



**LOUNGE®**

**AAR**

## ***Owner's Manual***

**For Maximum Effectiveness And  
Safety, Please Review this  
Owner's Manual, View the video,  
and for Healthy Eating Tips refer  
to the Jump Start Section.**

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# ! WARNING

**YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED IF WARNINGS ON THE EQUIPMENT, IN THIS OWNER'S MANUAL AND VIDEO ARE NOT FOLLOWED.**



- 1) **Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.**
- 2) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the basic workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises. For best results, perform all of the exercises at the tempo demonstrated in the video.
- 3) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 4) **Warm up** before any exercise program by doing 5 to 10 minutes of aerobic activity, followed by stretching.
- 5) **Inspect the equipment.** Before **EACH** use, visually inspect the equipment including stitching, fabric, frame and pivot area. **Do not use unit** if you detect any tearing, fraying or cuts on fabric. **Do not use unit** if any pivoting assembly is not working properly. **NEVER** operate the equipment if the equipment is not functioning properly.
- 6) **USE CARE** when getting on and off the equipment. Set up and use your equipment on a solid, level, carpeted surface. Follow the instructions demonstrated in your video and on page 15 in this manual for proper entry and exit techniques.
- 7) **Use this equipment ONLY for the intended use** as described in this manual. **Do not** modify the equipment or use attachments not recommended by the manufacturer.
- 8) **Have plenty of clearance behind and in front of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance both in front of and behind your equipment.
- 9) **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes. Do not use this product with bare feet or when wearing only socks or stockings.
- 10) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**
  - *Keep children out of rooms where you have your exercise equipment.*
  - *Store exercise equipment in a room that can be locked.*
  - *Know exactly where your children are when you work out.*
  - *If you have small children at home, don't wear headphones while you work out.*
  - *Talk to your kids about the dangers of exercise equipment.*
- 11) **Breathe naturally,** never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.
- 12) **Cool down after an exercise session,** with 5 to 10 minutes of slow walking, followed by stretching.
- 13) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- 14) **Only one person at a time should use this equipment.**
- 15) **DO NOT put hands, feet, or any foreign objects on or near this equipment when in use by others.** Use caution not to pinch fingers or hands in moving parts when folding, setting up, or using the equipment.

**Go to [www.fitnessquest.com](http://www.fitnessquest.com)  
or call 1-800-497-5831 for  
replacement labels, manuals or video(s).**

**DINNER CONTINUED**

8 oz. water  
 3 oz. pork chop, lean only, baked, broiled or grilled  
 1 small baked potato  
 1 tsp. butter  
 1 cup green beans  
 1 large salad made with mixed greens  
 1 tsp. olive oil with flavored vinegar (no need to measure vinegar) or 1 Tbsp. regular dressing

8 oz. water  
 1 piece (3 oz.) turkey baked, broiled or grilled. Brush lightly with olive oil and favorite seasonings before cooking.  
 1 small baked potato with 1 tsp. butter  
 1 cup broccoli

8 oz. water  
 1 cup vegetable soup  
 6 crackers  
 2 oz. lean ham  
 1/2 large whole grain pita with mustard  
 2 sliced carrots

8 oz. water  
 3 oz. lean hamburger, grilled or broiled  
 1 Tbsp. ketchup  
 1 hamburger bun, tomato, lettuce, pickle and onion if desired

8 oz. water  
 2 slices cheese pizza from a medium pie, baked in pizza oven not in pan  
 1 large mixed green salad  
 1 Tbsp. reduced fat salad dressing

8 oz. water  
 1 cup angel hair pasta with 1/2 Tbsp. olive oil with garlic on pasta and topped with 1 tsp. grated cheese  
 3 oz. grilled chicken with Italian seasonings  
 1 large salad with mixed greens  
 1/2 Tbsp. olive oil and vinegar or  
 1 Tbsp. salad dressing  
 1/2 cup cooked green beans

8 oz. water  
 3 oz. pork chop, lean only, broiled or grilled without added fat  
 1/2 cup rice with 1 tsp. butter  
 1/2 cup applesauce  
 1 large mixed green salad  
 1/2 Tbsp. olive oil and vinegar (no need to measure vinegar) or 1 Tbsp. reduced fat dressing

8 oz. water  
 3 oz. white fish such as flounder, baked and brushed with olive oil and favorite seasonings  
 1 small baked potato  
 1 Tbsp. sour cream and chives  
 1 cup broccoli or cauliflower

8 oz. water  
 3 oz. chicken breast, no skin, baked, broiled or grilled  
 3 to 4 new boiled potatoes tossed with 1 Tbsp. butter and sprinkled with garlic and parsley  
 1 cup beets or other vegetable  
 1 large salad made with mixed greens  
 1 Tbsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
 1 cup angel hair pasta  
 3 oz. boiled shrimp, tossed  
 1/2 Tbsp. olive oil and garlic  
 1 tsp. grated cheese  
 1 mixed green salad  
 1/2 Tbsp. salad dressing

8 oz. water  
 3 oz. lean pork chop, baked with reduced fat cream of mushroom soup  
 1/2 cup noodles with 2 Tbsp. gravy from pork chop  
 1 cup green beans  
 1 large salad made with mixed greens  
 2 tsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
 4 oz. fish, baked, broiled or grilled, brushed lightly with olive oil and favorite seasonings  
 1/2 cup corn  
 1 tsp. butter  
 1 cup broccoli  
 1 small dinner roll



## EQUIPMENT WARNING & CAUTION LABELS

**IMPORTANT:** See below for placement of the following Warning/Caution Labels on your unit.

### WARNING LABEL 1

**⚠ WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL AND VIDEO MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 275 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

### WARNING LABEL 2 (2 locations)

**⚠ WARNING**

DETACH THIS END OF BAND FROM FRAME BEFORE FOLDING. FAILURE TO DO SO MAY RESULT IN INJURY.

### WARNING LABEL 3 (4 locations)

**⚠ WARNING**

**CRUSH HAZARD.** Keep hands clear during folding. Failure to do so, could result in crushed fingers.

### CAUTION LABEL 1 (4 locations)

**⚠ CAUTION**

Place hand here when folding. Keep hand outside of tubes to prevent pinched fingers.

## SPECIFICATIONS AND PARTS

### Ab Lounge® XL Specifications:

**Product Weight:** Approx. 35 lbs.

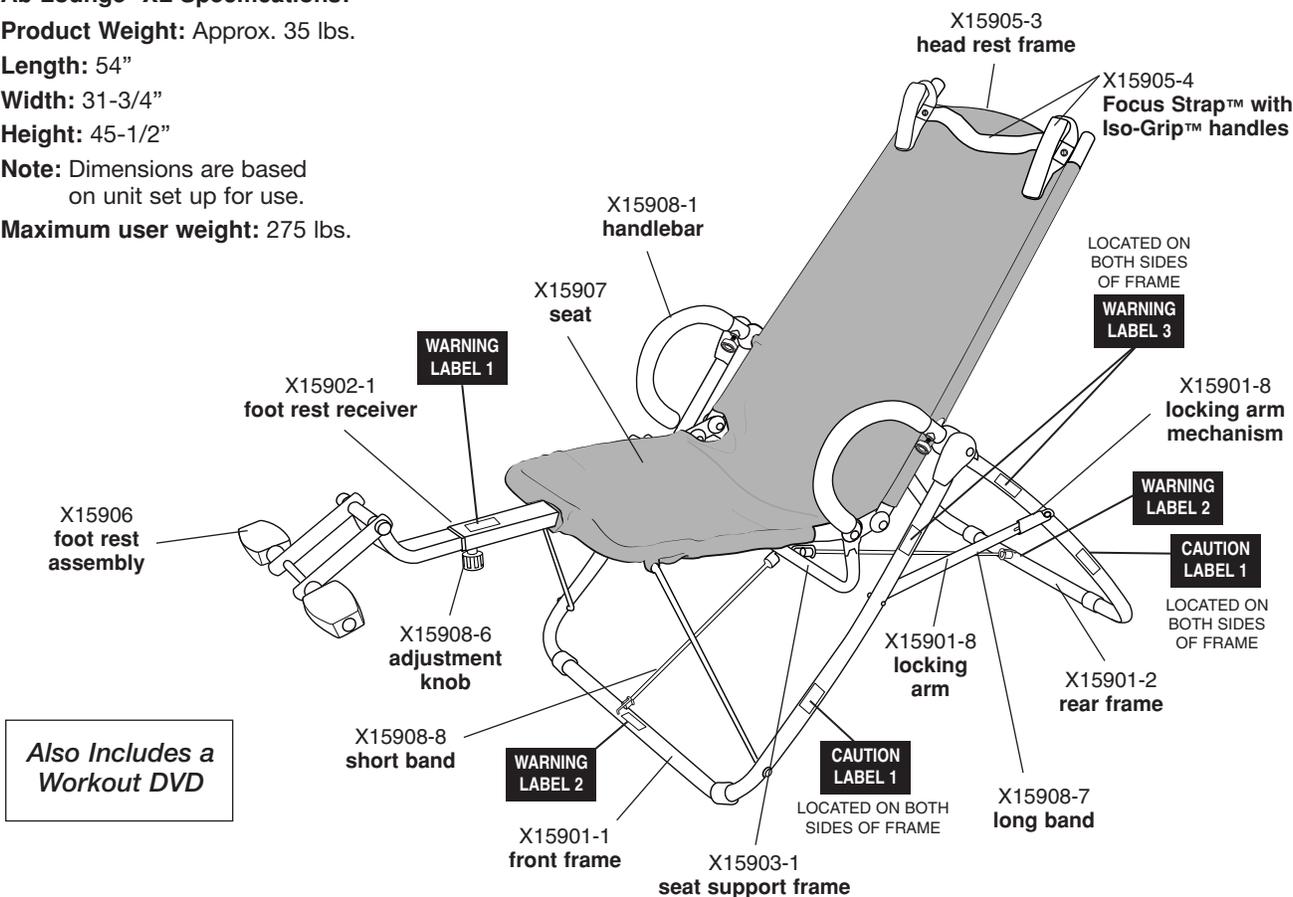
**Length:** 54"

**Width:** 31-3/4"

**Height:** 45-1/2"

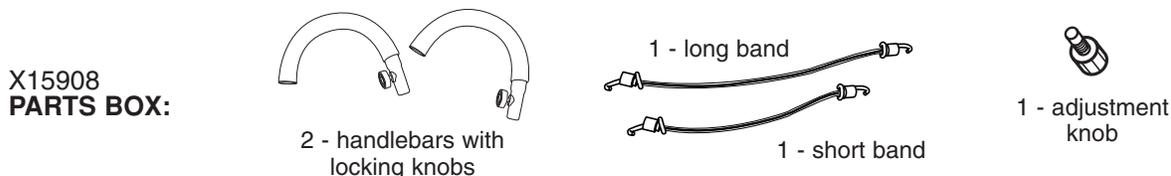
**Note:** Dimensions are based on unit set up for use.

**Maximum user weight:** 275 lbs.



*Also Includes a Workout DVD*

The following parts are located in the Parts Box. Please make sure you have all of the parts before beginning assembly of your equipment.



## INTRODUCTION

Congratulations on your purchase of the Ab Lounge® XL unit. You have taken an important step toward your fitness goals. Whether that means toning your abs, or strengthening and stretching your core abdominal muscles, the Ab Lounge® XL unit can help you get the results you want.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Ab Lounge® XL unit, you'll use the abdominal muscles in smooth natural motions. You'll be able to adjust the equipment to fit your body and begin your workout right away - just what you need to improve your fitness the healthy, easy way!

Just 30 minutes a week – three enjoyable 10 minute sessions – is all it takes to begin experiencing the toning and stretching benefits of your Ab Lounge® XL unit. With regular use of your equipment, consistent aerobic exercise and a proper diet, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight
- Improved abdominal muscle tone
- Increased energy for daily tasks
- Less stress and a more positive outlook

With a minimal time commitment, you'll receive an impressive return on your investment!

We're so sure that you will be completely satisfied with your Ab Lounge® XL unit that we encourage you to write or call our Customer Service Specialists at the address or phone number listed below or contact us on our website. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

Sincerely,



Karla Williamson, Customer Service

Ab Lounge® XL, Customer Service Department  
248 Fitness Quest Plaza, Canton, OH 44750-1001

Call Toll Free: 1-800-321-9236 • Monday – Friday, 8:30am to 8:00pm, EST  
Email: customersupport@fitnessquest.com • www.fitnessquest.com

***Please do not call the above number for Parts. See Ordering Missing or Defective Parts section below.***

***IMPORTANT: This owner's manual is the authoritative source of information about your Ab Lounge XL unit. Please read it carefully and follow all the instructions.***

## Ordering Missing or Defective Parts

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831 Monday through Friday, 8:30am to 8:00pm, Eastern Standard Time.

***IMPORTANT: You must have your serial number, date of purchase, and this manual ready when calling for parts.***

Serial #: \_\_\_\_\_

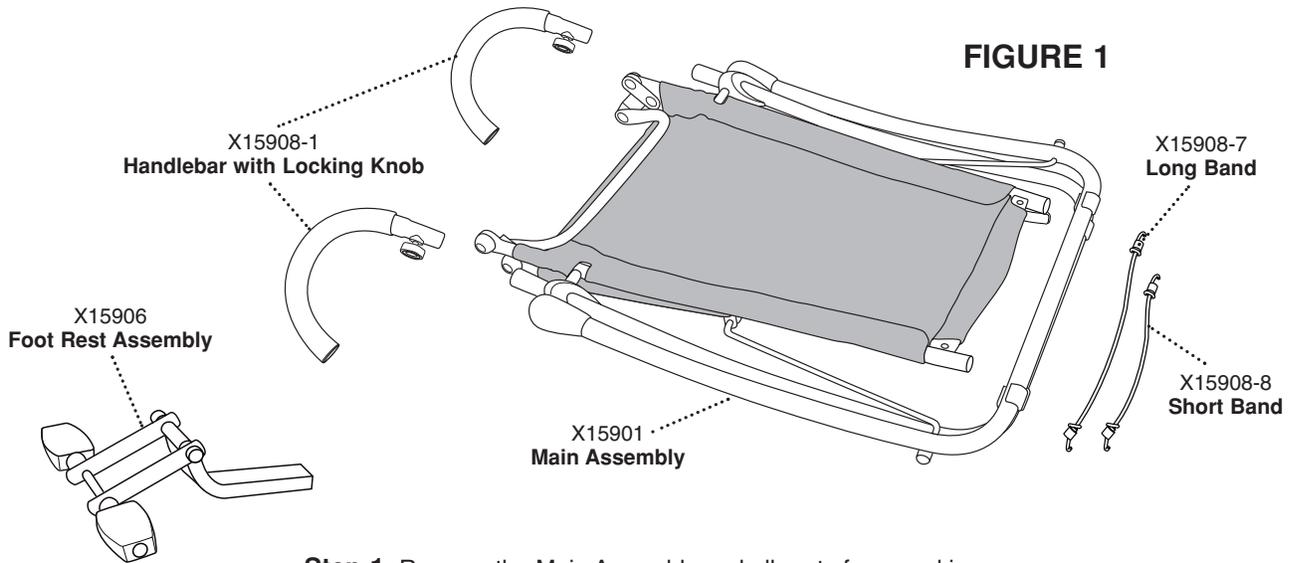
If you would like a FREE VHS\* copy of your DVD, simply give us a call. All you have to do is pay \$3.95 for shipping and handling.

\*Offer valid for a limited time. Limit one video per customer. Additional shipping and handling charges may apply to deliveries outside the continental U.S.

# ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

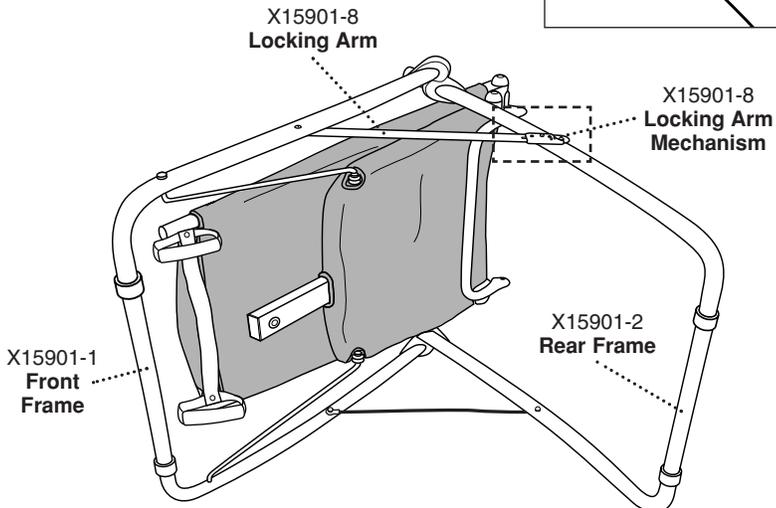
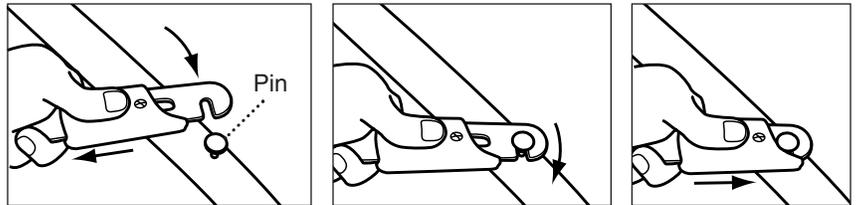
**NOTE:** All location references, such as front, rear, left or right, made in these instructions are from the user sitting on the unit and facing forward.



**FIGURE 1**

**Step 1.** Remove the Main Assembly and all parts from packing and place them on floor as shown in Figure 1.

## Attaching the Locking Arm Mechanism



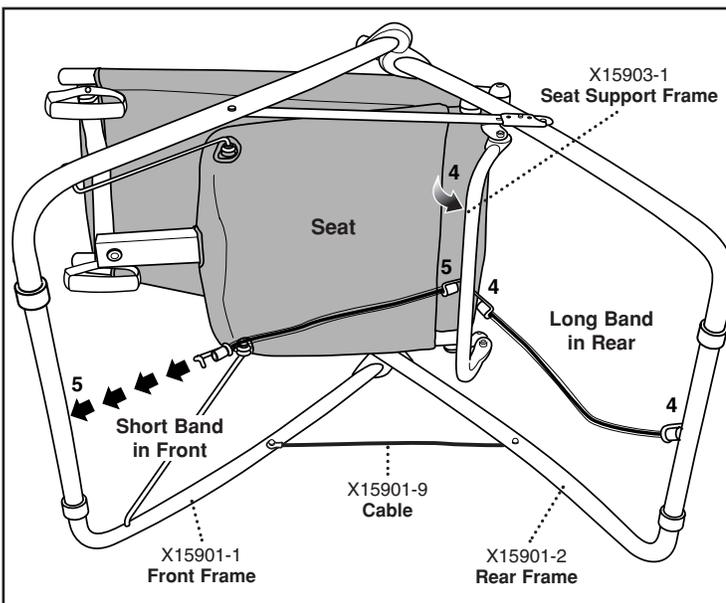
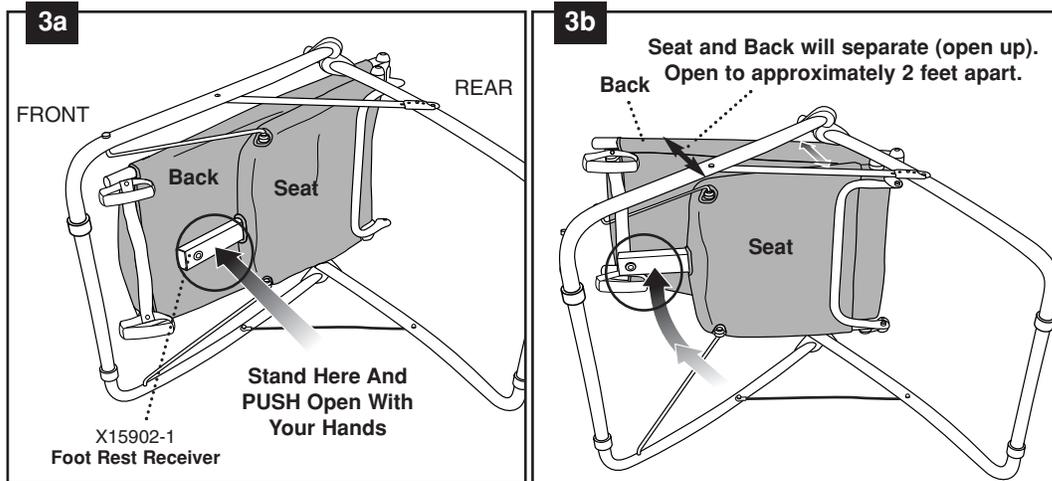
**FIGURE 2**

**Step 2.** Lift and place the unit on its right side with the left side and Locking Arm facing up as shown in Figure 2. Open the unit by grasping the bottom of the Front and Rear Frames and spread them apart.

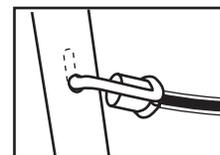
Swing the Locking Arm, located on the Left Front Frame, around so the notch lines up with the pin on the Left Rear Frame. Push down on the button on the Locking Arm Mechanism and slide it back while you hook the notch over the pin.

**Step 3a.** While standing between the two frames, **PUSH** the Foot Rest Receiver out away from you through the front frame as shown in 3a.

**Step 3b.** The Seat and Back will start to separate (open up). Continue pushing outward until the Seat and Back are approximately 2 feet apart as shown in 3b.



**Step 4.** Pull the Seat Support Frame toward you and locate the two holes on the top. Hook the Long Band over and attach to the lower hole of the Seat Support Frame. Hook the other end of the Long Band into the hole on the Rear Frame. Make sure hooks are inserted completely as shown here.

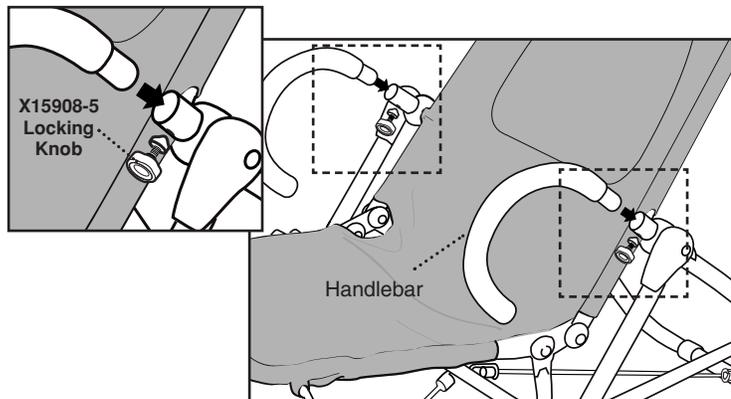
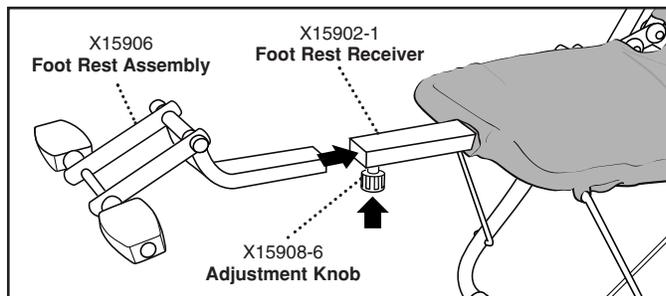


**NOTE:** The chair will pivot easily at this point. Make sure you hold the Frame firmly in place as you attach the Bands.

**Step 5.** Place the Short Band Hook into the upper hole on the Seat Support Frame and hook the other end into the hole on the Front Frame.

**SET UNIT UPRIGHT**

**Step 6.** Partially screw the Adjustment Knob into the underside of the Foot Rest Receiver at the front of the unit. Pull down the Adjustment Knob and slide the Foot Rest Assembly into the Receiver. Once the Foot Rest Assembly is in the Receiver, let the Adjustment Knob retract making sure it is secure in one of the holes on the Foot Rest Assembly. Screw the Adjustment Knob by turning clockwise until tight.



**Step 7.** Remove the Locking Knobs from the Handlebars. Slide the Handlebars into the holes at the top of the Main Assembly with the curves facing down. Align mounting hole and secure each Handlebar with the Locking Knobs you just removed.

**Check all bolts and nuts to be sure they are tight before using your unit.**

**ASSEMBLY IS NOW COMPLETE.**

## FOLDING INSTRUCTIONS

The Ab Lounge® XL unit has been designed to fold for convenient travel and storage. The Locking Arm Mechanism is removable by hand, no special tools required. For maximum effectiveness and safety, always review these instructions prior to folding the unit.

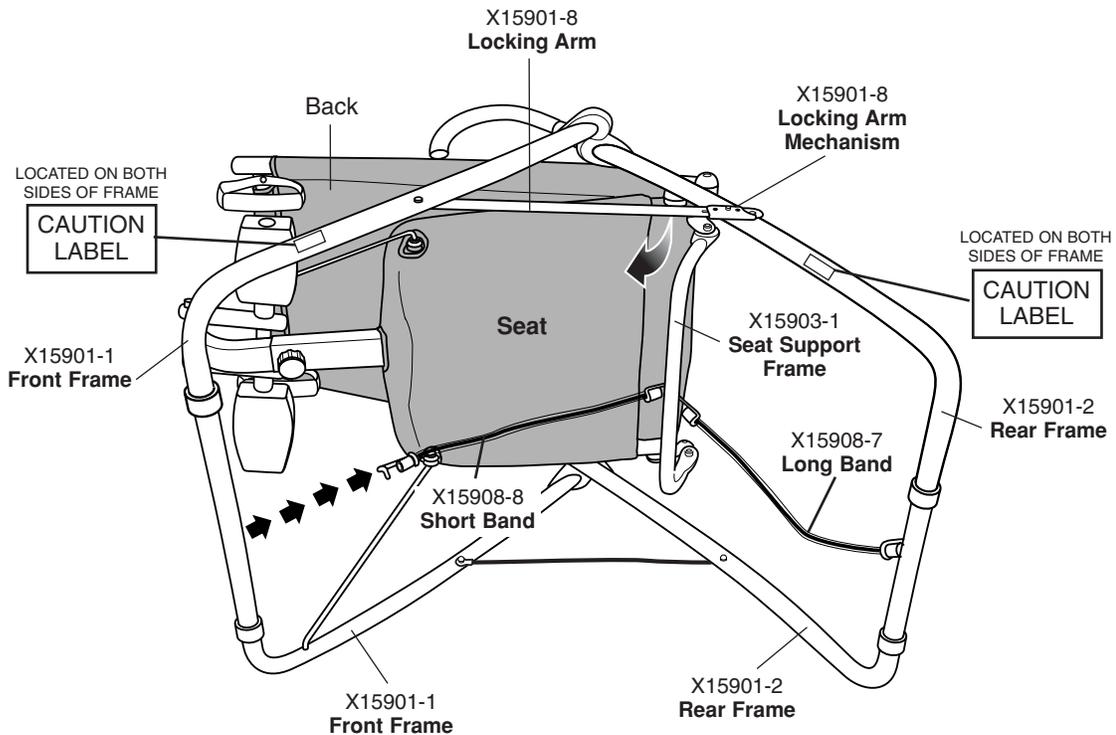
### Folding the Ab Lounge® XL Unit

- a) Lay the unit on its right side as shown. Unhook the Short Band from the Front Frame and the Long Band from the Rear Frame. Leave both Bands connected to the Seat Support Frame for storage.
- b) Pull the Back toward the Seat until it aligns with the Front Frame.
- c) Unhook the Locking Arm Mechanism by pushing down on the button and sliding it back and unhooking the Left Rear Frames (reverse assembly Step 2).
- d) Rotate the Locking Arm towards the Front Frame.
- e) Grasp the Front Frame with one hand and the Rear Frame with the other hand and slowly pull them together.

**IMPORTANT: Place hands on Caution Labels when folding, and be careful not to pinch your fingers between the Front and Rear Frames.**

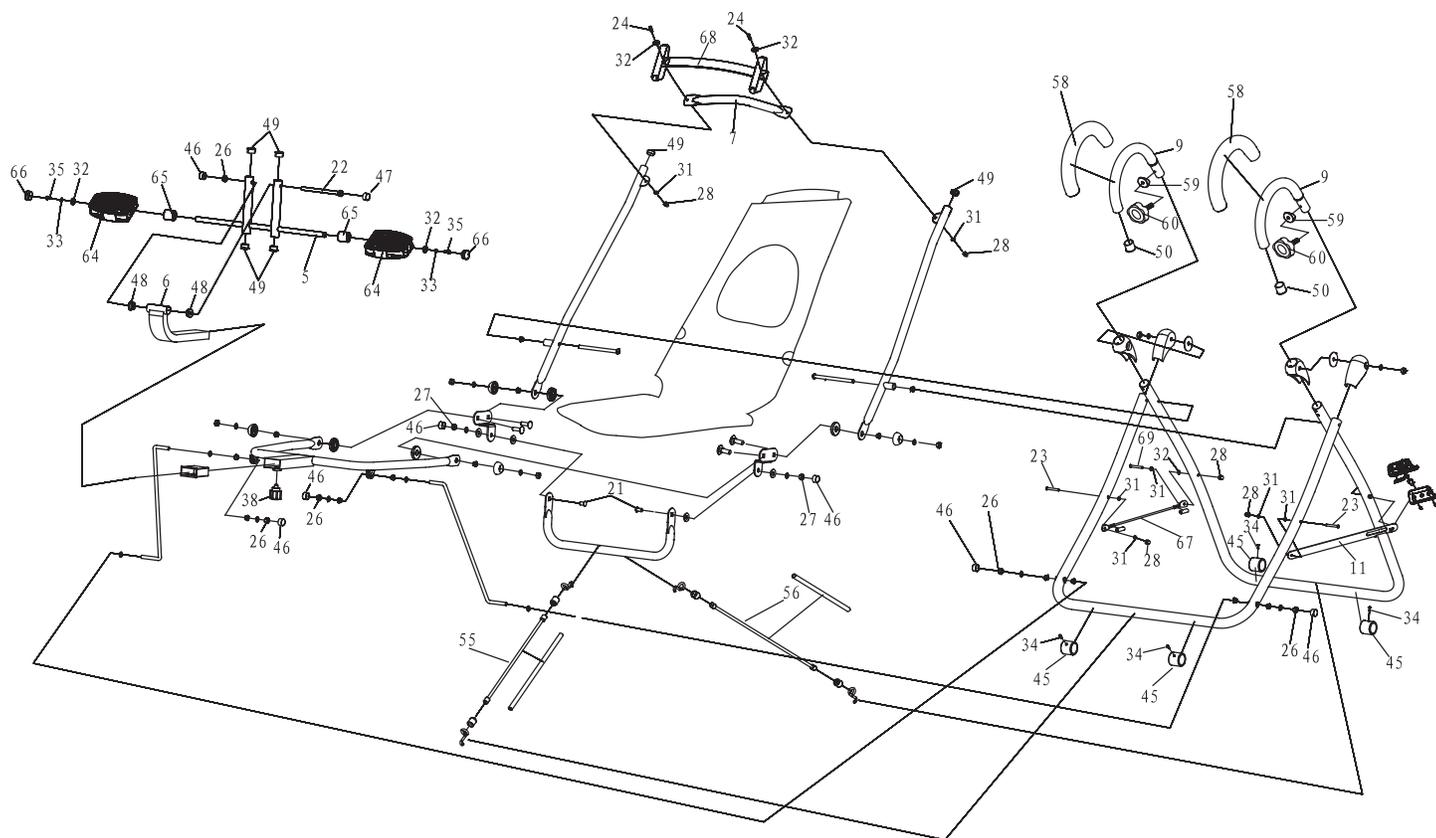
- f) For your unit to store flat you must fold the Handlebars in. To do this, loosen the Handlebar Knobs and turn Handlebars inward toward the unit and tighten Knobs to keep in place.

**IMPORTANT: Before using your unit, be sure Handlebars are back in correct position and the Knobs are securely tightened.**



## PARTS LIST AND EXPLODED VIEW

PART NO.	PARTS NAME	QTY.	PART NO.	PARTS NAME	QTY.
X15906-1	foot rest assembly (5)	1	X15906-5	M10 small nut cap (47)	1
X15906-2	foot extension tube (6)	1	X15906-3	plastic bushing (48)	2
X15905-3	head rest frame (7)	1	X15905-2	end plug (49)	6
X15908-1	handlebars (9)	2	X15908-3	plug (50)	2
X15901-8	locking arm (11)	1	X15908-8	short band (55)	1
X15901-7	M10 x 20mm carriage bolt (21)	2	X15908-7	long band (56)	1
X15906-4	M10 x 145mm hex bolt (22)	1	X15908-2	grip (58)	2
X15901-10	M6 x 43mm phillips bolt (23)	2	X15908-4	locking washer (59)	2
X15905-5	M6 x 20mm phillips bolt (24)	2	X15908-5	locking knob (60)	2
X15902-6	M10 large nylon nut (26)	5	X15906-7	pedal (64)	2
X15903-2	M10 thin nylon nut (27)	2	X15906-6	spacer (65)	2
X15901-12	M6 acorn nut (28)	5	X15906-10	plug (66)	2
X15901-11	M6 small washer (31)	7	X15901-9	cable (67)	1
X15905-6	M6 large washer (32)	5	X15905-4	focus strap with Iso-grip handles (68)	1
X15906-9	M6 spring washer (33)	2	X15901-13	M6 x 45mm phillips bolt (69)	1
X15901-4	M5 x 19mm phillips screw (34)	4			
X15906-8	M6 x 15mm phillips bolt (35)	2	X15910	literature pack	1
X15908-6	adjustment knob (38)	1	X15911T	top box	1
X15901-3	rubber foot (45)	4	X15911B	bottom box	1
X15902-7	M10 large nut cap (46)	7	X15912	accessory kit	1
			X15909D	workout video	1



## **IMPORTANT**

***Please review this section before you begin exercising.***

### **IMPORTANT:**

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Your physician can also assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance Impairment
- Taking medications that affect heart rate

### **Workout Phases:**

Regardless of whether you are working out on your Ab Lounge® XL equipment or doing a cardio workout, your workout should consist of the following three phases.

#### **Warm-Up**

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 11 and 12 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

#### **Muscle Toning Workout**

Your warm-up should be followed by either a workout on the Ab Lounge® XL equipment or a cardio workout, depending on which workout you are doing that day. Regardless of which workout your are doing, build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and will disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

#### **Cool Down and Stretching**

Your workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of slow walking, followed by stretching. Refer to the stretches found on pages 11 and 12 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

*(continued on next page)*

## ***When to Exercise***

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

## ***Measuring Your Heart Rate***

When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

## ***Target Heart Rate***

Aerobic intensity guidelines for healthy adults are generally set at 40 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

**The above are guidelines, people with any medical limitations should discuss this formula with their physician.**

## ***Clothing***

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

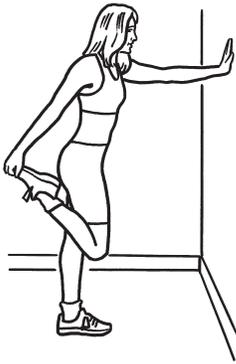
We recommend wearing comfortable athletic shoes made of good support with non-slip soles. Do not use this equipment with bare feet or when wearing only socks or stockings.

## ***Tips to Keep You Going***

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See charts in this booklet.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Enlist the support and company of your family and friends.
- 6) Update others on your successes.
- 7) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout.
- 8) Reward yourself periodically for a job well done!

## WARM UP & COOL DOWN STRETCHES

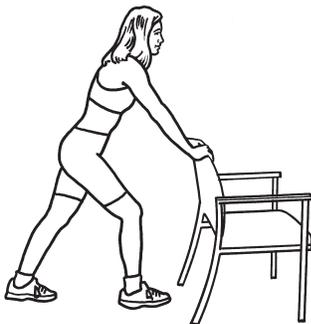
When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



### **1. Quadriceps Stretch**

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold for 20 to 30 seconds. Repeat for the other leg.



### **2. Calf and Achilles Stretch**

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



### **3. Overhead/Triceps Stretch**

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



#### **4. Back Stretch**

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



#### **5. Standing Hamstrings Stretch**

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



#### **6. Buttocks, Hips and Abdominal Stretch**

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



#### **7. Inner Thigh Stretch**

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



#### **8. Arm Pullback**

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

## AB LOUNGE™ XL SYSTEM

The Ab Lounge® XL is more than just a machine; it is a total body exercise and nutrition system. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

Today, all fitness research recommends both cardiovascular exercise and strength conditioning to achieve balanced fitness. By improving your cardiovascular fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, which increases your body’s metabolism. And we all know that a healthy eating plan is an important part of any balanced fitness program.

The Ab Lounge™ XL System is designed to help you achieve a balanced fitness program. The system consists of three parts:

**1) Strength Conditioning.** The Ab Lounge® XL unit was designed to help you tone and strengthen your upper abdominal muscles, your lower abdominal muscles and your obliques. We recommend that you workout for at least 30 minutes, 3 times a week. However, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Ab Lounge® XL Workout section of this booklet to determine the workout that is appropriate for you.

**2) Cardiovascular Exercise.** The Ab Lounge™ XL System includes a cardio workout program. You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming and jogging. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week. You can easily alternate days for your Ab Lounge™ XL and cardio workouts. Again, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Cardiovascular Workout section of this booklet to determine the workout that is appropriate for you.

**3) Nutrition.** The Ab Lounge™ XL System includes the Jump Start Diet which is designed to ‘jump start’ your total fitness program. The Jump Start Diet will allow you, in just 14 days, to begin to form habits to help you reach your fitness goals faster and easier than ever before. Please refer to your Jump Start Diet included in this booklet for an easy-to-follow, 2-week menu plan, full of healthy eating choices. Once you complete the 2-week diet, you can continue your sensible diet with the eating plans in the Fitness Quest Eating Plan booklet or the Low Carbohydrate, Heart Healthy Menu Plan booklet which are also included with the system.

## AB LOUNGE™ XL WORKOUT

### IMPORTANT EXERCISE AND SAFETY TIPS

1. Once your equipment is assembled, make sure it is on a solid, level, carpeted surface with a minimum of 3 feet of clearance space behind and in front of the unit. Practice getting on and off your unit a few times until you are comfortable with this movement.
2. Review this Owner’s Manual and the video completely before you begin your exercise program. Remember to follow the instructions exactly – they have been developed with your health and safety in mind.
3. Pay careful attention to the techniques and range of motion that are described and illustrated in this manual and the video. This is essential for safety, and for isolating and targeting the appropriate muscles.
4. Perform the exercises at a slow and controlled speed. About one or two seconds into the movement, a one to two second pause at the end range of motion, and a slow return to the starting position is a recommended speed for toning exercises. Working at a fast pace is not recommended, and may compromise your safety and results.
5. You may not be able to complete all of the repetitions suggested at first. When you feel your muscles fatiguing, or are unable to work with good form and technique, take a short break and rest.
6. Keep track of how many repetitions of each exercise you are able to do at first. You will be surprised at how quickly you progress. In just a few weeks you’ll probably be able to complete all of the repetitions at the workout level you choose.
7. Progress slowly. If you are very sore and tired after your workout you are working at a level that is too hard. Great results can be obtained by working at a level that challenges you, but doesn’t create soreness and excessive fatigue.

*(continued on next page)*

8. It is important that you know how to work out safely and properly. These safety steps are for your benefit and you should follow them closely to maximize the effectiveness of your workout routine.
9. You should begin to feel results within one to two weeks of working out with your equipment. Look for better posture and the feeling of more strength and efficiency in your core abdominal muscles.

### **Developing Your Ab Lounge™ XL Workout**

The choices you make about the frequency (how often), the duration (how long), and intensity (how hard) at which you will workout, will directly influence your results.

Before beginning any workouts on the Ab Lounge® XL unit, you should first determine your current fitness level. The following are guidelines that you can use to determine your fitness level, but remember these are just guidelines. You must always listen to your body. Start out at a level that is comfortable to you and progress sensibly.

**Beginner** – No previous exercise experience, or have not exercised in a long time.

**Intermediate** – Have been performing abdominal exercises regularly for three months or more.

**Advanced** – Have been performing abdominal exercises regularly for six months or more.

### **How Often, How Long, How Hard**

Beginners should start out slowly and only do as many exercises as you can with good form and technique. Your Ab Lounge™ XL System includes Rosalie Brown's Ab Blasting DVD. The DVD includes a 10 minute

Ab Lounge™ XL Workout that is perfect for most beginners. Start by doing the Ab Blasting workout (or as much of the workout as you can comfortably perform) once a day, every other day. Then gradually increase the number of workouts you do every other day until you can comfortably complete three workouts every other day with good form.

Intermediates should strive to complete three Ab Blasting workouts every other day. Once you can comfortably complete these workouts with good form and technique, you should begin to increase the frequency and duration of your workouts. But, you should only increase one of these elements at a time. Once you are familiar with the Ab Blasting workout, you may want to develop your own workout for variety. You can incorporate the exercises found on pages 16 - 18 of this booklet into your own customized exercise routine. Start out by doing 10 repetitions of the Basic Exercises during each workout until you can complete all of the repetitions with good form. When you can complete one set of 10 repetitions of each Basic Exercise, then you are ready to add the Bonus Exercises to your workout or perform additional sets of your basic routine. Use the Workout Tracking Sheets on page 19 to record the number of repetitions and sets that you are able to do with each workout. Using the Workout Progress Chart at the end of this manual will also help you keep track of your progress.

Advanced should strive for a long term goal of completing a 30 to 60 minute workout on the Ab Lounge® XL unit most days of the week. This can be accomplished by repeating the Ab Blasting workout, developing your own workout or a combination of both. But remember, always work and progress at a pace that is comfortable to you and make sure you can complete each exercise with good form and technique.

## CARE & STORAGE

### **Care directions**

Your equipment has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

- Keep your equipment clean. Wipe sweat, dust or other residue off the seat, foot rest and handlebars with a soft, clean cloth after each use.
- Before each use, check the bands, fabric, and stitching for signs of fraying. **If you notice any wear, stop using the equipment immediately.** Call our Parts Department to order replacement parts. Refer to the front of this Manual for How to Order Missing or Defective Parts.

- To protect your equipment from stains and dirt, you may want to spray the fabric with any type of protective fabric spray.
- Before each use, check the frame and pivot assembly to be sure that it is in proper working order. Also check all nuts and bolts to be sure that they are tight. **If the unit is not in proper working order, stop using the equipment immediately.**

### **Storage directions**

- Store your equipment in a dry area away from children and high traffic areas.

## Getting On Your Ab Lounge® XL Equipment

Stand next to the unit, near the foot rest. See Fig. 1. Place one hand lightly on the handlebar and carefully step over the bar that connects the seat and foot rest. See Fig. 2. Facing the foot rest, slowly sit down on the seat. See FIG. 3. When the hips feel centered, lean back into the unit in a comfortable reclining position. Lift the feet, one at a time, and place them on the foot rests. Reach overhead and grasp the Iso-Grip™ handles with a light grip. See FIG. 4.

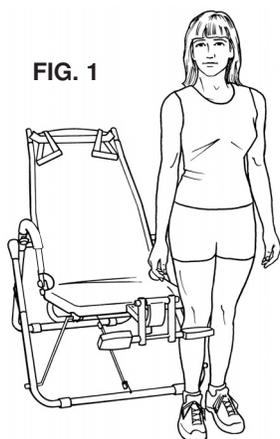


FIG. 1



FIG. 2



FIG. 3



FIG. 4

## Adjusting the Ab Lounge® XL Equipment for Your Body

The unit is easy to adjust, and allows a comfortable fit for almost any body size.

To adjust the foot rest, grasp the adjustment knob on the under side of the foot rest receiver. Pull the pin out and slide the foot rest closer to or further away from the seat. Replace the pin into one of the holes in the foot rest. Make sure the pin is secured before placing the feet on the foot rest. See FIG. 5. The foot rest should be adjusted to a point where the knees are bent about 90 degrees, or at a right angle, when the feet are resting on the foot rest. See FIG. 6.

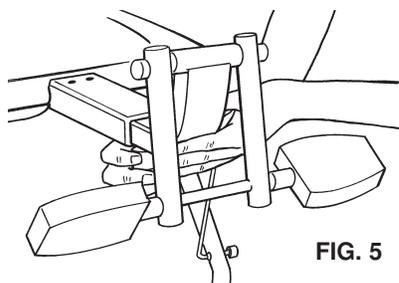


FIG. 5

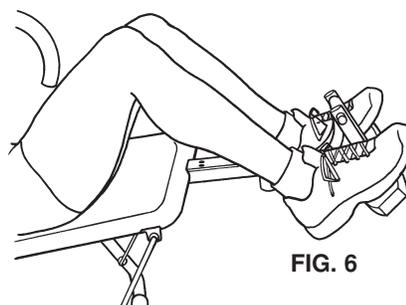


FIG. 6

## To Get Out Of Your Ab Lounge® XL Equipment

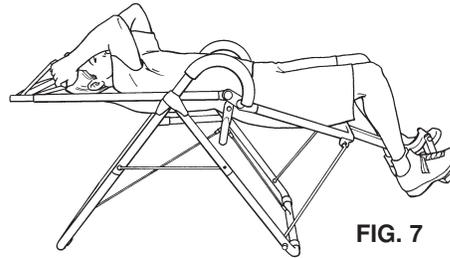
Release the hands from the Iso-Grip™ handles and lean forward until you are sitting upright. Lower the feet one at a time until they are flat on the floor. Stand up slowly, using the handlebars on the sides of the unit, and carefully step back over the bar to one side of the unit.

*See pages 13 - 14 for instructions on how to include these exercises in your own custom Ab Lounge™ XL Workout.*

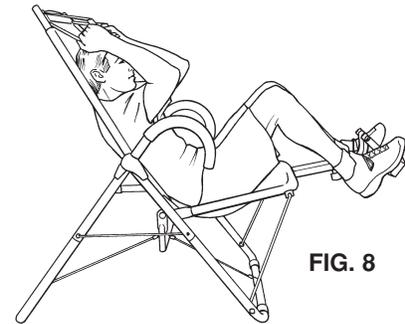
**BASIC EXERCISES**

**1. Basic Jackknife**

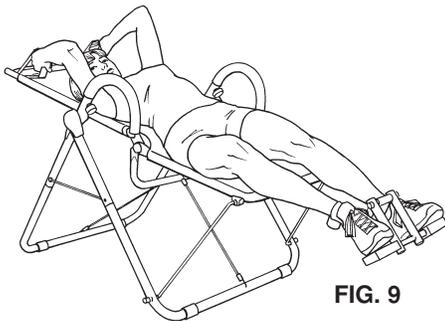
This abdominal curl isolates the muscle that runs down the entire front of your torso, known as the rectus abdominis. Relax back into your unit with your knees bent and feet placed on the foot rest. Reach overhead and grasp the Iso-Grip™ handles. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. To help you maintain a slow tempo, pull forward for two counts, pause for one count, and return to the start for two counts. These five-second repetitions will make the muscle work harder by avoiding momentum. Do not pull with your arms or lift your feet off the foot rest. See FIG. 7 & 8.



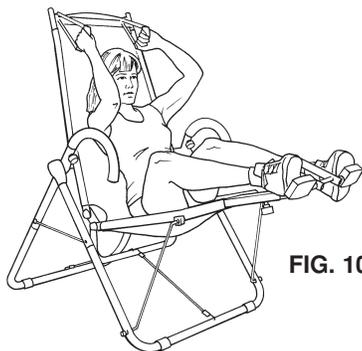
**FIG. 7**



**FIG. 8**



**FIG. 9**



**FIG. 10**

**2. Oblique Jackknife**

By rotating the lower body to one side, the oblique muscles as well as the rectus abdominis are targeted with this exercise. The oblique muscles help shape the waist as well as add stability to the spine. Begin in the same position described in the Basic Jackknife. Keeping the shoulders facing front, angle the legs about 45 degrees to one side and hold this lower body position. Exhale and slowly round your lower back, pulling your torso forward into the curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. After completing the repetitions on one side, angle your legs in the opposite direction and repeat the same number of repetitions. See FIG. 9 & 10.

### 3. Jackknife With Leg Lift

This exercise targets the rectus abdominis as well as the hip flexor muscles of the lifting leg. Begin in the same position described in the Basic Jackknife. Exhale and slowly round your lower back, pulling your torso forward into a curl position. Simultaneously, lift one leg and pull the knee up and toward the chest. Pause at one end of the curl movement, then inhale and slowly return the leg and torso to the starting position. Repeat the Jackknife, lifting the opposite leg. Alternate legs with each Jackknife. Perform five-second repetitions as described in the Basic Jackknife. Do not pull with your arms as you Jackknife and lift the leg. See FIG. 11 & 12.

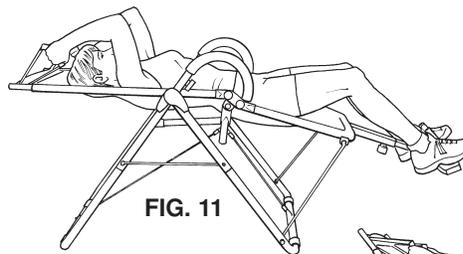


FIG. 11

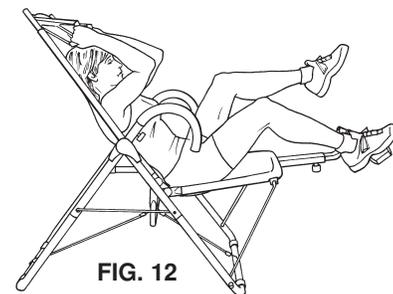


FIG. 12

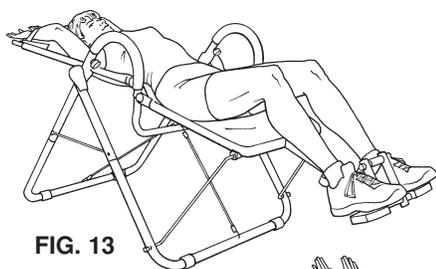


FIG. 13

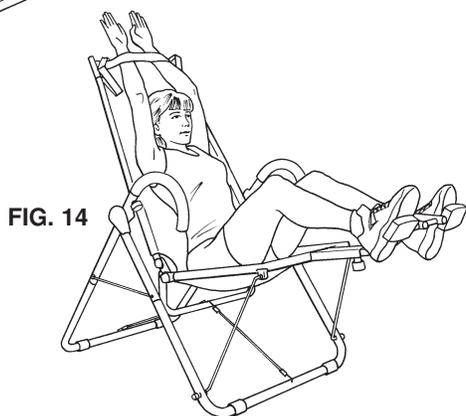


FIG. 14

### 4. Extended Arm Jackknife

This exercise targets the rectus abdominis, and is a little higher intensity than the Basic Jackknife. Begin in the same position described in the Basic Jackknife. Then, straighten both arms until the forearms are behind the Focus Strap™. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Do not lift your legs as you crunch. See FIG. 13 & 14.

### 5. Extended Leg Jackknife

This exercise targets the rectus abdominis and, like the Extended Arm Jackknife, is a little higher intensity than the Basic Jackknife. Begin in the same position described in the Basic Jackknife. Then, straighten both legs, resting the ankles or calves on the foot rest. Exhale and slowly round your lower back, pulling your torso forward into a curl position. As you pull forward, contract your abdominal muscles inward toward your spine and pull the bottom of your rib cage down toward the top of your hip bones. Pause at the end of the curl movement, then inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Do not pull with the arms or lift the legs as you Jackknife. See FIG. 15 & 16.

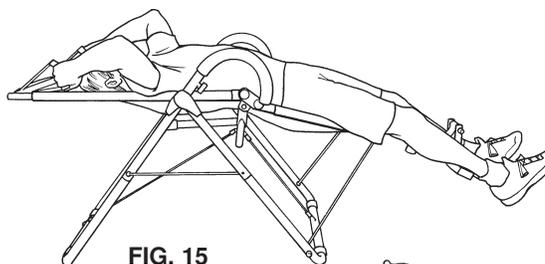


FIG. 15

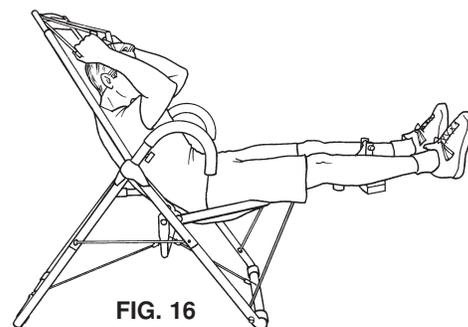


FIG. 16

## 6. Torso And Hip Flexor Stretch

This exercise will stretch all of the abdominal muscles as well as the muscles of the front of the hip. Begin in the same position described in the Extended Arm Jackknife. Then, straighten the legs as described in the Extended Leg Jackknife. Slowly lean back with the torso and legs parallel to the floor. For more stretch, carefully extend further until the back is slightly arched. Relax and hold the stretch at a comfortable range of motion for 10 to 30 seconds, breathing deeply. Do not exceed a stretch that is comfortable for your body. See FIG. 17.

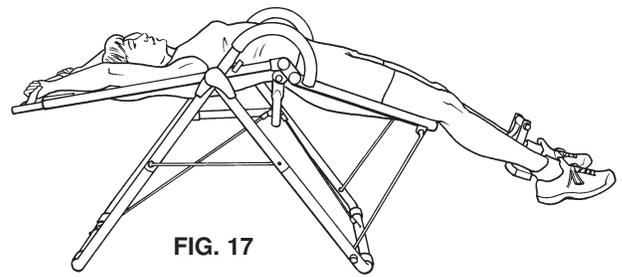


FIG. 17

## BONUS EXERCISES

When you can perform 10 repetitions of each Basic Exercise you are ready to progress to the Bonus Exercises. These exercises require more advanced body positions to be maintained throughout the movement.

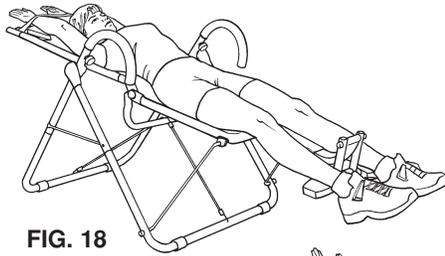


FIG. 18

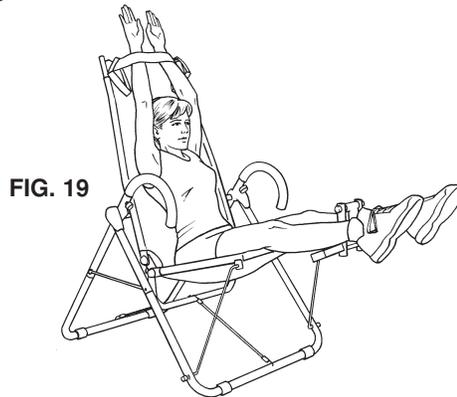


FIG. 19

## 7. Advanced Jackknife

This exercise will target the rectus abdominis and hip flexors, and the spinal extensor muscles of the lower back. Begin in the same position described in the Extended Arm Jackknife, then straighten the legs as described in the Extended Leg Jackknife. Slowly lean back with the torso and press down slightly with the legs, until the body is in a fully extended position with the torso and legs parallel to the floor. Exhale and pike from the hips until the body is in a “V” position. Pause at the end of the movement, inhale and slowly return to the starting position. Perform five-second repetitions as described in the Basic Jackknife. Keep the back straight and do not bend the arms or legs as you pike up. See FIG. 18 & 19.

## 8. Lateral Jackknife

This exercise will isolate the rectus abdominis and obliques, as well as the quadratus lumborum muscles of the lower back. Roll into a sidelying position on the unit. Bend the elbow of your lower arm and rest your head on that arm. Reach overhead with your top arm and lightly hold the Focus Strap™. Bend the knees slightly and rest the feet on the foot rest. Exhale and bend your torso to the side. Pause at the end of the movement, inhale and slowly return to the starting position. Laterally flex from the waist, rather than pulling with your arms. Perform five-second repetitions as described in the Basic Jackknife. After completing the repetitions on one side, carefully turn over, lie on your other side and repeat the same number of repetitions. See FIG. 20 & 21.

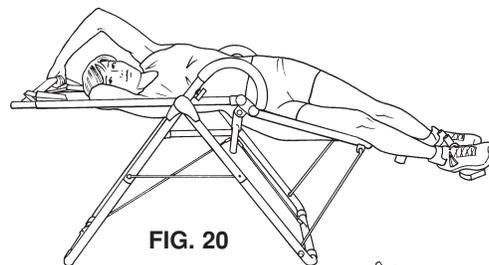


FIG. 20



FIG. 21

## AB LOUNGE™ XL WORKOUT TRACKING SHEETS

Use these charts to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

EXERCISE	DATE	REPS	SETS	DATE	REPS	SETS
BASIC JACKKNIFE						
OBLIQUE JACKKNIFE						
JACKKNIFE w/LEG LIFT						
EXTENDED ARM JACKKNIFE						
EXTENDED LEG JACKKNIFE						
TORSO AND HIP FLEXOR STRETCH						
ADVANCED JACKKNIFE						
LATERAL JACKKNIFE						

EXERCISE	DATE	REPS	SETS	DATE	REPS	SETS
BASIC JACKKNIFE						
OBLIQUE JACKKNIFE						
JACKKNIFE w/LEG LIFT						
EXTENDED ARM JACKKNIFE						
EXTENDED LEG JACKKNIFE						
TORSO AND HIP FLEXOR STRETCH						
ADVANCED JACKKNIFE						
LATERAL JACKKNIFE						

## CARDIOVASCULAR CONDITIONING

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

### ***Training Aerobically***

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the

*(continued on next page)*

large muscles of the hips, thighs, and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing, and stair stepping.

### **Benefits of Aerobic Training**

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This “good” cholesterol helps keep your arteries unplugged and healthy.
3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You’ll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension, and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

### **Warming Up And Cooling Down**

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool-down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,
- Improve your stamina and endurance (you won’t tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

#### **Warm-Up**

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 11 and 12 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

### **Cool Down and Stretching**

Your workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of slow walking followed by stretching. Refer to the stretches found on pages 11 and 12 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

### **How Often, How Long, and How Hard**

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

**How often.** If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don’t let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

**How long.** How long you work out depends on your current level of fitness. Again, if you’re just starting a program or out of shape, don’t follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to 60 minutes of cardiovascular activity on most days of the week.

**How hard.** Aerobic intensity guidelines for healthy adults are generally set at 40 to 85 percent of heart rate. But, if you’re out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

Refer to the “Measuring Your Heart Rate” section on page 10 of this manual for information on how to measure your heart rate.

**The above are guidelines, people with any medical limitations should discuss this formula with their physician.**

## PROGRESSIVE CARDIOVASCULAR TRAINING PROGRAM

*The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose. But remember, these are only guidelines. People with medical conditions should discuss this training program with their physician.*

### CONDITIONING BASE

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
1	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
2	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
3	2 - 3	10 - 17	40 - 50	2 - 4	Somewhat easy to somewhat hard
4	2 - 3	10 - 17	50 - 60	2 - 4	Somewhat easy to somewhat hard
5	3	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard
6	3 - 4	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard

### MOVING BEYOND BASE-LEVEL FITNESS

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
7 - 9	3 - 4	20 - 25	60 - 65	3 - 4	Moderate to somewhat hard
10 - 13	3 - 4	21 - 25	65 - 70	4 - 5	Somewhat hard to hard
14 - 16	3 - 4	26 - 30	65 - 70	4 - 5	Somewhat hard to hard
17 - 19	3 - 5	26 - 30	70 - 75	4 - 5	Somewhat hard to hard
20 - 23	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard
24 - 27	3 - 6	31 - 35	70 - 75	4 - 5	Somewhat hard to hard

### MAINTENANCE

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
After 4-6 months	3 - 6	30 - 60	40 - 85	3 - 6	Easy - Moderate to somewhat hard

\*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4 - 5 equates to moderate to somewhat challenging; 6 - 10 represents effort that is somewhat hard, to very hard.

### Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

### Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

## CARDIO WORKOUT TRACKING SHEETS

Use these charts to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

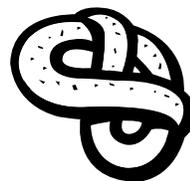
ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

\*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.



# JUMP START DIET

*Using Healthy Eating Choices*



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## ***Introduction***

This program is designed to "jump start" you on your way to better health and fitness. In just 2 weeks, just 14 short days, you will begin to form habits to help you reach your fitness goals faster and easier than ever before.

## ***The Jump Start Diet***

This 2-week menu plan is based on 1200 to 1300 calories. We have consciously used real food and have even put in some foods often thought of as "off limits" when trying to lose weight. The plan is nutritionally sound and offers a variety of foods from all food categories. You may substitute one food within a food group for another, such as a pear for an apple or 3 oz. of chicken for 3 oz. lean beef. The most important thing to remember is to pay attention to portion sizes. When it says 1 cup, you need to measure out 1 cup, etc.

The plan is extremely simple to follow. Simply pick one selection for each meal as your day goes along. Note that your lunch will consist of a Lean Cuisine® meal. This is done so that you have a realistic option to eat at work or on the go. (If you don't find Lean Cuisine® meals at your local grocer, other options are Healthy Choice® and Weight Watchers® lunches.)

We have also built in a special treat at the end of most days. This is because people have the biggest success when they are allowed to have some of their favorite foods. They do not feel deprived and are not tempted to binge. Success comes because they are able to stick with the plan, lose weight and meet their goals without feeling like they were "on a diet". The important thing to remember is to use only the portion size given, do not go back for more or guess on your portion size.

If you do not wish to eat the snack after your evening meal, or feel that you cannot limit your portion size, it can be omitted.

Foods and condiments that can be used without adding significant calories include:

- Non-caloric beverages, this includes diet carbonated drinks
- Fat free condiments such as mustard, ketchup and vinegar
- Seasonings such as onion, garlic and herbs
- Artificial sweeteners
- Coffee, tea and herbal teas

**BREAKFAST CHOICES**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1/2 cup oatmeal, cooked  
1 cup skim milk

1/2 banana  
8 oz. water  
2 pancakes (4 inches across)  
1 Tbsp. maple syrup  
1/2 cup orange juice

8 oz. water  
1 slice french toast  
1/2 cup fresh blueberries  
1 cup skim milk

8 oz. water  
1/2 english muffin  
1 egg poached  
1/2 cup fruit juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled  
1 cup cubed melon

8 oz. water  
1 cup fat free yogurt  
1/3 cup low fat granola cereal  
1 cup sliced strawberries

8 oz. water  
3/4 cup cereal  
1 cup skim milk  
1/2 cup sliced strawberries

8 oz. water  
3/4 cup cereal and 2 Tbsp.  
crushed walnuts  
1/2 cup skim milk  
4 oz. orange juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled or poached  
4 oz. orange juice

8 oz. water  
1 slice cinnamon bread  
1 tsp. butter  
4 oz. orange juice

**MORNING SNACK**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1 cup fat free yogurt

8 oz. water  
1 cup sugar free hot chocolate  
made with skim milk

8 oz. water  
1 pear

8 oz. water  
1 orange

8 oz. water  
1 apple

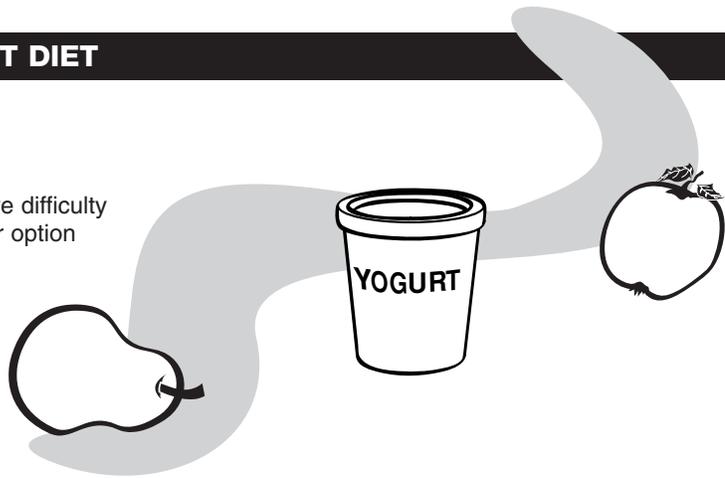
8 oz. water  
1 cereal bar (about 140 calories)

8 oz. water  
1 kiwi



**LUNCH**

Choose a Lean Cuisine® meal of your choice! (If you have difficulty finding Lean Cuisine® meals at your local grocer, another option is meals from Healthy Choice® or Weight Watchers®.)



**AFTERNOON SNACK**  
*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1 cup strawberries

8 oz. water  
1 oz. low fat cheese  
6 saltine crackers

8 oz. water  
1 banana

8 oz. water  
1 cup low fat, flavored yogurt with  
1 Tbsp. low fat granola cereal on top

8 oz. water  
1 tsp. peanut butter  
6 saltine crackers  
1 apple

8 oz. water  
1 cup low fat chocolate milk

8 oz. water  
1 cup vegetable soup  
6 crackers

8 oz. water  
3 cups light popcorn

8 oz. water  
15 grapes

8 oz. water  
1 cereal bar (about 140 calories)

**DINNER**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
3 oz. sirloin steak, lean only, broiled or grilled  
without added fat  
1/2 cup rice with 1 tsp. butter  
1/2 cup cooked carrots  
1 large mixed green salad with  
1 Tbsp. reduced fat dressing

8 oz. water  
3 oz. baked ham  
1 cup noodles  
1 tsp. butter  
2 cups applesauce  
1 cup mixed vegetables

8 oz. water  
3 oz. steak, (lean only) broiled or baked  
1 cup noodles with 1 tsp. butter  
1/2 cup applesauce  
1 cup mixed vegetables

8 oz. water  
salad with romaine lettuce  
1/4 cup mandarin oranges  
1/4 cup sliced strawberries  
2 Tbsp. chopped walnuts  
1 Tbsp. raspberry vinaigrette dressing  
3 oz. white meat chicken  
1 oz. crumbled feta cheese

8 oz. water  
1 cup cooked pasta  
1/2 cup spaghetti sauce  
1 tsp. grated cheese  
3 oz. lean ground beef in sauce

8 oz. water  
1 cup angel hair pasta  
1 clove garlic topped with green and red peppers  
sautéed with 1 Tbsp. olive oil  
3 oz. grilled shrimp  
1 tsp. grated cheese

**EVENING SNACK**

*(CHOOSE JUST ONE OPTION)*

**RULES for eating your evening snack:**

Have it in a relaxed setting where you can enjoy them as a child would.

Do nothing while having your snack, do not read, write or watch TV.

Make your snack last 20 minutes.

DO NOT go back for seconds.

1/2 cup chocolate or vanilla pudding  
made with skim milk

hot chocolate made with skim milk

8 oz. water  
5 ginger snaps or vanilla wafers

8 oz. water  
3 small mint patties or  
3 Hershey's Miniatures®

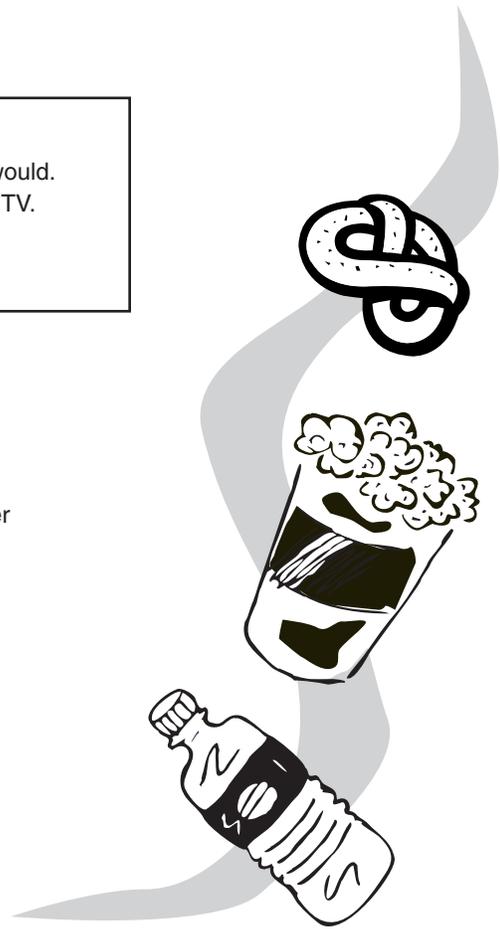
3 cups light microwave popcorn

2 small cookies (about 50 calories each)  
8 oz. water

1 oz. pretzels  
1 cup skim milk

8 oz. water  
2 tsp. peanut butter  
6 crackers  
1 cup skim milk

1/2 cup cereal  
1/2 skim milk  
8 oz. water







### **Dedication to Quality**

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty Card for details.

Save your sales receipt.

(You may wish to staple it into this manual.)