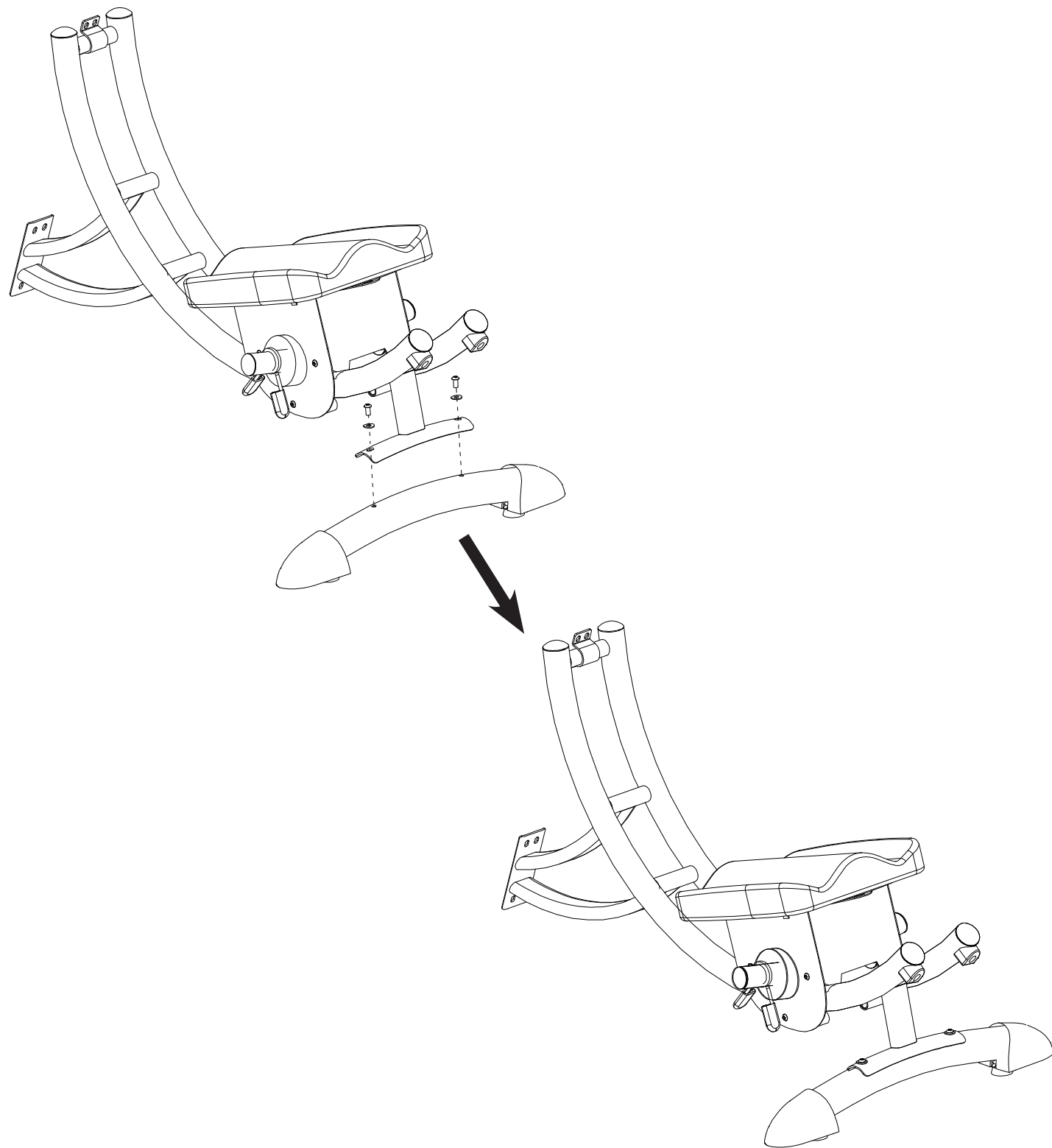




STEP 2:

Have one person hold the FRONT POST as the other person attaches the FRONT FOOT (with roller wheels) using 2 Hex screws.

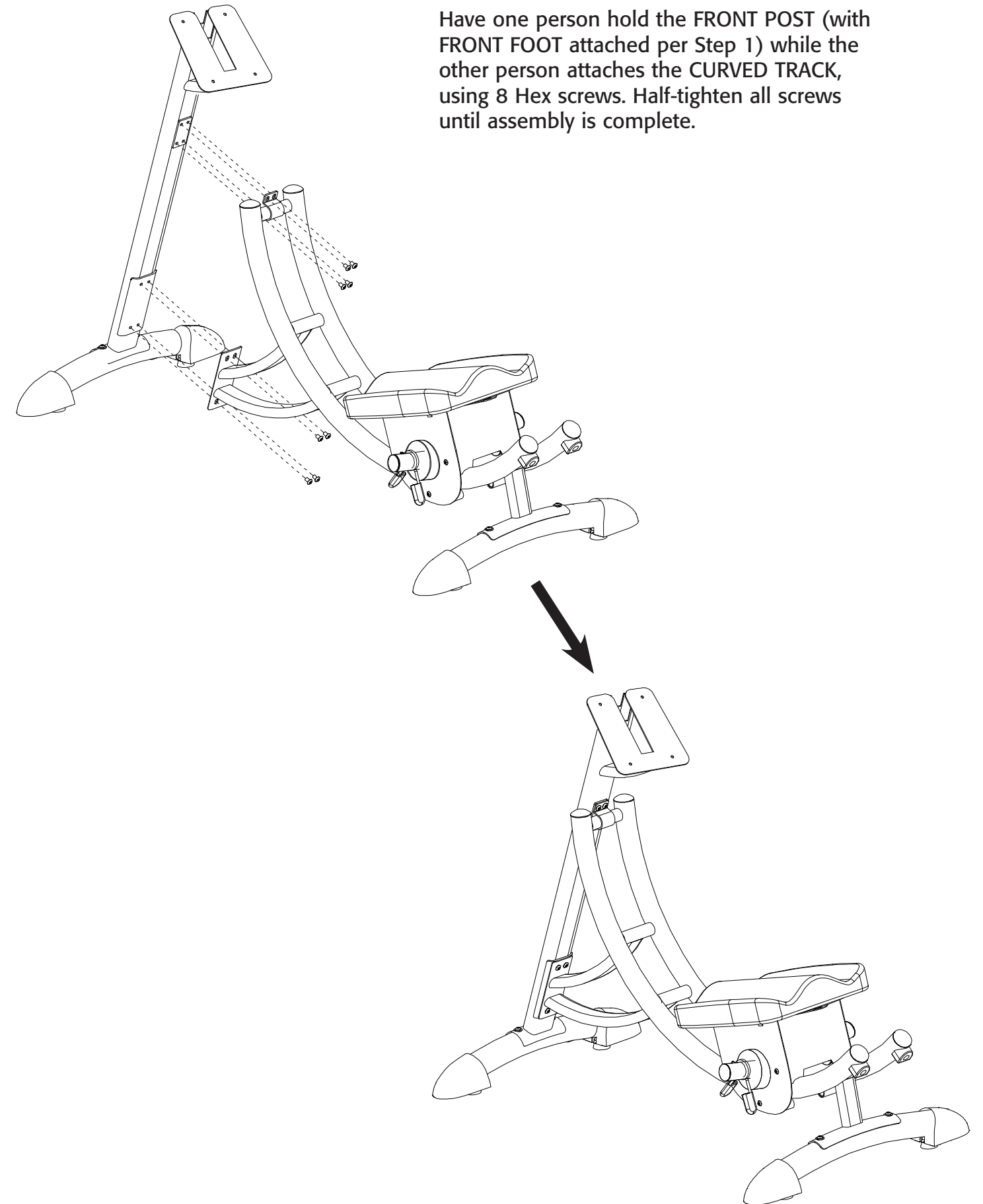
NOTE: Be sure to use correct size screws as indicated. Half-tighten all screws until assembly is complete.



10

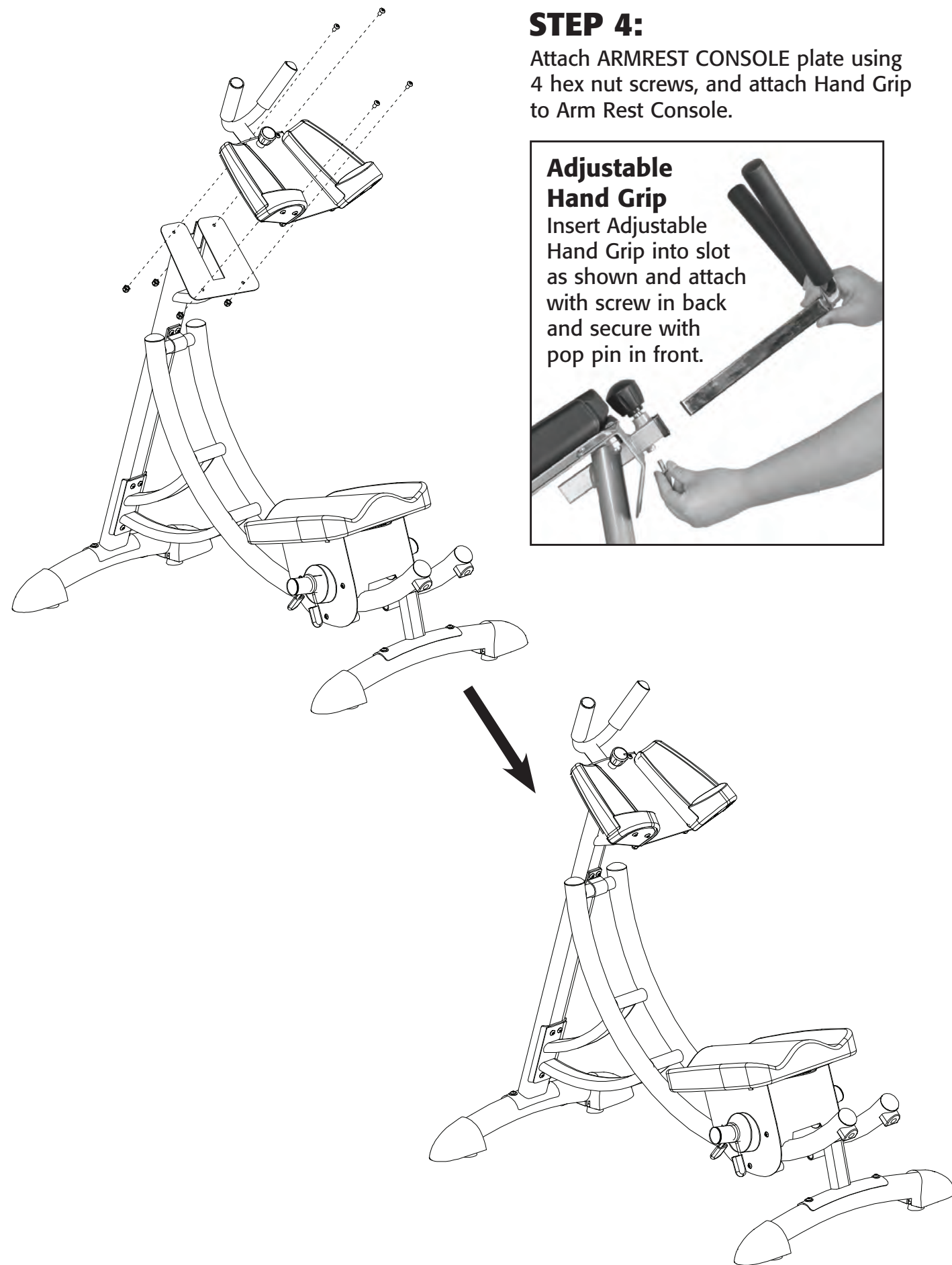
STEP 3:

Have one person hold the FRONT POST (with FRONT FOOT attached per Step 1) while the other person attaches the CURVED TRACK, using 8 Hex screws. Half-tighten all screws until assembly is complete.



11



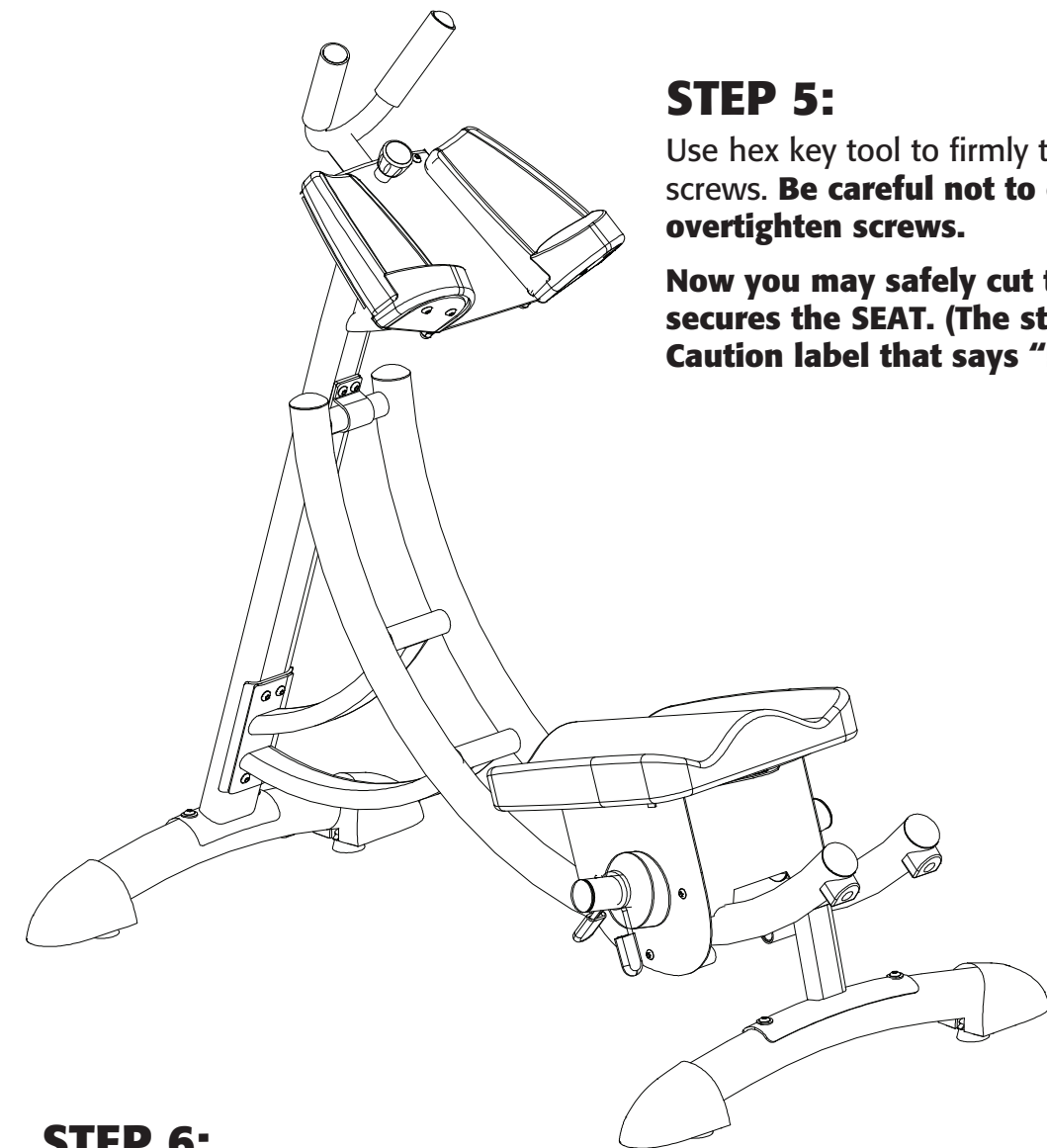


STEP 4:

Attach ARMREST CONSOLE plate using 4 hex nut screws, and attach Hand Grip to Arm Rest Console.

Adjustable Hand Grip

Insert Adjustable Hand Grip into slot as shown and attach with screw in back and secure with pop pin in front.



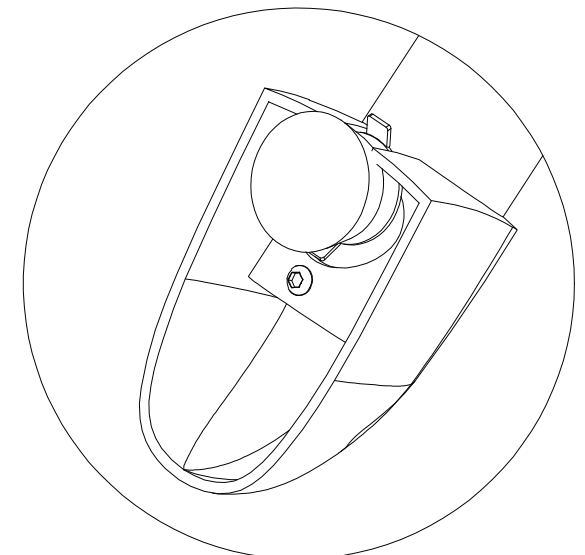
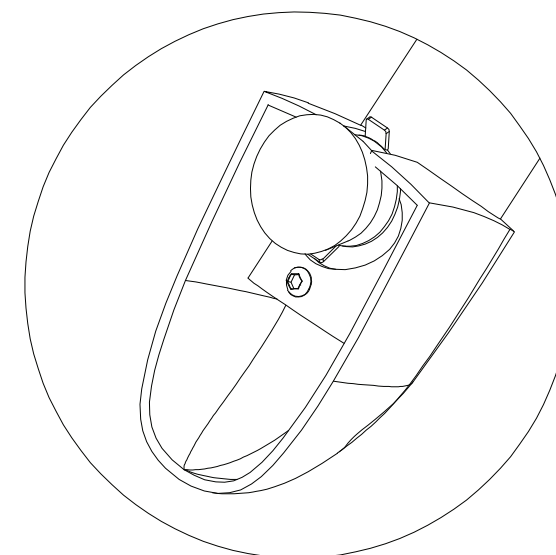
STEP 5:

Use hex key tool to firmly tighten all screws. **Be careful not to cross thread or overtighten screws.**

Now you may safely cut the strap that secures the SEAT. (The strap with the Caution label that says "Do Not Cut").

STEP 6:

The assembly process is now complete. Adjust LEVELERS located under front and rear feet as needed. To move machine, grasp machine from the rear and tilt forward to engage wheels at front of unit.





WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Read all warnings and obtain proper instruction on use of this machine prior to using.
- 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.
- Do NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Use the machine only for intended use. Obtain instruction and DO NOT modify the machine.
- Children must not be allowed near this machine.
- Teenagers must be supervised in the use of this machine.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

Manufacturer's Limited Warranty – AB COASTER® CS3000

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 three (3) years from the original date of purchase. The roller bearings are warranted for one (1) year 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.
2. The warranty extends only to the original purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
3. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
4. 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.
5. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy 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.

MANUFACTURER MAKES NO WARRANTY OTHER THAN THE WARRANTY SET FORTH HEREIN. SUCH WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.