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SAFETY WARNINGS AND USAGE

Important: Do not start exercising before fully studying this User’s Guide.

- This User’s Guide provides instruction on assembly of the Rockin’ ABS, and proper use, storage and maintenance. Use this manual in conjunction with the Rockin’ ABS DVDs.
- You must read and follow this User’s Guide completely before using your Rockin’ ABS machine. Keep this guide in a safe place and make sure everyone who uses the Rockin’ ABS also reads this guide. Have a safe and enjoyable workout.

WARNING: Please consult with your doctor before you start using this equipment. Your doctor should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take any medication (which affects your heart rate), you must seek medical advice from your doctor before starting your exercise program with this machine.

1. This product has been tested in accordance with the requirements of EN 957-1, class H – home use only. THE MAXIMUM WEIGHT CAPACITY OF THE Rockin’ ABS machine is 300 LBS (136 kg). Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never use the device if it is not functioning correctly, appears to be damaged.
3. Use this device EXCLUSIVELY for the purpose intended and described in this User’s Guide. Do not alter the equipment and only use those parts which have been specifically recommended by the manufacturer.
4. Rockin’ ABS exercise involves a rocking/rolling that causes the machine to move in ALL directions during use. It is important that you expect your machine to move before beginning any Rockin’ ABS exercise.
5. While using Rockin’ ABS you’ll be unable to see things behind you, around you and/or in your immediate area. This means you should not use your Rockin’ ABS machine in an area that you do not fully control.
6. Ensure that at least 10-13 feet (2-3 meters) of free space is available surrounding the entire unit. It is important that small children, pets, furniture, and other objects are kept away from the equipment during its use.

7. Only use your Rockin’ ABs on a dry clean floor. A slick, slippery, wet or similar floor surface adversely affects and materially alters the Rockin’ ABs performance.

8. The Rockin’ ABs machine works best on a low pile carpeted surface. The thicker the carpeted surface the more the Rockin’ ABs performance may be adversely affected.

9. Never use the Rockin’ ABs machine near stairs, ledges, glass windows, appliances, fireplaces, candles, open flames, pets, small children, or other obstructions.

10. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.

11. Handicapped or disabled persons should not use the Rockin’ ABs machine without the presence of a qualified health professional or physician.

12. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.

13. Always warm up and stretch before each training session.

14. If you feel faint or experience dizziness, nausea, shortness of breath, chest pain, irregular heart beat, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

15. Check all screws and bolts before each use of the Rockin’ ABs machine, tighten if loose.

16. Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.

17. Begin slowly and get used to the unique movement of the Rockin’ ABs prior to starting your routine.

18. To avoid serious injury, never place any part of your body, especially your hands or feet, between or near any moving parts.

19. Rockin’ ABs exercise involves a rocking/rolling motion that may not be suited for all users and especially those subject to motion sickness, balance disorders, light headedness, vertigo and/or other medical conditions.

20. DO NOT use any accessories not recommended by the manufacturer. Understand correct use of this machine.
21. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind yourself of all maintenance guidelines.

22. If you have long hair please tie it up to avoid getting caught in moving parts of the equipment.

23. Do not place the unit in direct sunlight, as heat can degrade the non-steel materials on the unit.

24. Never use your Rockin’ ABs machine on a fine, delicate or expensive floor surface because it may be scratched, marred, stained, and/or damaged by the Rockin’ ABs rolling action.

SAVE THESE INSTRUCTIONS
ROCKIN' ABS MAIN COMPONENTS
<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Spec.</th>
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<td>4</td>
<td>Hand Rest</td>
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<td>5</td>
<td>Left Arc Frame</td>
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<td>Right Arc Frame</td>
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ASSEMBLING THE ROCKIN' ABS

STEP 1
Attaching the Back Rest Fabric to the Back Rest Support Tube

Locate the Back Rest Fabric (Part #15) and the Back Rest Support Tube (Part #7). Insert the Back Rest Support Tube into the Back Rest Fabric making sure that the open end of the Back Rest Fabric goes all the way down to the bottom of the Back Rest Support Tube. Note the fabric should not be too tight. Also make sure precut slit is on the underside of the Back Rest Support Tube. Once in place lace up the seat back and tighten the Velcro strap. Keeping the assembled Back Rest Support Tube at hand proceed to Step 2.

STEP 2
Attaching the Back Rest Support Tube to the Right and Left Arc Frames

Locate the Left Arc Frame (Part #5), the Right Arc Frame (Part #6), two Plastic Bushing Caps (Part #1), two M10/60 Button Head Screws (Part #16) and two M10/20 Button Head Screws (Part #19). Place one Plastic Bushing Cap (Part #1) on the end of the tube welded at the top of the Left Arc Frame (Part #5) and the other Plastic Bushing Cap (Part #1) on the end of the tube welded at the top of the Right Arc Frame (Part #6), as shown in the Figure B. Once the plastic caps are in place and align and insert the exposed ends of the Back Rest Support Tube (Part #7) into the tube welded in the middle of Left and Right Arc Frames (Parts #5 an #6), as shown in the Figure B.
NOTE: MAKE SURE THE LEFT ARC FRAME AND THE RIGHT ARC FRAME ARE POSITIONED CORRECTLY AS SHOWN
Locate the two M10/20 Button Head Screws (Part #19) and insert each into the holes on the side portion of the tube shown in Figure B. Note that the holes in the upper portion of the Back Rest Support Tube (Part #7) should be aligned with each Plastic Bush Cap beneath the Back Rest Support Tube. Tighten each Button Head Screw (Part #16) with the Hex Key Wrench (Part #21) provided. Locate the two M10/60 Button Head Screws (Part #16) and Insert each through the holes. Each screw should feed completely through in the upper portion of the Back Rest Support Tube (Part #7) and center of the Plastic Bushing Cap (Part #1) entering the threaded part of the metal tube welded to the upper portion Left and Right Arc Frames (Parts #5 and #6). Tighten each Button Head Screw (Part #16) with the Hex Key Wrench (Part #21) provided.

STEP 3
Attaching the Seat Fabric to the Left and Right Arc Frames

Locate the Reinforced Seat Fabric (Part #14) and two M10/50 Button Head Screws (Part #9). Note that the Reinforced Seat Fabric’s bottom has two exposed nylon strips sewn into it and the Reinforced Seat Fabric’s front is the widest part of the Seat Fabric with the cushioned foam strip sewn into it. With the Reinforced Seat Fabric’s bottom facing the floor take the front end of the Reinforced Seat Fabric and slide it onto the tubes, as shown in Fig. C. Insert each of the M10/50 Button Head Screws in the holes shown in Fig. D and hand tighten only.
**STEP 4**

**Attaching the Right Front Cross Bar and Accordion Sleeve to the Right Arc Frame Underside**

Locate the Accordion Sleeve (Part #2), the Right Front Cross Bar (Part #11), two M10/20 Head Cap Screws (Part #18) and the M5/8 Phillips Head Screw (Part #13). Turn the Rockin’ ABs machine upside down as shown in Figure E. Take the Right Front Cross Bar (Part #11) and align the holes with the exposed holes on the underside of the tube on the Right Arc Frame (Part #6) as shown in Figure F. Note that the entire curved "U" piece of the Right Front Cross Bar nests snugly beneath the entire opening of the Reinforced Seat Fabric’s bottom. Take two of the M10/20 Head Cap Screws (Part 18) and inserted them into the aligned holes and hand tighten.

**NOTE:** that each top of each Head Cap Screw should extend above the front and back side of the Reinforced Seat Fabric’s opening as shown in Figure G.

Next take the Accordion Sleeve (Part #2) and slide it on the Right Front Cross Bar (Part #11). Align the hole on the Accordion Sleeve with the pre drilled hole on the Right Front Cross Bar. Then take the M5/8 Phillips Head Screw (Part #13) and insert it into the aligned holes as shown in Fig. F. With the Phillips Screwdriver provided (Part #24) tighten the screw.

**STEP 5**

**Attaching the Left Front Cross Bar to the Left Arc Frame Underside**

Locate the Left Front Cross Bar (Part #10), two M10/20 Head Cap Screws (Part #18). Make sure the Hex Bolt (Part #17) on the Left Front Cross Bar in located on the part of the chrome threaded screw closest to the silver metal as shown in Figure G.
With one hand push Accordion Sleeve (Part #2) back to expose the open end of the Right Front Cross Bar (Part #11). Insert the chrome threaded screw of the Left Front Cross Bar into the open end of the Right Front Cross Bar. Once inserted align the holes on the U-shaped piece of the Light Front Cross Bar with the exposed holes on the underside of the tube on the Left Arc Frame (Part #5). Note that the entire curved U piece of the Left Front Cross Bar nests beneath the entire opening of the Reinforced Seat Fabric’s bottom. Take two of the M10/20 Head Cap Screws (Part 18) and inserted them into the aligned holes and hand tighten.

**NOTE:** Each top of each Head Cap Screw should extend above the front and back side of the Reinforced Seat Fabric’s opening as shown in Figure K.

Congratulations! This was the trickiest part of assembling your Rockin’ ABs machine. Turn the Rockin’ ABs back over and get ready to rock because you are almost done!

**STEP 6**

**Attaching the Hand Rests**

Locate the two Hand Rests (Part #4), and four M10/20 Button Head Screws (Part #19). Insert one of the Hand Rests into the opening located at the front of the Left Arc Frame (Part #5). Note that the black foam covered part of the hand rest should point inwards towards the Rockin’ Abs back rest. Visually align the predrilled holes of the hand rest with the predrilled holes of the Left Arc Frame. Insert one M10/20 Button Head Screws into each of the aligned holes. Tighten each M10/20 Button Head Screw with the Hex Key Wrench (Part #21) provided.
Insert the remaining Hand Rest (Part #19) into the opening located at the front of the Right Arc Frame (Part #6). Note that the black foam covered part of the hand rest should point inwards towards the Rockin’ Abs back rest. Visually align the pre drilled holes of the hand rest with the pre drilled holes of the Right Arc Frame. Insert one M10/20 Button Head Screws into each of the aligned holes. Tighten each M10/20 Button Head Screw with the Hex Key Wrench (Part #21) provided.

**STEP 7**
**Attaching the Rear Upper Cross Bar**

Locate the Rear Upper Cross Bar (Part #8) and two M10/20 Button Head Screws (Part# 19). Insert the Rear Upper Cross Bar between the upper parts of the Left and Right Arc Frame (Parts 5 and 6) as shown in Figure I. Note that the bend in the Rear Upper Cross Bar points inwards towards the backside of the Back Rest Fabric. Next align the pre drilled holes on the U-Shaped brackets on each end of the Rear Upper Cross Bar with the pre drilled holes on the Left and Right Arc Frames. Once the holes are aligned insert one M10/20 Button Head Screw (Part# 19) in each set of aligned holes tighten them with the Hex Key Wrench (Part #21) provided.
STEP 8
Retighten All Button Head and Head Cap Screws and the Hex Nut on the Left Front Cross Bar

Locate the Hex Key Wrench (Part #21), Head Cap Key Wrench (Part #23) and the Hex Nut Wrench (Part #22). Use the appropriate Wrench to tighten all Button Head and Head Cap Screws originally hand tightened in Assembly Steps 4, 5, 6 and 7. Once all have been tighten slide the Accordion Sleeve (Part #2) to expose the threaded portion of the Left Front Cross Bar (Part #10). Using the Hex Nut Wrench rotate the hex nut clockwise down the threaded screw towards the Right-Arc Frame (Part #6). Keep rotating the hex nut until it is firmly in place against the outer edge of the Right Front Cross Bar (Part #11).

Note: Tightening the Hex Nut is crucial to ensure your Rockin’ Abs machine has a firm and strong frame that does not wobble or shake as well as a taut supportive seat. Through normal use this hex nut may need to be retightened from time to time to realign your Rockin’ Abs machine and/or tighten the seat fabric.
**STEP 9**
**Attaching the Handle Assembly and S Support Tube**

Locate the Support Tube (Part #3), the Handle Assembly (Part #12) and two M8/15 Button Head Screws (Part #20). On the right frame, insert the long thin portion of the Handle Assembly (Part #12) in the hole on the outside part if the Right Arc Frame (Part #6) as shown in Figure J. Once it is fully inserted take the Support Tube (Part #3) and place it over the lever portion of the Handle Assembly that is sticking out on the underside of the Rockin' ABs machine as shown in Figure J. Aligned the pre drilled holes on the lever portion of the Handle Assembly and the Support Tube. Once the holes are aligned insert each M8/15 Button Head Screw and tighten with the Hex Key Wrench (Part #21) provided. Insert the Handle Assembly into the Locked position.

Once the product is fully assembled it should look like Fig. K.
ROCKIN' ABS EXERCISES

UNDERSTANDING YOUR ROCKIN' ABS PRODUCT

Your Rockin' ABs product is designed to assist you in performing a variety of abdominal, core and total body exercises. There are even basic, advanced and enhanced variations for many of the exercises. To maximize your efforts you need to understand how the Rockin’ ABs machine works. Reading this manual closely helps you do this. You should also watch each Rockin’ ABs workout featured in the DVD accompanying this product prior to beginning any exercise because each of the exercises described in this manual are demonstrated for you.

THREE HANDLE POSITIONS

Your Rockin’ ABs machine includes a handle that helps control the Rockin’ ABs action. There are three handle positions as shown in the photo below:

LOKED  

PILATES ASSIST  

ACTIVE  

Fig. 1

LOCKED - With the Rockin’ ABs handle fully engaged in the Locked position your Rockin’ ABs machine remains essentially stable functioning basically as a comfortable chair offering body support for stretching and sitting. This is called the Locked Mode. In the Locked position the Rockin’ ABs machine will “roll” forward slightly when you shift your weight and/or when you get in or out of the chair. The Locked position is also used for performing certain upper and lower body exercises demonstrated in this manual as well as in the Rockin’ ABs DVD workouts.

PILATES ASSIST - With the Rockin’ ABs handle fully engaged the Pilates Assist position it puts your Rockin’ Abs in the Pilates Assist Mode. This allows the Rockin’ ABs machine to perform in a way similar to the way it does in the Locked Mode. The Pilates Assist Mode also allows you to sit in a more reclined positioned and enables your Rockin’ ABs to have an expanded rolling motion which occurs especially when your weight shifts forward. These key differences are important when performing certain Pilates inspired exercises demonstrated in this manual as well as in the Rockin’ ABs DVD workout and/or when you get in or out of the chair.
ACTIVE - With the Rockin’ ABs handle fully engaged in the Active position you essentially turn your Rockin’ ABs machine into a moving exercise and muscle isolation device. We called this Active Mode. Understand that once placed in the Active Mode you must use your muscles, body position and activity in the chair to control the machine’s rocking/rolling motion. The majority of the exercises demonstrated in this manual as well as in the Rockin’ ABs DVD workouts are performed in the Active position.

GETTING IN AND OUT OF THE ROCKIN’ ABS MACHINE

Do not be fooled and know your body! Getting in and out of the Rockin’ ABs machine is an exercise in itself. Make sure you’re clear headed, alert and not out of breath before getting in or out of your Rockin’ ABs machine. This is especially true after exercising in the Rockin’ ABs because exercise often makes people winded, tired or a bit light headed. It’s not a bad thing to pause a minute or two to make sure you are in full control before getting in or out of your Rockin’ ABs machine.

When getting in and/or out of the Rockin’ ABs machine the Rockin’ ABs handle should be in the Locked position. Your Rockin’ ABs machine can provide some assistance during the in and out process but remember your Rockin’ ABs still moves a bit even in Locked Mode so do not rely on it to support you. Your concentration and your body are the tools to use when getting in and out of the Rockin’ ABs machine.

Always use the front of the Rockin’ ABs machine when getting in and/out. Never try to enter the machine from the side positions. Never try to drop into your Rockin’ ABs in one motion.
When getting in your Rockin’ ABs machine stand in front and face the machine as shown below. Bend at your knees maintaining proper balance until you are level with your Rockin’ ABs machine. While on bended knee grab one of the Rockin’ ABs arm rests and slowly turn yourself around and slide your butt in the Rockin’ ABs seat.

Once seated in the Rockin’ ABs machine your body should be positioned as noted in Fig. 6.

When you’re ready to get out of the Rockin’ ABs machine place the handle in the Rockin’ ABs locked position. Do NOT try to stand up or rise to a standing position all at once when getting out of the Rockin’ ABs machine.
Instead grab both of the Rockin' ABs arm rests and then slide yourself forward to the front edge of your Rockin' ABs machine. With both feet firming on the floor rise out of the Rockin' ABs machine into a kneeling position. While still kneeling turn around to face your Rockin' ABs machine. Once comfortably balanced rise to a standing position also as shown.
PUTTING YOUR ROCKIN’ ABS IN LOCKED, PILATES ASSIST AND ACTIVE POSITIONS

When properly seated in your Rockin’ ABs machine as shown in Fig. 12, you can put your Rockin’ ABs machine into anyone of the three above described positions by changing the handle position with your right arm. You do this by firmly grasping the handle as shown, pulling it away from the Rockin’ ABs machine, visually locating and moving the handle to the desired position and pushing it back towards the Rockin’ ABs machine until it is properly settles into place.

⚠️ CAUTION
When changing handle position be extra careful to position your hands and fingers on the upper portion of the handle. Do NOT let your fingers dip below the position indicator or injury may results.

Also, Make sure that the Rockin’ ABs handle is fully engaged into one of the three desired positions at all times.
ROCKIN' CRUNCH, ADVANCED AND ENHANCED CRUNCH VARIATIONS

Rockin’ Crunch - With your Rockin’ ABs handle fully engaged in the Active position descend back to the starting position shown in Fig. 14. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into lower portion of the backrest, your butt should be nestled deep into the seats’ rear part, and the Rockin’ ABs machine should be motionless.

With your hands behind your head, use only your abdominal muscles to crunch forward in a controlled movement. The entire Rockin’ ABs machine will begin to rock forward. Continue your crunch forward movement until the heels of your feet touch the floor. Your knees should remain bent at a 90 degree angle without any kicking or fluttering motion as shown in Fig. 15.

Once your heels touch the floor use your abdominal muscles to pause the Rockin’ ABs machine for a beat. At this point you should feel your upper torso, shoulders and head lift slightly from the back rest as shown in Fig. 16. Once you feel this and the Rockin’ ABs machine pauses for a beat descend backwards in a controlled motion to return to the starting position. This will also take about a second or two. You should feel your core and abs progressively unload/disengage during your descent. Pause for a beat allowing the Rockin’ ABs machine to become motionless. Repeat the exercise maintaining an even rhythm.

Advanced Rockin’ Crunch - Perform the exercise in the same manner as the Basic Rockin’ Crunch described above but in lieu of placing your hands behind your neck extend your hands directly over head and keep them there throughout the exercise. For an increased challenge reach as far behind your head as possible when your feet contact the ground as shown in Fig. 17.
Enhanced Rockin’ Crunch - Perform the exercise in the same manner as the Basic Rockin’ ABs Crunch described above but in lieu of placing your hands behind your head insert each hand into a challenge strap as shown in Fig. 18 and bring your hands to just above your upper chest/shoulders just beneath each side of your chin as shown in Fig. 19.

Each challenge strap should be tighten but not too tight so as to prevent you from crunching forward.

You should be able to feel progressively harder resistance when you crunch forward but the amount or resistance should not prevent you from achieving a full range of motion as shown in Fig. 20.

**ROCKIN’ ABS BASIC, ADVANCED AND ENHANCED DOUBLE CRUNCH VARIATIONS**

Rockin’ Double Crunch - With your Rockin’ ABs handle fully engaged in the Active position descend back to the starting position shown in Fig. 21. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into lower portion of the backrest, your butt should be nestled deep into the seats’ rear part, and the Rockin’ ABs machine should be motionless.
The Rockin’ Double Crunch requires that you crunch against the rocking motion of the Rockin’ ABs machine. This means that you must use your body weight and abdominal muscles to start the machine rocking back and forth in a gentle rhythm.

With your hands behind your head, use only your abdominal muscles to put the Rockin’ ABs machine into a gentle rock. This motion should be controlled and rhythmic, not too fast. Use your abs to crunch against the descending portion of the rocking motion. Your shoulders should lift slightly off the upper portion of the Rockin’ Abs backrest but your legs should remain motionless with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 22.

Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing then descend backwards to return to the starting position and without stopping the descent stay in rhythm with the Rockin’ ABs machine repeat the Rockin’ Double Crunch exercise.

Advanced Rockin’ Double Crunch - Perform the exercise in the same manner as the Rockin’ Double Crunch described above but in lieu of placing your hands behind your head extend your hands directly over head and keep them there throughout the exercise as shown in Fig. 23. and 24.
Enhanced Rockin' Abs Crunch - Perform the exercise in the same manner as the Rockin' Double Crunch described above but in lieu of placing your hands behind your head insert each hand in a challenge strap and bring your hands to just above your upper chest/shoulders just beneath each side of your chin as shown in Fig. 25.

Each challenge strap should be taut but not too tight so as to prevent you from crunching forward. You should be able to feel progressively harder resistance when you crunch forward but the amount or resistance should not prevent you from achieving a full range of motion as shown in Fig. 26.

ROCKIN’ ABS BASIC, ADVANCED AND ENHANCED OBLIQUE TWIST VARIATIONS

Rockin’ Oblique Twist - With your Rockin’ ABs handle fully engaged in the Active position descend back to the starting position shown in Fig. 25. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into lower portion of the backrest, your butt should be nestled deep into the seats’ rear part, and the Rockin’ ABs machine should be motionless.
With your one hand behind your head and the other hand holding same side arm rest, use only your abdominal muscles to put the Rockin’ ABs machine into a gentle rock. This motion should be controlled and rhythmic not too fast or jerky. Use your abs to crunch against the descending portion of the rocking motion while rotating your upper body to the right side of the Rockin’ ABs machine. Your shoulders should lift slightly off the upper portion of the Rockin’ ABs backrest but your legs should remain motionless with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 27.

Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing then descend backwards to return to the starting position and without stopping the descent stay in rhythm with the Rockin’ ABs machine repeat the Rockin’ Oblique Twist exercise but during this next crunch rotate your body to the left side of the Rockin’ ABs machine. Again, your shoulders should lift slightly off the upper portion of the Rockin’ ABs backrest but your legs should remain motionless with your knees bent at 90 degrees. Your body position should be as depicted in Fig. 28.

Contract your abdominal muscles at the peak of your crunch to slow and/or pause the rocking motion for a beat for maximum muscle firing then descend backwards to return to the starting position and without stopping the descent stay in rhythm with the Rockin’ ABs machine repeat the Rockin’ Oblique Twist exercise alternating the rotation of your upper body from right to left.
Advanced Rockin' Oblique Twist - Perform the exercise in the same manner as the Basic Rockin' ABs Oblique Twist described above but in lieu of placing your hands behind your head extend your hands directly over head and keep them there throughout the exercise as shown in Fig. 33.

Enhanced Rockin' Oblique Twist - Perform the exercise in the same manner as the Rockin' Oblique Twist described above but in lieu of placing your hands behind your head insert each hand in a challenge strap and bring your hands to just above your upper chest/shoulders just beneath each side of your chin.
Each challenge strap should be taut but not too tight so as to prevent you from crunching forward. You should be able to feel progressively harder resistance when you crunch forward but the amount or resistance should not prevent you from achieving a full range of motion.

ROCKIN’ JACK KNIFE

Rockin’ Jack Knife - With your Rockin’ ABs handle fully engaged in the Active position descend back to the starting position. Note that your feet should be elevated off the ground with your legs straight. Your lower back should be nestled deep into lower portion of the backrest, your butt should be nestled deep into the seats’ rear part, and the Rockin’ ABs machine should be motionless.

With your hands extended directly over head, use only your abdominal muscles to put the Rockin’ ABs machine into a gentle rock. This motion should be controlled and rhythmic not too fast or jerky. Use your abs to crunch against the descending portion of the rocking motion. Your shoulders should lift slightly off the upper portion of the Rockin’ ABs backrest but your legs should remain straight and motionless throughout the exercise. Your body position should be as depicted in Fig. 31.

Contract your abdominal muscles at the peak of your Jack Knife to slow and/or pause the rocking motion for a beat for maximum muscle firing then descend backwards to return to the starting position and without stopping the descent stay in rhythm with the Rockin’ ABs machine repeat the Rockin’ Jack Knife exercise.
ROCKIN’ UP RIGHT CRUNCH AND ADVANCED UP RIGHT CRUNCH

Rockin’ Up Right Crunch - With your Rockin’ ABs handle fully engaged in the Pilates Assist position descend back to the starting position shown below in Fig. 32.

Note the seat back should be at an approximate 60 degree angle, your feet should be on the ground, your entire back should be contacting the seat back, your butt should be on the rear part of the seat, and the Rockin’ ABs machine should be motionless. Insert each hand into a challenge strap and bring your hands to rest just off your upper chest/shoulders just beneath each side of your chin as shown in Fig. 33.

Each challenge strap should be tighten but not too tight so as to prevent you from crunching forward.

With your feet remaining solidly on the floor contract your abs crunching forward in one continuous motion while bringing your elbows towards your hips. You may actually crunch to the point where you feel the Rockin’ ABs machine roll slightly forward. Contract your abs to hold for a beat and slowly descend to the start position. Repeat at the same pace and rhythm as shown in Fig. 34.

Note: The Challenge Straps should be tight enough in the start position to enable you to feel progressively harder resistance when you crunch forward but the amount or resistance should not prevent you from achieving full range of motion.

Rockin’ Advanced Up Right Crunch - Perform the exercise in the same manner as the Rockin’ Abs Up Right Crunch described above but in lieu keeping your feet solidly on the floor lift one foot off the floor while simultaneously raising the knee of that leg towards your chest as you begin each forward crunch as shown in Fig. 35.

As your upper body descends to the start position lower your leg at the same pace so your upper body and leg come to rest at the same time. Repeat at the same pace and rhythm with the other leg.
ROCKIN' LOWER BODY EXERCISES

ROCKIN' SQUAT AND CALF RAISE - Standing behind and facing the Rockin' ABs machine with the handle engaged in the Active Mode grab the foam covered portion of the back rest frame with both hands as shown in Fig. 36.

At no time during this exercise should you use the Rockin' ABs machine to support your weight or control your balance. The Rockin' ABs machine serves as a focus bar for keeping you in proper form and rhythm.

In one motion bend your knees to squat down as you extend both arms away from you rocking the upper portion of the Rockin' ABs machine forward. Your ending body position should mirror the image shown in Fig. 37.

In one motion from the squat position simultaneously stand up rising to the balls of your feet while using your arms to rock the upper portion of the Rockin' ABs back towards your body. Do NOT let go of the Rockin' ABs machine at anytime during the up and down movement. Your ending body position should mirror the image shown in Fig. 38.

Repeat the exercise at the same pace keeping proper balance and form.

ROCKIN' REVERSE LUNGE - Standing behind and facing the Rockin' ABs machine with the handle engaged in the Active Mode grab the foam covered portion of the back rest frame with both hands as shown in Fig. 39.

At no time during this exercise should you use the Rockin' ABs machine to support your weight or control your balance. The Rockin' ABs machine serves as a focus bar for keeping you in proper form and rhythm.
In one motion bend your RIGHT knee while simultaneously stepping straight backwards with the LEFT leg as you extend both arms away from you rocking the upper portion of the Rockin’ ABs machine forward. Your ending body position should mirror the image of Fig. 40. noting that your upper chest should be directly over top of the RIGHT bent knee and your head up and looking forward at your extended arms.

In one motion from the extended lunge position simultaneously return to the standing start position while using your arms to rock the upper portion of the Rockin’ ABs back towards your body. Do NOT let go of the Rockin’ ABs machine at anytime during the up and down movement.

Next, in one motion bend your other LEFT knee while simultaneously stepping backwards with the RIGHT leg as you extend both arms away from you rocking the upper portion of the Rockin’ ABs machine forward. Your ending body position should mirror the image shown in Fig. 41. noting that your upper chest should be directly over top of the LEFT bent knee and your head up and looking forward at your extended arms.

In one motion from the extended lunge position simultaneously return to the standing start position while using your arms to rock the upper portion of the Rockin’ ABs back towards your body. Do NOT let go of the Rockin’ ABs machine at anytime during the up and down movement.

Repeat the exercise at the same pace keeping proper balance and form.

Once you have mastered the Rockin’ Reverse Lunge form you can add a bit of challenge by changing the direction of the leg that extends backwards during the lunge movement. In lieu of extending it straight back you can angle it slightly while keeping your upper body and arms in the same position.
ROCKIN' SIDeways SINGLE LEG SQUAT - Standing behind the Rockin's ABs machine with the machine on your immediate left. With the handle engaged in the Active Mode grab the foam covered portion of the back rest frame with your LEFT hand as shown in Fig. 42.

At no time during this exercise should you use the Rockin' ABs machine to support your weight or control your balance. The Rockin' ABs machine serves as a focus bar for keeping you in proper form and rhythm.

Lift and bend your right leg balancing yourself on your left leg. Once you are properly balanced on your LEFT leg bend at the LEFT knee to do a single leg squat while simultaneously extending your LEFT hand outwards to your left rocking the upper portion of the Rockin' ABs machine away from you. Your ending body position should mirror the image shown in Fig. 43 noting that your upper chest should be directly over top of the LEFT bent knee and your head up.

In one motion from the squat position simultaneously return to the single leg upright position while allowing your left arms to return towards your body bringing the upper portion of the Rockin' ABs back towards your body. Do NOT let go of the Rockin' ABs machine at anytime during the up and down movement.

Repeat the same exercise on the same leg keeping the same pace, balance and form. Once your set is complete reverse your body position by turning 180 degrees facing in the opposite direction. Your right side of your body should now be closest to the back of the Rockin' ABs machine Perform the Sideways Single Leg Squat balancing on your Right leg following the same form directions described above starting from is shown in Fig. 44.
ROCKIN' STANDING ROCK AND ROW - With the Rockin' ABs machine in Active Mode get in a standing position in front of and facing the Rockin' ABs machine. With your tight hand grasp the foam covered top of the Rockin' ABs back rest and rock the upper portion of the Rockin' ABs machine forward towards you. Lift your left foot off the floor by bending your left knee. You should be standing upright and balanced on your right leg as shown in Fig. 45.

In one motion bend at the waist leaning forward and extending your tight arm forward rocking the Rockin' ABs machine away from you as you extend your left leg straight out behind you not allowing your left foot to contact the floor. Note in picture shown in Fig. 46 the almost straight line of your body from your left foot all the way up through your extended leg, torso, shoulders and head.

Once fully extended simultaneously reverse the motion to return to your original starting position shown in Fig. 45. Repeat the same exercise on the same leg keeping the same proper balance and form.
ROCKIN' PUSH UP - With the Rockin’ ABs machine in Locked Mode get in a kneeling position in front of and facing the Rockin’ ABs machine. With each hand grasp one of the Rockin’ ABs arm rests as shown in Fig. 47. Note the proper position of your hands on the front portions of the black foam arm rests.

Next extend your legs backwards in a straight position with your knees off the ground and keeping your feet apart to provide a stability. Note that your head should be over top of your hands in this starting position as shown in Fig. 48. If the extended leg position is too challenging, you can do the Rockin’ Push Up from a kneeling position as shown in Fig. 49.

While maintaining a solid and secure grip bend at the elbows lowering your chest to a comfortable level just above the Rockin’ ABs arm rests.

Return to the start position by pushing up and straightening your arms. Note that at no time during the downward or upward motion should your head contact the mesh back rest fabric and/or any other part of the Rockin’ ABs machine. The Rockin’ ABs machine should also remain firm and solid on the floor.

Repeat the exercise at the same pace keeping proper balance and form making certain not to over tire. After your final rep return to the start position. Bring your knees down to contact the floor and then raise your upper body to a kneeling position releasing your grip on the Rockin’ ABs machine once you are balanced on your knees as shown in Fig. 50.
Rockin’ Tricep Dip - With the Rockin’ ABs machine in Pilates Assist Mode sit in the front portion of the seat with your back away from the Rockin’ ABs back rest and both feet close together in front of you and firmly on the floor. With each hand grasp one of the Rockin’ ABs arm rests as shown in Fig. 51.

Note the proper position of your hands on the middle portions of the black foam arm rests.

Using your arms, upper body and core lift your torso up out of the Rockin’ ABs machine so your arms are fully extended and your shoulders and head are directly over your hands. Your feet should be firmly planted on the floor with your knees bent at a 90 degree angle as shown in Fig. 52.

Using your arms, upper body and core bend at the elbows to lower your upper body while bending at the knees. Your butt and torso should shift forward during your descent so it avoids contacting the front of the Rockin’ ABs seat frame and any other part of the machine or the floor. The further you descend the more challenging the exercise. At no time during your descent should your elbows bent more than 90 degrees. Always maintain a sure grip on the Rockin’ ABs arm rests during the entire exercise. Your Rockin’ ABs machine should rock forward slightly during the exercise but the rocking motion is slight and limited in scope. Proper body position is shown in Fig. 53.

In one controlled and continuous motion reverse the motion to return to the starting position shown above in Fig. 52.

Repeat the exercise at the same pace keeping proper balance and form making certain not to over tire. After your final rep use your arms, upper body and core to lower yourself back into the Rockin’ ABs seat as shown in Fig. 51.
**Rockin' Plank** - With the Rockin' ABs machine in Locked Mode get in a kneeling position in front of and facing the Rockin' ABs machine. Lean forward and bring your forearms to rest on the Rockin' Abs seat. Note that your elbows should be close to the front of the Rockin' ABs seat but not extending beyond the seat's raised front seam, your elbows should be bent at a 90 degree angle and your head should be positioned above but slightly behind your hands. Grasp your hands together and interlock your fingers. Your proper position should mirror the form shown in Fig. 54.

Next extend your legs backwards in a straight position with your knees off the ground and keeping your feet approximately shoulder width apart to provide an easy and stable balance. The closer your feet are together the more challenging the exercise. Note that your head and upper body should remain in the same position shown in Fig. 55.

Maintain this plank position for 30 seconds. If you want more challenge lift one foot off the ground using your core muscles to stabilize and control your balance. Return to the start position by lowering your knees. Note that at no time during the exercise should your head contact the mesh back rest fabric and/or any other part of the Rockin’ ABs machine. The Rockin’ ABs machine should also remain firm and solid on the floor.

Repeat the exercise at the same pace keeping proper balance and form making certain not to over tire. After your final rep return to the start position. Bring your knees down to contact the floor and then raise your upper body to a kneeling position releasing your grip once you are balanced on your knees.
ROCKIN' PILATES EXERCISES

Rockin' Pilates Roll Up - With your Rockin' ABs handle fully engaged in the Active position descend back to the starting position as shown in Fig. 56. Note that your feet should be elevated off the ground with your knees bent to 90 degrees. Your lower back should be nestled deep into lower portion of the back rest, your butt should be nestled deep into the seat's rear part. Next, bring your hands to a position where each palm is about two inches from each ear palms facing inwards. Your feet should still be up off the ground and the Rockin' Abs machine motionless.

In one motion use your abdominal muscles to curl forward lifting your shoulders off the backrest as the Rockin' Abs machine rocks forward. Following the progress of your abs simultaneously straighten your legs and reach forward with your arms. At the upper most portion of your rep your body should be in the position shown in Fig. 57. Contract your abs to hold the Rockin' ABs motionless for a short beat.

In a controlled motion descend backwards to the start position slowing lowering your legs and bending your knees to 90 degrees while simultaneously bringing your arms back to the starting position as shown in Picture 66. Pause for a beat allowing the Rockin' Abs machine to become motionless. Repeat the exercise maintaining an even rhythm.

Rockin' Reverse Plank - With the Rockin' ABs machine in Locked Mode get in a seated position with each hand grabbing the front part of the foam covering the arm rests. Your butt should be in the front part of the seat, your back straight, knees bent and both feet together and flat on the floor as shown in Fig. 58.

Maintaining your firm grasp on the arm rests slide your legs out in from of you and use your core muscles to lift your hips and torso out of the Rockin' ABs machine. Your arms should be straight and your body should be in a straight line as shown in Fig. 59.
Maintain this plank position for 30 seconds. To add challenge you can lift one leg at a time up off the floor in a slow controlled movement being careful to maintain balance and control. When lifting your leg do not bend your knee and keep your toes pointed away from you. The higher you raise your leg the more challenging the exercise can be. As shown in Fig. 60.

To complete the Rockin' Reverse Plank slowing use your core muscles to lower your butt and torso back into the Rockin’ ABs machine. As your lower your torso you may bring one leg back by bending at the knee for added balance.

**Rockin' Bridge** - With the Rockin’ ABs machine in Locked Mode get in a seated position on the floor in front of and facing the Rockin’ ABs machine. Extend both legs forward placing your feet on the top center portion of the Rockin’ ABs seat. Using your hands to support your descent lay your back and torso on the ground in a straight line. Once your upper body and head are flat on the ground extend your arms to the side with your hands palm side down on the floor.

Using your core and upper body lift your lower torso, butt and legs up off the floor creating a “bridge”. Your upper torso and shoulders should remain firmly on the floor so as not to create stress on your head or neck. Your proper position should mirror the form shown in Fig. 61.

Maintain this motionless and rigid position for 30 seconds or until you tire. Use your core to slowly lower your lower torso, butt and legs to complete the exercise. Add challenge to this exercise by lifting one foot off the Rockin’ ABs seat slightly as shown in picture. Alternate to work each leg. Further challenge can be added by lifting your hands and arms off the ground during the exercise.
Rockin' Piles - Standing behind and facing the Rockin's ABs machine with the handle engaged in the Active Mode grab the foam covered portion of the back rest frame with both hands. At no time during this exercise should you use the Rockin’ ABs machine to support your weight or control your balance. The Rockin’ ABs machine serves as a focus bar for keeping you in proper form and rhythm. Next spread your legs wide apart with your toes pointing away from you. Proper form is shown in Fig. 62.

In one motion bend your knees to squat down as you extend both arms away from you rocking the upper portion of the Rockin’ ABs machine forward. Your ending body position should mirror the image shown in Fig. 63.

From this position use your legs to “pulse” your torso up and down for three to five reps as you maintain your arms in an extended position keeping the Rockin’ ABs machine as motionless as possible. After your pulses return to an upright position as shown in Fig. 64. To add a bit of challenge as you return to the upright position you can rise slightly to the balls of your feet to more fully engage your lower leg and calf muscles. Do NOT let go of the Rockin’ ABs machine at anytime during the up and down movement.

Repeat the exercise at the same pace keeping proper balance and form.

Rockin’ V sit - With your Rockin’ ABs handle fully engaged in the Pilates Assist position position your body in the starting position shown Fig. 65.

NOTE: the back rest should be at an approximate 60 degree angle, your legs should be fully extended, your feet on the ground, your back should NOT be contacting the back rest, your butt should be on the middle/front part of the seat, each hand should be on an arm rest and the Rockin’ ABs machine should be motionless.
Next, use your core and lower abs to raise your legs off the ground while maintaining the same position with your upper body, head, and arms. At this point the Rockin’ ABS machine may rock slightly forward but the goal is to keep the machine motionless by maintaining the proper Rockin’ V Sit form as shown in Fig. 66.

Note again that your back, torso, shoulders or head should not touch the back rest during the V Sit exercise.

Hold this position for 30 seconds. Return to the starting V Sit position by simultaneously lowering both legs to the floor slowly to complete the exercise. To add more challenge to the Rockin’ V Sit remove your hands from the arm rests when your legs are off the ground. Also raising your legs higher off the ground adds further challenge but do not raise your feet above your shoulders.

**Rockin’ Scissors** - With your Rockin’ ABS handle fully engaged in the Pilates Assist position arrange your body in the starting Rockin’ V Sit position shown above in Fig. 75 and begin to perform the Rockin’ V Sit exercise. Once you are properly balanced and the Rockin’ ABS machine is motionless raise one leg approximately one foot higher than the other while maintaining both legs in a straight form with toes pointed as shown in Fig. 67.

From this position and with a controlled pace simultaneously lower the raised leg and raise the lower leg in a “scissoring” fashion. As you do this use your core to keep the Rockin’ ABS machine as motionless as possible your back, torso, shoulders and head off the back rest. Keep raising and lowering each leg in unison for 30 seconds. Speed is not your intent. You should complete only 15 to 17 scissor movements during each 30 second sequence. Proper form is shown in Fig. 68.

After 30 seconds return to the rest position. As with the V Sit exercise you can add more challenge to the Rockin’ Scissors exercise by removing your hands from the arm rests when your legs are off the ground.
**Rockin' Knee Hug** - With your Rockin' ABs handle fully engaged in the Pilates Assist position arrange your body in the starting Rockin' V Sit position. Once you are properly balanced and the Rockin' ABs machine is motionless bend one of your knees so your legs are positioned in a "bicycling" form as shown in Fig. 69.

From this position and with a controlled pace simultaneously begin alternating your legs in a bicycling fashion maintaining a controlled and steady pace. As you do this use your core to keep the Rockin' ABs machine as motionless as possible your back, torso, shoulders and head off the back rest. Keep bicycling for 30 seconds. Speed is not your intent. You should complete only 20 to 23 cycling movements during each 30 second sequence. Proper form is shown in Fig. 70.

After 30 seconds return to the rest position. As with the V Sit and Scissor exercises you can add more challenge to the Rockin' Scissors exercise by removing your hands from the arm rests when your legs are off the ground.

**Rockin' Hundreds** - With your Rockin' ABs handle fully engaged in the Pilates Assist position arrange your body in the starting position shown in Fig. 71.

Note the back rest should be at an approximate 60 degree angle, your legs should be fully extended, your feet on the ground, your back should NOT be contacting the back rest, your butt should be on the middle/front part of the seat, each hand should be on an arm rest and the Rockin' ABs machine should be motionless.

In one motion use your core and lower abs to raise your legs off the ground while maintaining the same position with your upper body, head, and arms. At this point the Rockin’ ABs machine may rock slightly forward but the goal is to keep the machine motionless by maintaining the proper Rockin’ Hundreds form as shown in Fig. 72.
Note again that your back, torso, shoulders or head should not touch the back rest during the exercise.

Now remove your hands from the arm rests and extend your arms out and away from your body. As you do this use your lower abs and core to maintain proper body form and keep the Rockin' ABs machine motionless as shown in Fig. 73.

Once your arms are fully extended begin raising and lowering your arms up and down while maintaining straight arm and pointed fingers. The up and down motion should be small and controlled with about 8 to 12 inches in distance. The faster the pace of your arm motions the more challenging it is. The key is to make sure you torso and legs remain motionless. If either move when fluttering your arms slow the pace of your arms to the point where your body remains motionless. For maximum challenge you can do the Rockin' Hundreds exercise with the Rockin' ABs machine locked in Active mode. This is an advanced variation and the increased range of motion of the Rockin' ABs machine requires advanced balance and core strength.
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