



AB CRUNCH 100 BENCH



AB CRUNCH CARE INSTRUCTIONS AND ASSEMBLY MANUAL

CAUTION
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL
BEFORE USING THIS EQUIPMENT
KEEP THIS MANUAL FOR
FUTURE REFERENCE

1375

CALL
0861 876526
0861 TROJAN

1 YEAR
warranty



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1. SAFETY INSTRUCTIONS

WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the TROJAN AB CRUNCH 100.

1. Use the TROJAN AB CRUNCH 100 only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The TROJAN AB CRUNCH 100 should not be used by persons weighing more than 100kgs.
4. The TROJAN AB CRUNCH 100 should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the TROJAN AB CRUNCH 100, loss of balance may result in a fall and serious bodily injury.
6. Use the TROJAN AB CRUNCH 100 only as described in the manual.
7. Before using this equipment to exercise, always do stretching exercises to properly warm up.
8. Always make sure all bolts and nuts are tightened prior to each use.



WARNING

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

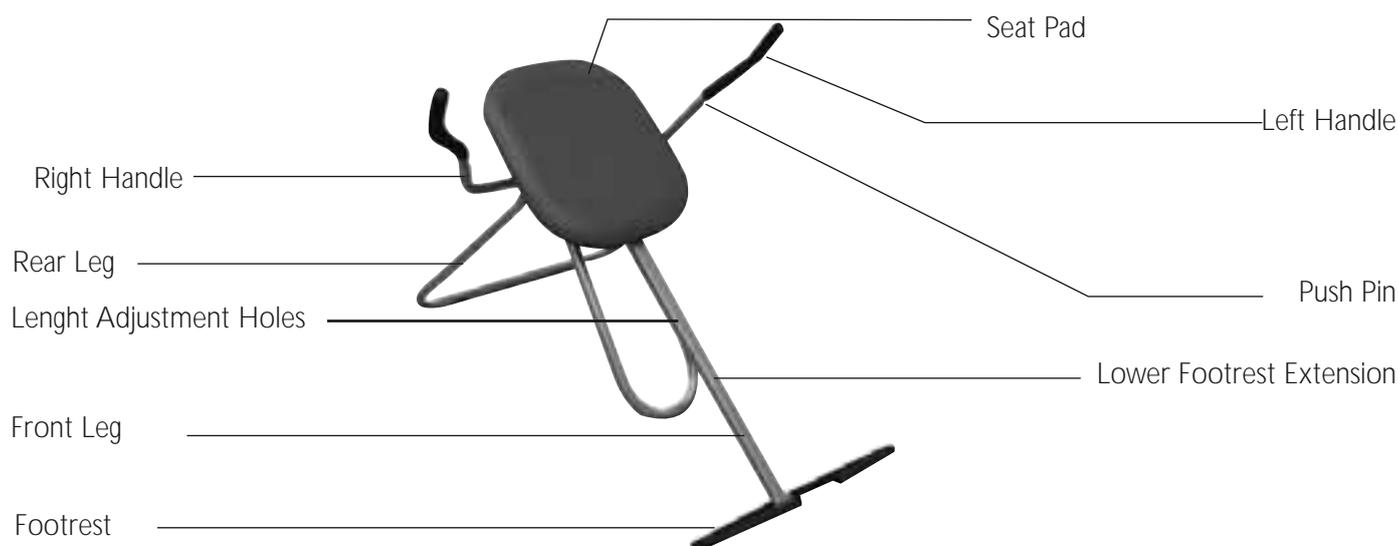
2. PRE ASSEMBLY CHECK LIST

Thank you for choosing the TROJAN AB CRUNCH 100. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The TROJAN AB CRUNCH 100 provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

- Read this manual carefully before using the TROJAN AB CRUNCH 100.



3. PARTS LIST

No.	Description	O'ty	No.	Description	O'ty
1375-01	REAR LEG	1	1375-11	BOLT	1
1375-02	FRONT LEG	1	1375-12	SPRING WASHER	2
1375-03	UPPER FOOTREST EXTENSION	1	1375-13	NUT	1
1375-04	LOWER FOOTREST EXTENSION	1	1375-14	PLASTIC CAP	4
1375-05	HAND GRIP BARS	2	1375-15	SPONGE	2
1375-06	SEAT PAD	1	1375-16	PLASTIC CAP	2
1375-07	PLASTIC SUPPORT HOLDER	3	1375-17	PLASTIC CAP	1
1375-08	SPRING PUSH PIN	3	1375-18	SCREW	4
1375-09	SPONGE	2			
1375-10	PLASTIC CAP	2			

4. ASSEMBLY STEPS AND OPERATING INSTRUCTIONS

STEP 1

- Your AB CRUNCH 100 is pre-assembled. You just need to fold and unfold it each time you use it.

Follow the steps below for operation:

- Take the AB CRUNCH 100 from the carton and put it on flat ground as shown in



Picture 1

STEP 2

- Pull the Back Leg backward till it locks into position. • Make sure the rear and the front legs are extended to their full position as shown in



Picture 2

STEP 3

- Remove both Left and Right Handles from the box.
- Line up the Pushpin on the Handle with the Handle Base on the AB CRUNCH 100 as shown in Picture 3



Picture 3

STEP 4

- Push the Right Handle Bar into the Handle Base as shown in Picture 4 until the Pushpin clicks into the Handle Base.
- Make sure the Pushpin locks well. Repeat process for the Left Handle Bar.
- When storing your AB CRUNCH 100, it is not necessary to remove the handles.



Picture 4

STEP 5

- Now your AB CRUNCH 100 is ready.
- Adjust your AB CRUNCH 100's footrest length by locating the pushpin along the side of the foot bar.
- Press the pushpin in, and extend the footrest to the appropriate location as shown in Picture 5.
- There are several positions for the pushpin on the lower footrest extension.
- The appropriate length is that both of your legs can be extended while sitting on the AB CRUNCH 100



Picture 5

STEP 6

- Sit on the AB CRUNCH 100, place one foot on each side of the unit, place one foot in the footrest, and place your hips as far back on the seat pad as possible.
- Ensure you are stable on the unit, and place your second foot under the footrest unit.
- Your legs should be bent for the basic exercise. If you do not have a bend in your knees, readjust the footrest extension for your height



Picture 6

5. RESISTANCE ADJUSTMENT

With AB CRUNCH 100, your body will use your position on the seat to provide the resistance. So you just simply adjust your position on the bench to adjust your resistance.

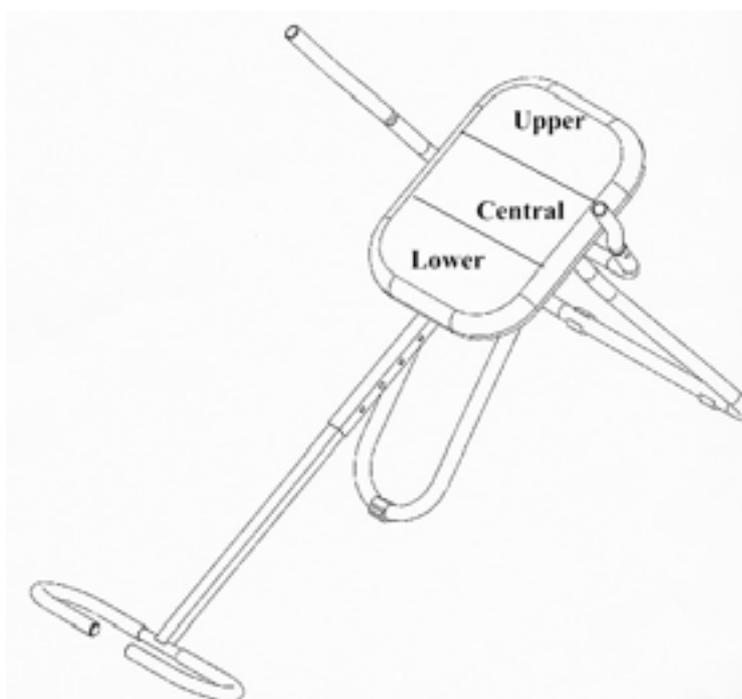
For the beginner, place your body on the Upper part and start to exercise it.

For the intermediate user, you can sit on the Central part of the seat pat.

For advanced users, you can increase the intensity of the exercise by moving to the Lower part of the seat cushion.

The position in the Central and Lower part are for people with strong abdominal and lower back muscles.

We recommend you to start with the Upper part.



6. FITNESS TIPS AND TECHNIQUES

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

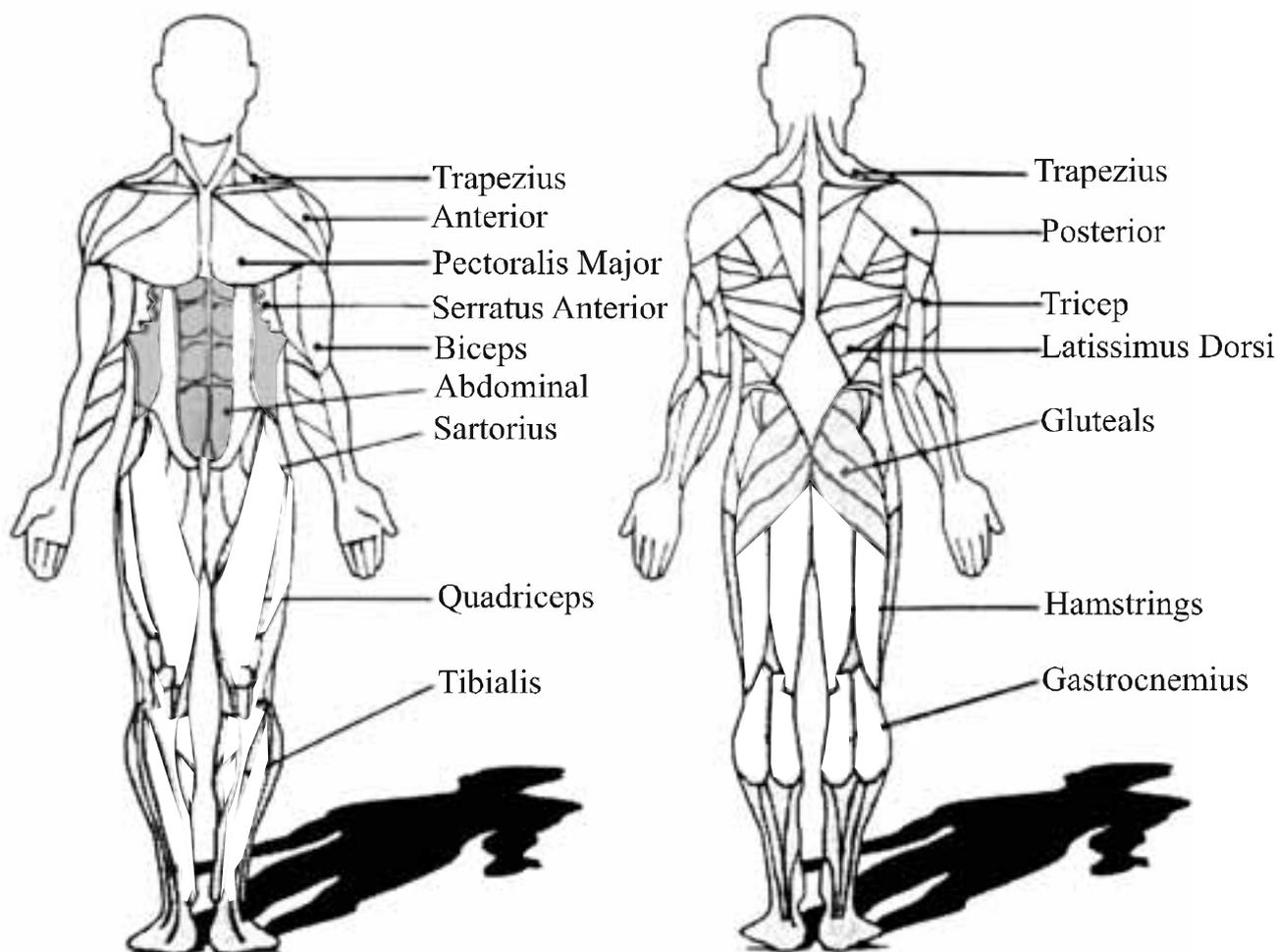
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

AB CRUNCH

The exercise routine that is performed on the ab crunch will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



7. CONDITIONING GUIDELINES

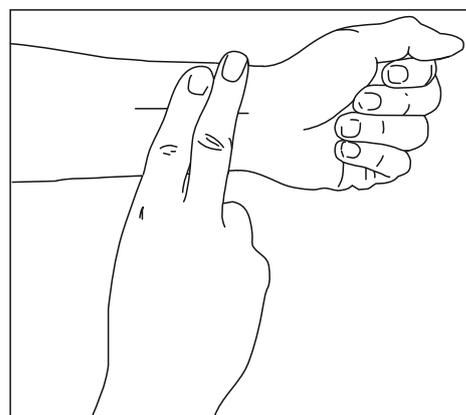
How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials :

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

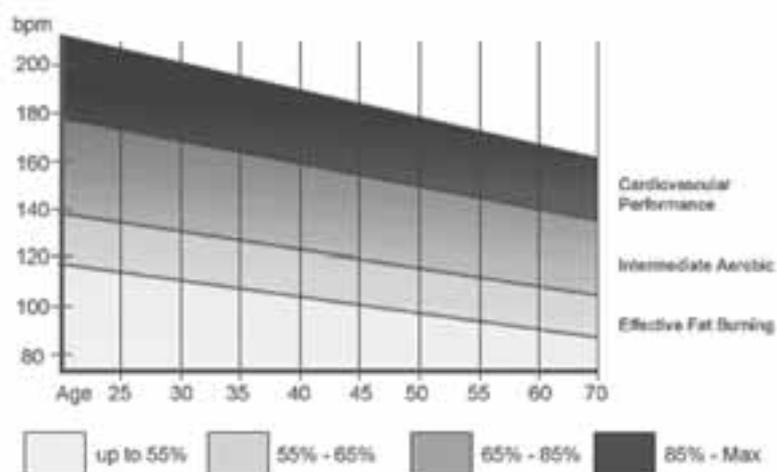


During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust the intensity of your exercise until your heart rate is at the proper level.

For more information on dieting and training visit www.trojanhealth.co.za



8. WARM-UP AND COOL-DOWN

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch-never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



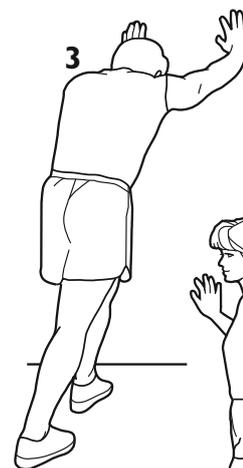
2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.



4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



For more information on dieting and training visit www.trojanhealth.co.za

9. EXERCISE PROGRAM

BASIC AB CRUNCH 100 EXERCISE:

First sit on the AB CRUNCH 100. Keep your back straight. Put your hands on the handle bars and hold the handles comfortably. AB CRUNCH 100 will not lean if your body is stabilized with your hip far back on the seat pad.

At the same time make sure that you have adjusted the height to provide a slight bend in your knees for the basic exercise.

Lift your legs towards your body. This exercise is to train your lower abs, use the muscle of your lower abs to lift the legs. We suggest you to perform 10 reps. Don't forget to keep your back straight. At the top of the motion, hold your body for 2 seconds then slowly release from the position by lowering your legs and feet back towards the ground, without touching the ground.

If this exercise is too difficult, you may slide your body further back on the seat pad but make sure your legs have sufficient bend in the knee.

During this movement, sit comfortably on the machine. Keep your back straight. Don't bend your neck or head. Don't tense your arms, shoulders and hands.

LOWER BODY CRUNCH

Put your hands on the handle bars and hold the handles comfortably. Just lift your legs toward your body for each repetition. Keep your back straight and do not move your pelvis. At the end of each repetition, you may remain stable in the lower position. Perform 10-20 reps in each set. Practice 2 sets for the beginner levels, 3 sets for intermediate and 4 sets for advanced.

UPPER BODY CRUNCH

Now, we are going to an advanced crunch. In this training you will lean your upper body slightly forward with each crunch. Again lift your legs toward your body for each repetition. Perform 10-20 reps in each set. 2 sets for the beginner levels, 3 sets for intermediate and 4 sets for advanced.

OBLIQUE BODY CRUNCH

Now you turn your body to the side, leaving one buttock on the seat.

Again lift your legs toward your body for each repetition. This training is to firm up your obliques. Don't move your pelvis.

Perform 10-20 reps in each set, 2 sets for the beginner level, 3 sets for intermediate, and 4 sets for advanced.

POWER LEG EXTENSION

This is for advanced trainers and it is the final exercise. You need to adjust your leg bars to allow your legs to be straighter. Sit on the chair, place your feet on the footrest and begin this exercise. Again lift your legs toward your body for each repetition. Keep your pelvis from moving. Perform 10-20 reps in each set, 2 sets for the beginner level, 3 sets for intermediate, and 4 sets for advanced.

Now you have finished all your AB CRUNCH 100 exercising training.

We suggest you workout on it for 5-10 minutes everyday. Always keep the instruction manual with you.

10. FREQUENTLY ASKED QUESTIONS

Q1. I am not sitting comfortably on the unit

1. Make sure the footrest has been adjusted correctly

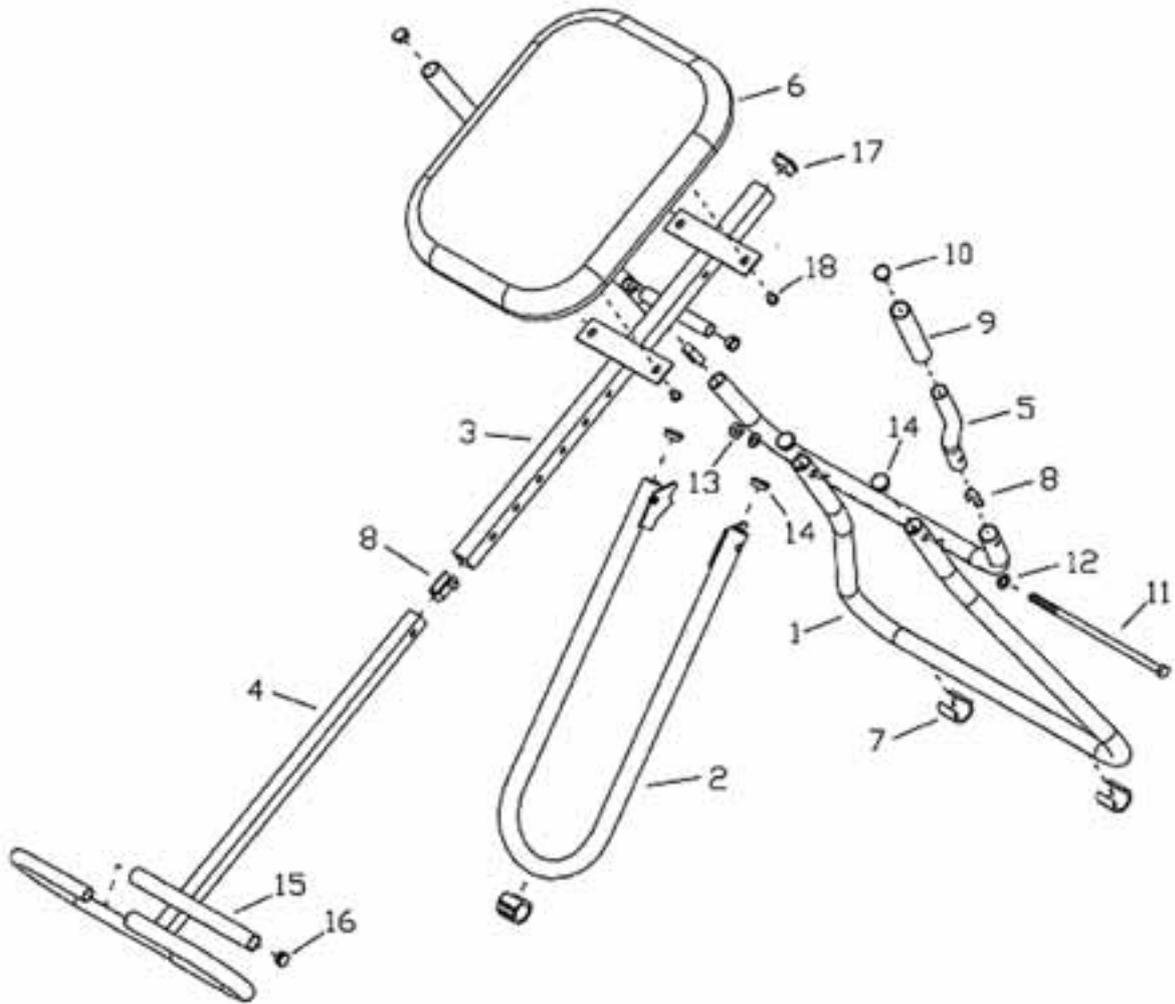
Q2. My unit has started to squeak

1. You need to lubricate all moveable parts every 3 months with any common household lubricant

Q3. How do I adjust the resistance?

1. Your seat position determines the resistance. Please refer to page 6 for assistance.

11. EXPLODED DRAWING



12. TROJAN 1 YEAR LIMITED WARRANTY

Masstores (Pty)Ltd (“the Supplier”) hereby provides a limited warranty to the original purchaser of this product (“the Consumer”) that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the following stipulated periods from the date of purchase:

Exclusions

The warranty does not include and will not be construed to cover products damaged as a result of disaster; misuse; commercial use; use not in accordance with the written instructions included with the product; abuse; and/or any non-authorized modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier’s negligence or any act or omission on its part.

Claims under 1 Year Limited Warranty

Within 7 days of purchase:

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

After 7 days but within 3 months of purchase:

The Supplier may in its sole discretion either replace or repair the product.

After 3 months but within 1 year of purchase:

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

- **Treadmills:** Running Decks, Running Belts, and Rubber Arm covers
- **Exercise Bikes/Spinners:** Pedals, Cranks, and Rubber Arm covers
- **Cross Trainers/ Ellipticals/ Steppers:** Foot Rests, Cranks, Shocks, and Rubber/Foam Arm covers
- **Home Gyms / Benches:** Pulleys, Cables, Seats and Padding
- **Trampolines:** Springs, Mats, and Covers
- **Rowers:** Rowing Strap / Rope / Arms, Pulling Handle, Grip, Moveable Seat

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase



Proof of Purchase

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our call centre on 0861 Trojan (0861 876 526), or online at www.trojanhealth.co.za. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Trojan hotline on 0861 Trojan (0861 876 526) and the Supplier's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).

	ATTACH RECEIPT
CLIENT DETAILS	
NAME: _____	
EMAIL: _____	CELL: _____
TEL(H): _____	TEL(W) _____ FAX _____
ADDRESS: _____	
PRODUCT DETAILS	
DATE OF PURCHASE: dd / mm / yy	SERIAL NUMBER: _____ TILL SLIP NUMBER: _____
DISCRIPTION OF PRODUCT _____	
BRANCH PURCHASED AT	
0861 TROJAN (0861 876526)	WWW.TROJANHEALTH.CO.ZA



Masstores (Pty) Ltd
16 Peltier Drive, Sunninghill
Sandton, Johannesburg, South Africa

13. TROJAN REPAIRS PROCEDURE

1. Procedure for repairs

Should you experience any faults or breakdowns on your Trojan equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store*
- Call 0861 Trojan (0861 876526) to log the faulty product (under warranty or out of warranty)
- The operator or technical advisor will try identify the fault, and will book a service team call out.
- The service team will endeavour to fix the problem in your home on an agreed date and time.
- Only if the fault cannot be repaired in the convenience of your home, will the service team take the faulty product back to the service centre.
- Items repaired in our service centre will be returned to your home on an agreed date and time.

*** Note:**

Should you live in an outlying area, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

2. Cost of Repairs

2.1 Under warranty

- Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty. (refer to "warranties" section in this manual)
- Any items that need to be repaired that are NOT covered in the warranty will be for the consumer's expense. A quote for the repair/replacement of these items will be provided to the consumer for approval prior to repairs being conducted.

2.2 Out of Warranty

- Any items that need to be repaired once the warranty has expired will be for the consumer's expense including call out fees. A quote for the repair/replacement of these items will be provided to the consumer for approval prior to repairs being conducted.



GET IT FIXED AT YOUR HOME OR OURS

For immediate help with assembly or for additional product information, please call our help line.
No need to return this product to the store.
Our Customer Service Department is ready to provide you with friendly assistance from the convenience of your own home

WWW.TROJANHEALTH.CO.ZA

Please have your serial number ready when you call the service centre

