

Instruction Manual & Exercise Guide

ABDOMINAL STRENGTH TESTING & EXERCISE DEVICE

Patent Pending | Karp Fitness Products Ltd.

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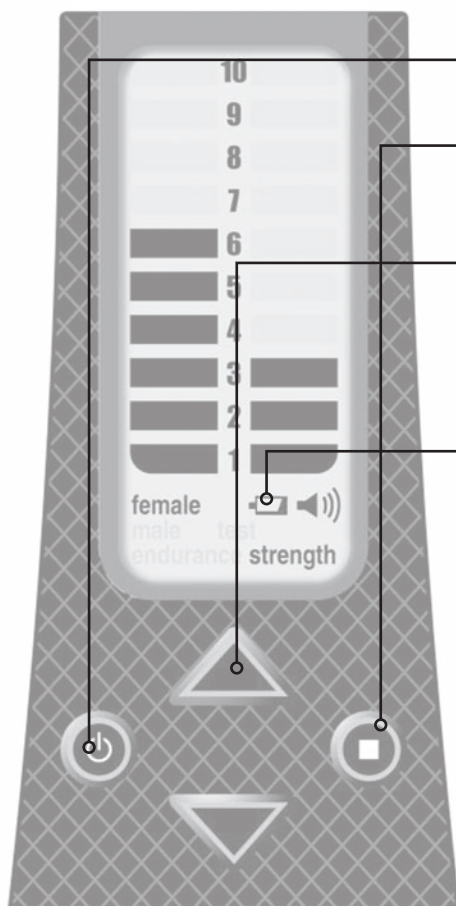
INTRODUCTION:

The Abdometer® is an abdominal strength testing and exercise device designed to strengthen and balance your core. When you turn the device on, it inflates according to your body type. It targets your entire abdominal area with emphasis on your lower abdominal muscles—the area right below your belly button.

There are many abdominal exercises. If you perform them without using proper technique, you may end up “cheating” by using the wrong muscle groups, such as the hip flexors. The Abdometer® works by monitoring your pelvic positioning during these exercises. It ensures good technique because it lets you know when your pelvis is engaged. As you begin to “cheat”, the feedback device beeps, reminding you to improve your technique.

Warning: Abdometer® exercises can cause serious injury when not performed properly. Use the Abdometer® only upon the recommendation and under direction of a trained, licensed health care professional. If you have any kind of back pain or any other physical pain or injury, contact your physician before performing any exercises with the Abdometer®.

DISPLAY SCREEN FUNCTIONS:



LEFT BUTTON (POWER):

- On /Off

RIGHT BUTTON (MODE):

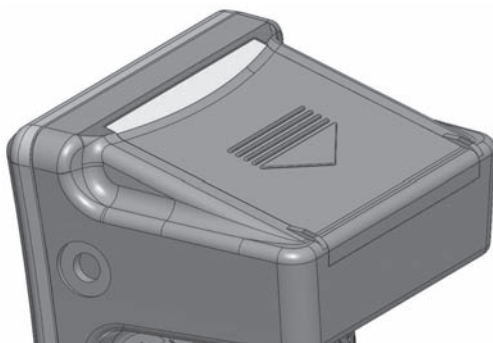
- Adjust between strength, endurance, test and tone mode.

UP AND DOWN ARROW:

- Use arrows to select male/female gender when setting up
- Increase or decrease levels in strength or endurance mode
- Adjust tone

OTHER FEATURES:

- Low Battery indicator
- Auto off after 5 minutes



BATTERIES:

Open the battery compartment on the underside of your Abdometer®. Insert the four AAA batteries as indicated on the bottom of the battery compartment. Close the battery compartment.

DO NOT DROP!

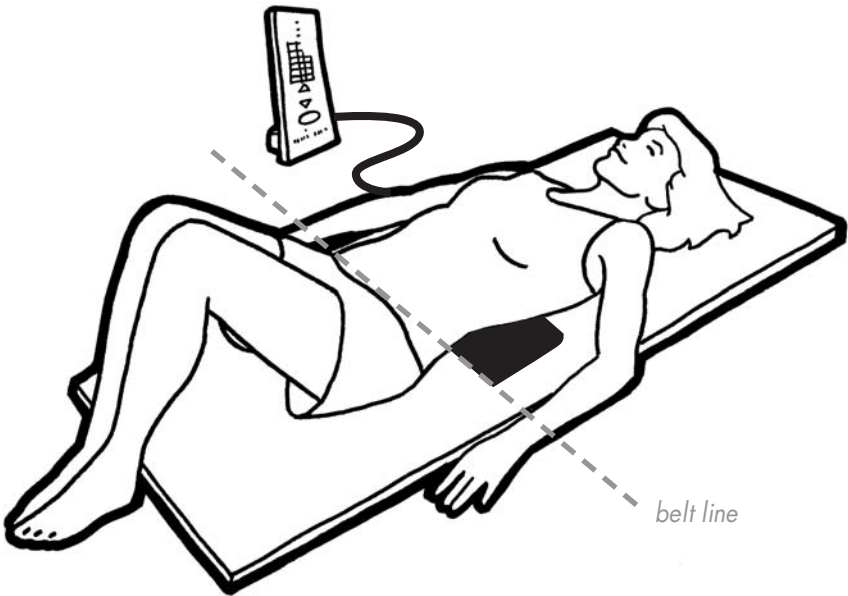
SET UP:

Step 1. Turn on the device. Lie down on an exercise mat* or carpeted floor, positioning the air bladder in the natural arch of your lower back. Keep your feet flat on the floor, with your knees bent and head down.

Step 2. Select “▲” for female and “▼” for male. This will activate the auto-inflate function and you will feel the air bladder mold to your lower back. Once the device is calibrated for your body, all ten bars will light up and it will beep three times.

Step 3. Press the “Mode” button (■) to switch between modes. Choose an exercise from the Exercise Guide and start toning your abdominals in Strength or Endurance Mode, or discover your strength in Test Mode. You can achieve great results in as little as **six to nine sets - three times a week.**

**Exercise mat not included*



Note: As the bladder is filling with air, be sure to maintain the natural curve of your lower back.

TEST MODE:

1. Perform the set-up procedure as outlined on page 3.
2. Use the mode button "■" to switch the Abdometer® into "test mode".
3. To perform the test, hold in your abdominal muscles, pressing your lower back against the air bladder (Pelvic Tilt). Keep your head on the mat, feet and hands on the floor, and knees bent. Perform the movement three times (with 3 seconds between each exertion) and the device will record your highest score.
4. The digital display will indicate your strength on a scale of 1-10.

ABDOMETER® TEST SCALE:

Rating	Male	Female
1.	20 mmhg Needs Improvement	15 mmhg Needs Improvement
2.	30 mmhg Very Poor	25 mmhg Very Poor
3.	40 mmhg Poor	35 mmhg Poor
4.	50 mmhg Below Average	45 mmhg Below Average
5.	70 mmhg Average	60 mmhg Average
6.	90 mmhg Above Average	75 mmhg Above Average
7.	110 mmhg Good	90 mmhg Good
8.	130 mmhg Very Good	105 mmhg Very Good
9.	155 mmhg Excellent	125 mmhg Excellent
10.	180 mmhg Elite	150 mmhg Elite

Abdometer® Test Scale is Patent Pending. mmHg: standard atmospheric pressure.



EXERCISING WITH THE ABDOMETER®

A great way to get comfortable with the Abdometer® is by performing pelvic tilts while in "Strength Mode". Start slowly and progress at a comfortable pace. Try different exercises to find out what works best for you. You can achieve great results with as few as **six to nine sets - three times a week**.

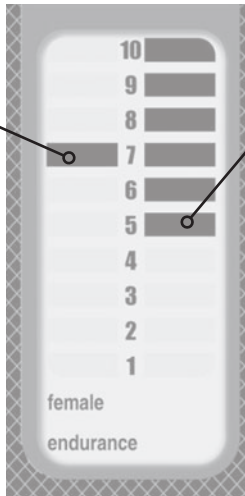
For best results, carefully follow the instructions and frequently vary exercises. Do not hold your breath while performing Abdometer® exercises. This device can be used in conjunction with stability balls, medicine balls, and other exercise equipment not included with the Abdometer®.

ENDURANCE MODE:

Use this mode to tone your abdominals. Choose a level that allows you to perform the recommended repetitions of the exercises listed below without eliciting more than two or three beeps. The key with all of the endurance mode exercises is to keep your lower back pressed firmly against the air bladder until all of your repetitions are complete. If the device beeps it means you are not pushing hard enough and you need to push harder or lower the level. If you can perform the recommended repetitions without eliciting any beeps you are ready for the next level.

Level Achieved

In between sets release all pressure from the bladder to stop the beeping



Set Level

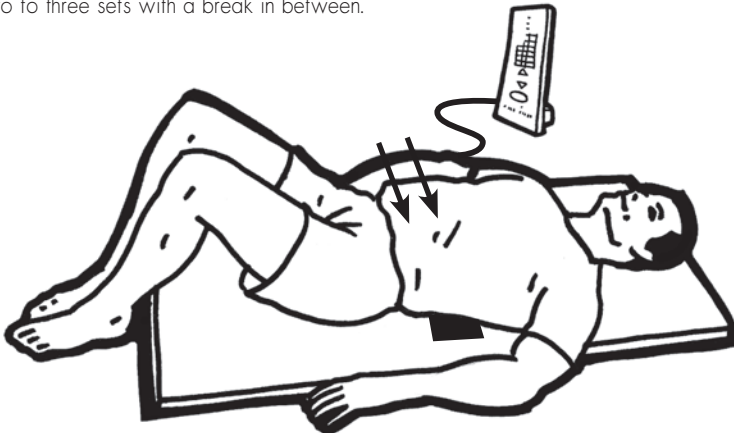
Device will beep if pressure drops below set level

NOTE: When you switch into endurance mode the abductor will automatically start in level 6, however, you can use the up or down arrow to select any level from 1-10

ENDURANCE MODE EXERCISES:

1. Isometric Pelvic Tilt:

Perform the pelvic tilt movement and hold it at the bottom for 15, 30, 45, or 60 seconds. Perform two to three sets with a break in between.



2. Crunches with Pelvic Hold:

Lie on your back and bend your knees. Perform the pelvic tilt movement and hold the position. Simultaneously perform an abdominal crunch with your arms crossed on your chest, being sure to touch your head to the mat with each repetition. For good results pick a level that allows you to successfully complete two to three sets of 12-15 repetitions.



3. Alternating Side Crunches with Pelvic Tilts:

Lie on your back and bend your knees. Perform the pelvic tilt movement and simultaneously perform an abdominal crunch alternating side to side with your arms crossed on your chest or outside your head. For good results pick a level that allows you to successfully complete two to three sets of 8-10 repetitions per side.



4. Leg Raises (One leg):

Lie on your back with one leg bent and foot flat on the floor and the other leg straight and resting on the floor. Lift up your straight leg until it is perpendicular to the floor and then return to the starting position. Repetitively lift the same leg for a total of 8-12 repetitions and then switch legs. Keep your lower back pressed firmly against the air bladder during the entire set.



5. Bicycle Kickouts:

Lie on your back and bring both knees towards your chest to approximately five to six inches above your chest. Extend one leg straight and then bring it back towards your chest as you kick out the other leg in an alternating fashion. Keep your lower back pressed firmly against the air bladder. Breathe naturally, extend your legs fully to increase intensity and perform the motion slowly. Start with 10-12 repetitions per leg.



6. Two Leg Kickouts:

Lie on your back and bring both knees towards your chest to approximately five to six inches above your chest. Extend both legs out at a 45 degree angle until they are straight and then bring them back to the starting position. You can lower your legs towards the floor to increase the difficulty of this exercise. Start with 12-15 repetitions.



7. Vertical Leg Scissors:

Lie on your back and extend both of your legs to a 30-45 degree angle from the floor keeping them straight. Once in this position scissor your legs up and down moving them approximately 12-18 inches each time. The closer your feet come to the floor the harder this exercise becomes. Start with 10 repetitions per leg.



8. Horizontal Leg Scissors:

Lie on your back and extend both of your legs to a 45-degree angle from the floor keeping them straight. Once in this position scissor your legs over and under each other while keeping your lower back pressed firmly against the air bladder. You can increase the intensity of this exercise by lowering your feet towards the floor. Start with 8 repetitions per leg.



9. Leg Lowers (Two legs):

Start lying on your back with both legs in the air perpendicular to the floor. Slowly lower your legs towards the floor keeping steady pressure against the air bladder during the entire movement. This is a challenging exercise so start with one repetition and work towards 10 before you increase to the next level.



10. Alternate Crunches with Kickouts:

Lie on your back and bring your knees back to approximately five to six inches above your torso. Extend one leg straight and then bring it back as you kickout the other leg in an alternating fashion while simultaneously crunching side to side towards the opposite knee. Perform 12-15 repetitions per side.



11. Single Leg Circles:

Lie on your back with one leg bent and foot flat on the floor and the other leg straight at a 30-45 degree angle. With the straight leg perform circles while keeping your leg straight. Perform 5 circles in each direction and switch legs.



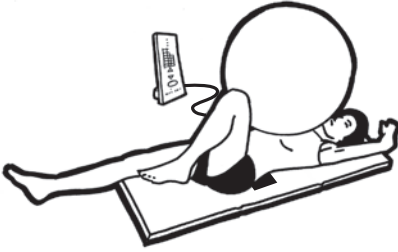
12. Crunches and Kickouts with Elbows and Knees Touching:

Lie on your back and bring your knees back so they can touch your elbows. Extend one leg straight but be sure to keep your elbow and knee in contact on the opposite side. Bring your leg back to touch your elbow and then perform the same movement on the other side. Perform 8-10 repetitions per side.



13. Swiss Ball In the Middle:

Lying on your back, hold a Swiss Exercise Ball between your elbows and knees with your feet off the floor. Extend one leg straight and the opposite arm back so that you are holding the ball in place with only one arm and one leg. Bring your arm and leg back to the ball and repeat on the other side. Start with 6-8 repetitions per side. *Note: Stability ball not included.*



14. Overhead Med Ball Lowers:

Lie on your back, bend your knees at a 90-degree angle and keep your feet together and flat on the floor. Hold a medicine ball above your chest with your arms slightly bent. Slowly lower the medicine ball above your head and towards the floor and then return it to the starting position. Perform 8-12 ball touches while keeping your lower back pressed firmly against the air bladder. *Note: Medicine ball not included.*



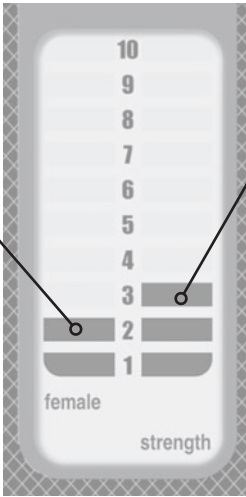
15. Side-to-Side Med Ball Touches:

Lie on your back, bend your knees at a 90-degree angle and keep your feet together and flat on the floor. Hold a medicine ball above your chest with your arms slightly bent. Slowly lower the medicine ball from side to side touching the floor just outside your head. Perform 8-10 ball touches per side while keeping your lower back pressed firmly against the air bladder.



STRENGTH MODE:

Use this mode to increase your abdominal strength. Set the target level from 1-10 and the **Abdometer®** will beep each time you achieve the set level. Pick a challenging level that allows you to complete the recommended repetitions of the exercises listed below.



The image shows a vertical digital display for the Abdometer's strength mode. It features a scale from 1 to 10. A small circle indicates the 'Level Achieved' at level 2. Another small circle indicates the 'Set Level' at level 3. Below the scale, the word 'female' is on the left and 'strength' is on the right.

Level Achieved

Set Level

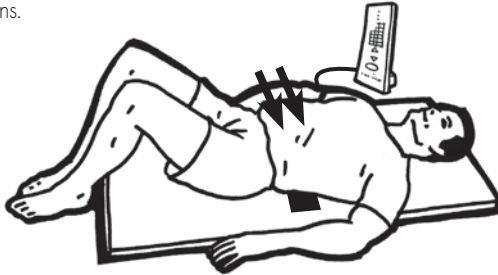
Device will beep once set level is achieved

When you switch into strength mode the abdometer will automatically start in level 3, however, you can use the up or down arrow to select any level from 1-10

STRENGTH MODE EXERCISES:

1. Pelvic Tilt:

The King of all abdominal exercises! Lie on your back and bend your knees. Next, hold in your abdominal muscles, pressing your lower back against the air bladder. Feel your pelvis tilt toward your shoulders. For good results pick a level that allows you to successfully complete two to three sets of 15-20 repetitions.



2. Pelvic Tilt with One Leg Straight:

Lie on your back with one leg bent and foot flat on the floor and the other leg straight at a 30 - 45 degree angle. Perform the pelvic tilt movement from this position. Perform 8-10 repetitions on each side.



3. Lateral Tilt:

Lie on your side with the air bladder between your hipbone and lower ribs. Restart the device so it can calibrate the correct amount of air for this position. Thrust against the air bladder without raising your shoulders off the floor, simply relax your abdominal muscles between repetitions. For good results pick a level that allows you to successfully complete two sets of 10-12 repetitions per side.



4. Side Crunches:

Lie on your side with the air bladder between your hipbone and lower ribs. Restart the device so it can calibrate the correct amount of air for this position. Place your bottom arm over your chest and your top arm above your head with your elbow pointing towards the ceiling and hand beside your ear. Thrust against the air bladder while raising your shoulders off the floor. For good results, pick a level that allows you to successfully complete two sets of 10-12 repetitions per side.



5. Side Crunches with Legs:

Lie on your side with the air bladder between your hipbone and lower ribs. Restart the device so it can calibrate the correct amount of air for this position. Place your bottom arm over your chest and your top arm above your head with your elbow pointing towards the ceiling and hand beside your ear. Thrust against the air bladder while raising your shoulders off the floor. Simultaneously lift your legs off the floor 8-10 inches while keeping them in a slightly bent position. Perform 12-15 repetitions per side.



SOME EXERCISE SEQUENCES TO GET YOU STARTED:

EXERCISE	SETS	REPS	LEVEL
----------	------	------	-------

Beginner:

- | | | | |
|---|-----|-----------|-----|
| 1. Strength Mode #1: Pelvic Tilt | 1-2 | 15-20 | 2-4 |
| 2. Endurance Mode #2: Crunches with Pelvic Hold | 1-2 | 12-15 | 3-5 |
| 3. Endurance Mode #5: Bicycle Kickouts | 1-2 | 10-12/leg | 3-6 |

*Rest 40 seconds between sets

Intermediate:

- | | | | |
|---|-----|----------|-----|
| 1. Strength Mode #2: Pelvic Tilt with One Leg Straight | 3 | 8-10/leg | 5-7 |
| 2. Endurance Mode #3: Alt. Side Crunches with Pelvic Tilt | 2-3 | 12-15 | 5-7 |
| 3. Endurance Mode #6: Two Leg Kickouts | 2 | 12-15 | 5-7 |

*Rest 30 seconds between sets

Advanced:

- | | | | |
|--|---|------------|-----|
| 1. Strength Mode #5: Side Crunches With Legs | 3 | 12-15/side | 7-9 |
| 2. Endurance Mode #8: Horizontal Leg Scissors | 3 | 8-12/leg | 6-9 |
| 3. Endurance Mode #9: Leg Lowers with Two Legs | 3 | 6-10 | 5-7 |

*Rest 20 seconds between sets

FIVE HEALTHY EATING TIPS:

The Abdometer® exercises combined with healthy eating can help to reduce body-fat. Try following these five guidelines:

1. Eat 5X/day. Try planning ahead and scheduling your times to eat.

Sample:

7:00am	Breakfast	Oatmeal & 1-2 Boiled Eggs
9:30am	Snack	1 Fruit
12:00pm	Lunch	Baked Potato & Chicken Breast
3:00pm	Snack	Yogurt
6:30pm	Dinner	Seafood Salad

**Be sure to vary your foods so you do not get bored.*

2. Do not eat or drink any calories outside your scheduled times, only water!
3. Drink a consistent amount of water each day. 2-3 Litres is a good range for most people.
4. Write down your food. Keeping a food journal is a good way to monitor your intake.
5. Focus on fibrous carbs and protein during your last meal. Fibrous carbohydrates such as broccoli and cauliflower are high in nutrients and lower in calories. It is better to have your high calorie carbs during the day because you have time to burn them off. Protein helps with muscle recovery that happens at night.

**Important: Talk to your doctor before starting an exercise or nutrition plan.*

TROUBLESHOOTING/QUESTIONS:

Question: *The device does not pump enough air to fill the small of my lower back*

Answer: If your body is not positioned correctly during the initial set-up the device will not inflate the correct amount of air. If this happens turn off the device, reposition your body ensuring that the base of the bladder is aligned with your "Belt Line" (as illustrated in the Quick Start Guide) and continue with the set-up procedures.

Question: *Should I look at the screen while I am performing the exercises?*

Answer: It is better not to look at the screen while you are performing the exercises. After the first three or four uses you should feel comfortable listening to the audible feedback and only need to look at the screen to switch between modes.

Question: *Should I be pushing my lower back down on the bladder while it is inflating during the set-up procedures?*

Answer: Do not push against the bladder while it is inflating during set-up. The key is to maintain the natural curve of your lower back while it is inflating, this is called your "neutral position". During set-up do not push down below your neutral position and also do not let the bladder raise your lower back above your neutral position.

Question: *When I finish a set of exercises in endurance mode will the Abdometer® stop beeping or do I need to switch modes?*

Answer: The Abdometer® will stop beeping once you return to neutral position and release all of the pressure off of the bladder.

Question: *Does it matter if I perform the exercises fast or slow?*

Answer: As long as you maintain pelvic control against the air bladder you can vary the speed that you perform your exercises. However, most exercises are more effective if performed in a slow and controlled manner.

Question: *I can't seem to get my body to move in this motion or I may be just too weak. What should I do?*

Answer: If you are having a hard time performing the Pelvic tilt movement start in strength mode on the lowest level and progress from there. After two or three uses your body will start to learn the movement and your strength will gradually improve.

Question: *Is the air supposed to come out of the bladder when I turn the device off?*

Answer: When the Abdometer® is turned off the air valve will stay open for 30 seconds to allow some of the air to be removed. If you wish to remove more air apply pressure to the air bladder after you turn the device off before the end of the 30-second cycle.

