

Download Manual Ab Rocket Instructions

AB Rocket Twister Assembly Instructions . Hide thumbs . 1. 2. Page of 2 Go ... Related Manuals for AB Rocket Twister. Fitness Equipment AB Rocket 7892 Assembly Instructions (2 pages) Summary of Contents for AB Rocket Twister. Page 1 Spring Pins on both Grip Handles and remove them. CUSTOMER SERVICE 1-800-423-4248 AB ROCKET TWISTER™ STYLE ...Refer to Neck Support Adjustment instructions below. THIRD See Illustration 3. Pull out Support Bracket from underneath the seat. This will give you extra support when using the Ab Rocket™. STORAGE: For easy storage under the bed, simply remove both top Screw Tops by rotating them counterclockwise. Leave the bottom Screw Top attached. View and Download AB Rocket 7892 assembly instructions online. 7892 Fitness Equipment pdf manual download. Lean backward on the Ab Rocket until the cushions that support your lower back are in contact with the floor. Keep your back and head in contact with the cushions as you slowly sit up to a count of two. Lean back to a count of two. Perform one set of 12 reps and work your way up to two sets of 12 reps over time.