

**ABDOER**  
**TWIST**<sup>TM</sup>

**THANE Fitness**<sup>®</sup>

*John Abdo, Inventor*

***A revolution  
in exercise!***



**THANE Fitness**<sup>®</sup>  
**ABDOER**  
**TWIST**<sup>TM</sup>

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**QUICK START GUIDE**

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## IMPORTANT SAFETY INFORMATION

Please read and follow this instructional guide completely before using your AB-DOer® Twist™ machine. Keep this guide in a safe place and make sure everyone who uses the AB-DOer® Twist™ machine also reads this guide. Have a safe and enjoyable workout.

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

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 AB-DOer® Twist™ unit is 300 LBS (136 kgs). Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.
3. Use this equipment EXCLUSIVELY for the purpose intended and described in these user instructions. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
4. Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around the unit.
5. 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.
6. Handicapped or disabled persons should not use the AB-DOer® Twist™ unit without the presence of a qualified health professional or physician.
7. Position the AB-DOer® Twist™ unit on a clear, level surface. Place non-slip mat under the unit to help keep the machine stable and to protect flooring and note that it should not be pushed across delicate floor coverings (laminated, parquet, carpet, etc.) in order to avoid damage.
8. 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.
9. Always warm up before each training session by undertaking exercises.
10. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
11. Check pins and bolts and tighten if loose.
12. 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.
13. Begin slowly and get used to the unique movement of the AB-DOer® Twist™ unit prior to starting your routine.
14. To avoid serious injury, never place any part of your body between or near any moving parts.
15. DO NOT use any other accessories not recommended by the manufacturer.
16. Please review the user's guide and/or the instructional DVD routines prior to using your AB-DOer® Twist™ machine to understand the correct use of this machine.
17. Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind you of all maintenance guidelines.
18. Do not place your hands or fingers underneath the unit while it's being used. Please do not use while in the presence of children.
19. If you have long hair please tie it up to avoid getting caught in the massage roller or other moving parts of this unit.
20. Do not place unit in direct sunlight as the heat can degrade the non-steel materials on the unit.

**SAVE THESE INSTRUCTIONS**

## FAQ'S

**Question: How do I lose weight in my belly (or hips, butt, thighs, waist)**

Answer: Some experts claim there is no such thing as spot reduction. But don't worry – you can lose it fat right where you need to most when you have the right tools! In addition to it's incredible abdominal toning benefits, the AB-DOer® Twist™ machine is great for sculpting the muscles in your legs, buns and thighs to help you get that beautiful defined look. For the best results, follow the AB-DOer® Twist™ 4-Week Healthy Eating Plan closely to lose the most body fat in the least amount of time. And remember: Be patient achieving the best results takes dedication and commitment.

**Question: Can I skip meals?**

Answer: Short answer: No. Starving yourself and cutting calories is the wrong way to go about losing weight. When you drastically restrict your caloric intake (below 1200 calories a day) your metabolism slams on the brakes and goes into fat-storage mode. Keep your calories in the 1200-1500 range to optimize your success potential.

**Question: Can I use the AB-DOer® Twist™ machine more frequently?**

Answer: Of course! Experiment with different exercises and combinations, as well as varied body positions with the music of your choice for a killer workout. For even better results, you can exercise more than once a day.

**Question: Can fat turn into muscle?**

Answer: Although it might seem like that is what is happening, your body doesn't work that way since fat and muscle are two totally different things. When you begin strength training, you will likely gain muscle at the same time as you are burning fat, so yes, one is replacing the other in your body, but neither is 'becoming' the other one, so to speak.

**Question: I have been at this for a few weeks, and am not losing any weight – what gives?**

Answer: Do your clothes fit differently? Do you look and feel tighter in your legs, hips and waist? Then you are probably gaining muscle and losing fat simultaneously. Muscle is tighter and denser than fat, and though you are not losing pounds on the scale, you're losing inches all over. Think of it this way: a pound of lead (muscle) fits in the palm of your hand while a pound of cotton balls (fat) could fill a bathtub. Which one takes up less space? Muscle. Therefore, as you lose inches, you're getting smaller, tighter and leaner, which means you're losing a lot of fat. But since you're simultaneously replacing it with denser, heavier muscle, you're not losing scale weight even though you're getting smaller. For now, go by how your clothes fit and how you look rather than your scale weight. Weigh yourself no more than once a week to avoid getting discouraged. Eventually your scale weight will catch up with your progress, we promise!

**Question: I'm sore – is this normal?**

Answer: Yes. It's totally normal to feel sore or stiff after your workouts, especially if you've been sedentary for a long while. Take some extra time to stretch during the day or take a hot bath and relax if you're feeling sore. If you are excessively sore, take a few days off to recover. Take a slow walk and get the blood flowing without too much exertion and stretch your sore muscles thoroughly. If your pain is sharp and/or relentless, however, take a trip to the physician to make sure it's not a more serious problem.

**Question: Where does alcohol fit into my nutrition plan?**

Answer: Alcohol is an entity unto itself, as it doesn't fit neatly into any particular nutrient category. But all you really have to know is that it contains a lot of calories that provide little nutritional value to your body, and can contribute to weight gain, a slower metabolism and fatty deposits in the liver. If you're really striving for optimal weight loss, keep your tipping to no more than one or two alcoholic drinks per week.

## PERSONAL MAINTENANCE & MOTIVATION

### Maintaining Momentum

Even the most dedicated exercisers get bored once in a while. Here are some tips on staying motivated with your new lifestyle:

**Buddy up.** One of the best ways to stick to a program is to get a workout buddy who makes you accountable. Let's face it: you're more likely to get up early to go to the park knowing your buddy is waiting there for you to work out. Enlist a friend, family member, or loved one to train with you, and show them how great it is to feel fit and healthy!

**Keep learning.** Subscribe to a health or fitness magazine for new exercise ideas, healthy recipes and workout tips, or read up online about activities and healthy subjects that interest you, such as healthy cooking, bicycle racing, or great active vacations.

**Join a gym.** There are tons of fitness centers in your area, and many of them have free trial memberships. Check out a few nearby and see if one might fit your schedule, personality and lifestyle. Ask if the club has any discount promotions coming up to get the best deal possible.

**Join a group.** Nearly every community has free clubs, leagues or groups that get together and walk, hike, bike, run or dance. Check with your local parks and recreation center or look in your local paper to see who is active in your area. And if there isn't an existing group, start one yourself!

**Pay it forward.** Nothing is more rewarding than sharing your knowledge and positive exercise experience with others. Speak at your kids' school about the importance of healthy living, or start your own workout group to help others achieve what you have and impart what you now know in a positive way.

### Your Future is Bright!

You have done an incredible job and should be really proud of yourself! You now have all the tools you need to live a fit and healthy lifestyle. We sincerely hope you continue to better yourselves physically and mentally, and through exercise find ways to empower yourself and improve your life for years to come!

## AB-DOER® TWIST™ FEATURES

### Contouring Arm Bars

- Eliminates stress to hands, wrists, elbows, shoulders, neck and upper back
- Rotates upward and downward for muscle-toning benefits to your shoulders, biceps, triceps, upper back and chest
- Increases exercising options

### Easy Assembly

- Within minutes of opening the box you'll be enjoying your new AB-DOer® Twist™ machine!

### Massage Roller

- Get a massage while you're toning your abdominals and burning fat, all at the same time!

### Contouring Hand-Grips

- Easy gripping for comfortable and effective upper body and arm action

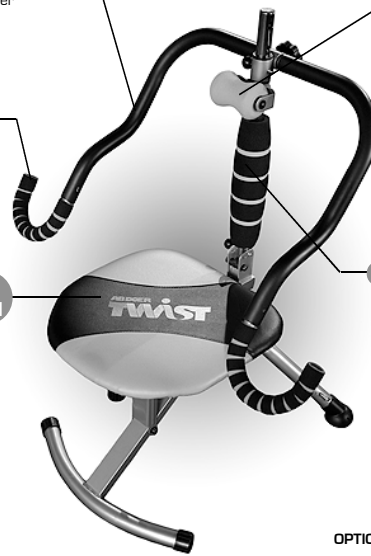
### Swivel Action Seat with Multiple Resistance Dial

- Increases fat-burning muscle-toning benefits to your entire abdominal region with target emphasis to all sides of your legs, hamstrings, hips, buttocks and obliques

*(see Swivel Action Seat section for more information)*

### Core Support Column (Center Post Spring)

- Offers additional resistance that challenges your muscles to progress to higher levels of muscle shaping and fat-burning.

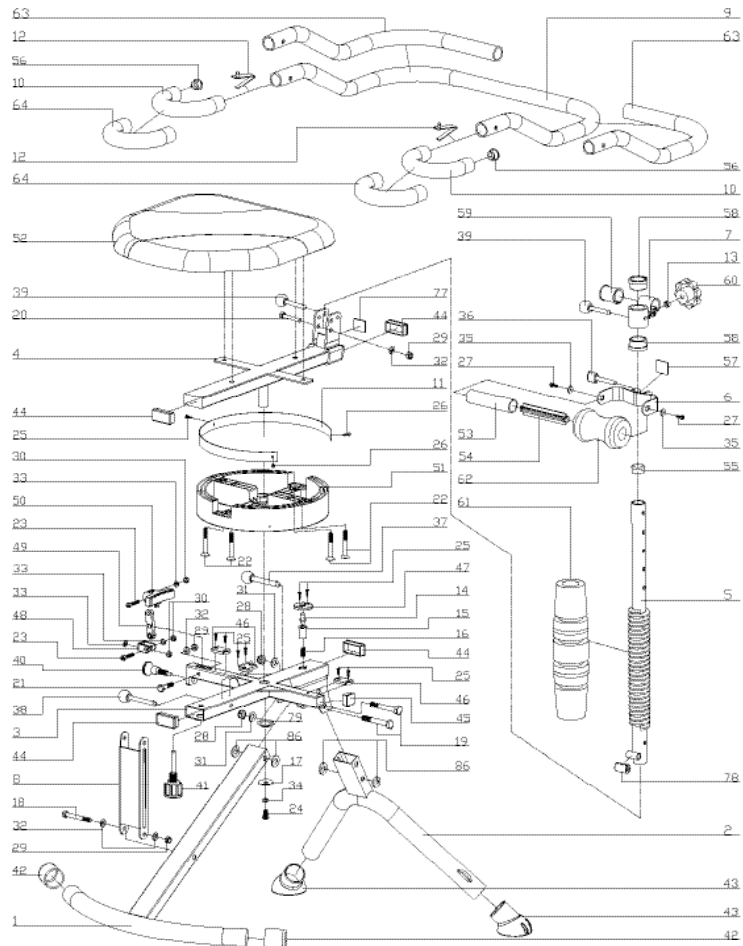


OPTIONAL ITEMS Listed on Page 12

### DVD Routines

- Inventor and Award-Winning Fitness Expert, John Abdo, guides you through several challenging and highly-productive routines. Take your pick and "do the Doer" and you'll be like millions of other people from around the world who lost fat and inches on John's revolutionary invention!

## EXPLODED VIEW



## SET YOURSELF UP FOR SUCCESS

- If you must have a dessert (and sometimes you just do!) get one for the whole table to share. If possible, go for the lower calorie options such as sorbet or fruit.
- If your food does not come out prepared as requested, send it back – politely – and have it made to your specifications. You're paying for it, both with your health and your credit card!

### Sweets and Desserts

Remember that talk we had about sugar and trans- and saturated fats? Unfortunately most desserts worth a darn contain all those bad boys. Here are some tips on that front:

- Go for homemade treats. Processed packaged cookies, cakes and other treats contain tons of bad fats and preservatives.
- Stop eating it if it's not great. Why waste calories on a so-so treat?
- Eat it slowly, savor the flavor and make the most of every bite.
- Give up the guilt. Eat your treat happily and relish the enjoyment you get from it.
- Stop when you should. One cookie and a few bites of cake is all you need to satisfy a craving.
- If you can't stop, pop a piece of strong peppermint gum in your mouth after a few bites. That flavor kills just about every urge you have to nosh on more treats.
- Remember that treats are treats - not food staples. Eat them only occasionally, not every day.

## PERSONAL MAINTENANCE & MOTIVATION

If you're reading this section – congratulations! You've completed your AB-DOer® Twist™ 4-Week Accelerated Results Program and 4-Week Healthy Eating Plan! How do you feel? We hope you're inspired by your results and are motivated to continue losing fat and getting healthy.

### Keeping it up!

You might be thinking – what now? The short answer is – keep it up! Reevaluate your progress and set new goals. What was the goal you set for yourself at the inception of this program? Did you reach it? If you did, congratulations! If you didn't, was it realistic? If it wasn't, reformulate it and set another goal for yourself to attain. Refer to page (32) to remind yourself how to set and achievable and realistic goal.

### Rewards

Every goal achieved deserves a reward! But make sure your rewards are not food-related. Instead, give yourself nice treats that inspire and encourage you in your new, healthy lifestyle. For your short term goals, reward yourself with things like a new music download purchase, or a half-hour bubble bath. When you've achieved your long term goal, go crazy with yourself! Have a day at the spa, buy a new pair of shoes or purchase a new bikini to show off your new bod!

### Managing or Overcoming Set-Backs

Let's Face, it – life happens. Whether your kids get sick, you have to work late or your car breaks down, things happen that keep you from working out. Don't think you're the only person faced with setbacks or obstacles, even Olympic Champions have plenty of their own fair share of hurdles to jump over. The trick is to get right back on track into it as soon as you can without giving up or getting discouraged. Remember to make fitness a priority and schedule time to work out every day. Remind yourself of your intentions, and get back into the swing of things immediately to minimize progress setbacks.

The same goes for food: everyone at one time or another falls off the diet bandwagon. It's actually pretty easy to do, especially around the holidays or big get-togethers like birthdays or anniversaries. The key here is to plan ahead for predictable wobbles in your eating. Do a little extra exercise the week before a holiday, or eat a full meal before going to a party so you're not starving when you get there. And remember: if you do overindulge, it's not the end of the world. One overboard meal is not going to ruin all your hard work. You have control over your destiny! Get right back onto your program the next day and move forward.

## SET YOURSELF UP FOR SUCCESS

### Set your goal!

One of the best ways to stay accountable to a program is to set realistic goals. This gives you something to strive for, an attainable end to your hard work.

**What is a realistic goal?** Realistic goals are achievable aspirations to be completed in a set duration of time. For example: "I want to lose 50 pounds in a month for my high school reunion" is not a realistic goal. Chances are you'll fall quite short of this goal, and will feel a sense of failure rather than success because your goal was impossible. But check this one out instead: "I will lose 1-2 pounds a week through healthy eating and consistent exercise, and will look and feel fabulous in two months for my high school reunion." That sounds better, and much more positive. This is a goal that can be achieved.

Design a long-term goal that is realistic, then write it on a big piece of paper. Post it on your fridge, on your bathroom mirror, in the hallway - anywhere you'll see it several times a day to remind you of your intention. Now set several smaller short-term goals that will help you attain this goal. These can be set once a week or every day, depending on your personality. For example, one week your goal could be learning to do squat variations correctly on your AB-DOer® Twist™ machine. Your daily goals could be mastering each of these variations, such as: Monday learning the Moguls, Tuesday the Body Boogies, and so on. See how that works? It can also work for nutrition: Your weekly goal could be to eat more frequently. Your daily goal could be to set a timer on your computer or phone to ring when it's time to eat.

### Journaling

A great way to track your progress and stick to your plan is to keep a journal. For each entry, inscribe these things:

- What did you do for a workout? AB-DOer® Twist™ machine? Cardio? Upper body?
- How long was your workout?
- How did you feel before and after your workout? Tired? Energized?
- What did you eat today?
- How did you feel before and after eating? Hungry? Satisfied? Full?
- How do you feel about your eating today? Guilty? Great?
- Did you eat on time, or miss any meals?
- If you strayed, what happened and how can you remedy that in the future?
- What was your mood today? Were you happy, edgy or blue?

All these questions can help determine your reactions both physical and mental to your program, and when you review them, you might notice patterns emerging. For instance, you might always crave chips or chocolate when you're emotional, even if you're not hungry, or maybe you're tired before you exercise but energized afterwards. Identifying these patterns can help you see through roadblocks and get you back on the path to fitness.

### Dining Dangers

Dining out is troublesome for many people because they feel like they are not in control of their food. Here are some ways to take control of your dining experience while still enjoying a night out:

- Choose a restaurant that you know serves healthy dishes.
- Ask your server not to bring bread and butter to the table.
- Request that any sauces, condiments, and dressings be put on the side.
- Order an appetizer as your entrée.
- Request that your food be prepared with no oil or butter.
- Ask for your entrée to be grilled or broiled instead of sautéed or fried.
- As soon as your entrée comes, put half of it into a to-go box. Eat whatever is left on your plate and save the rest for lunch tomorrow.
- Order a side salad or fresh steamed vegetables as a substitute for a starchy side.
- If you've having a glass of wine or a cocktail, forego the starch in your meal to accommodate those calories.
- For every alcoholic beverage you have, drink one 8-ounce glass of water.
- When choosing a cocktail, go for lighter options such as vodka and seltzer or a martini straight up instead of a strawberry margarita or a gin and tonic.

## PARTS LIST

Part#	Description	Spec.	Q'ty
1	front foot tube assembly	524*500*82	1
2	rear foot tube assembly	488*354*38.1	1
3	bottom main frame assembly	476*250*162	1
4	upper main frame assembly	439*355*103	1
5	core support column (center post spring)	620*46.2*46.2	1
6	roller bracket assembly	124*86*30	1
7	lock bracket assembly	95*57*40	1
8	U bracket	δ3.0	1
9	arm bar	φ25.4*1.5	1
10	handle bar	φ25.4*1.5	2
11	aluminium bar	680*21*δ0.6	1
12	spring plate	φ8	2
13	lock bushing	φ12*5	1
14	pop ball	φ12*φ9*24	1
15	bushing for pop ball	φ18*φ9.5*25.5	1
16	compressed spring	φ7.5*φ0.5*20	1
17	big washer	φ30*φ8.5*2	1
18	hex head screw	M8*70	1
19	hex head screw	M10*70	2
20	hex head screw	M8*48	1
21	hex head screw	M8*35	1
22	screw	M8*60	4
23	screw	M6*30	2
24	screw	M8*15	1
25	screw	ST3.5*15	9
26	screw	ST3.5*15	2
27	screw	ST4.2*16	2
28	lock nut	M10	2
29	lock nut	M8	3
30	lock nut	M6	3
31	flat washer	φ10	2
32	flat washer	φ8	4
33	flat washer	φ6	3
34	spring washer	φ8	1
35	biger flat washer	φ4.2*1.2	2
36	pin	φ8*45	1
37	pin with knob #3	φ10*65	1
38	pin with knob #2	φ8*65	1
39	pin with knob #1	φ8*45	2
40	seat resistance knob	M8	1

**PARTS LIST** (continued)

Part#	Description	Spec.	Q'ty
41	spring pin	φ9	1
42	end cap	for tube φ38.1	2
43	end cap for rear foot tube	for tube φ38.1	2
44	end cap for rectangle tube	for tube 50*25*1.5	4
45	end cap for square tube	for tube 25*25*1.5	1
46	cushion 1	40*25*5	3
47	cushion 2	φ40*φ9*5	1
48	adjustment U bracket	31*24*16	1
49	adjustment sliding block	66.5*14*16	1
50	friction assembly	80*42.4*32	1
51	twist assembly	φ280*55	1
52	seat assembly	425*425*33	1
53	twist tube	φ29*115	1
54	support tube	125*24*24	1
55	end cap	for tube φ28.6*2	1
56	end cap	for tube φ25.4*1.5	2
57	Rubber	30*27*1.3	1
58	sleeve	φ40*2.5	2
59	sleeve	for tube φ25.4*1.5	1
60	knob	M8	1
61	foam grips for spring	φ74*φ37*300	1
62	foam grips	φ72*φ27*112	1
63	foam grips	φ34*φ23*680	2
64	foam grips for handle bar	φ31*φ23*305	2
77	rubber	28*24*3	1
78	plastic cover	φ18*φ8*29	1
79	washer	φ21	1
86	plastic washer		4

**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Snack</b>		• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)					
<b>Breakfast</b>	• Peanut butter raisin oatmeal (285)	• Pita Egg sandwich (330)	• Grapefruit and cheese (200)	• Eggs 'n' toast • fruit (320)	• Raisin Oatmeal (285)	• Smoothie (300)	• Eggs and oatmeal (310)
<b>Snack</b>	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)	• 22 whole, dry roasted or raw almonds (160)	• 2 hardboiled eggs (160)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130)	• 1 peach or medium apple + 1/2 cup low-fat cottage cheese (140)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)
<b>Lunch</b>	• Burrito • fruit (350)	• Chef salad • 2 Wasa crackers (300)	• Turkey Pita Sandwich • fruit (360)	• Tuna salad • 1/2 baked yam (330)	• Chicken or beef kabob • rice • salad (350)	• Chicken pasta marinara (360)	• Ham Pita Sandwich • fruit (360)
<b>Snack</b>	• 14 baby carrots • 1/4 cup hummus (160)	• 1 medium plum • 1 piece light sting cheese (100)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 1 medium plum • 1 piece light sting cheese (100)	• 22 whole, dry roasted or raw almonds (160)	• 14 baby carrots • 1/4 cup hummus (160)
<b>Dinner</b>	• Turkey Fiesta salad (300) Extra: 6 oz light yogurt with two strawberries (100)	• White fish and Veg (320) *Extra: 1 tbsp reduced fat peanut butter (85)	• Cajun Shrimp • fruit (320) *Extra: 5 baby carrots with 1 tbsp light ranch dressing (60)	• Spaghetti squash and meat sauce (280) *Extra: 1 tbsp reduced fat peanut butter (80)	• Turkey Fiesta Salad (300)	• Chicken stir fry (270) *Extra: 1 medium fruit (80)	• Spaghetti squash and meat sauce • veg (280) *Extra: 6 oz light yogurt with two strawberries (100)
<b>Snack</b>				• 1/2 cup edamame (120)			
<b>Calorie Total</b>	1265 + extra: 1365	1350 + extra: 1435	1230 + extra: 1290	1270 + extra: 1350	1295	1230 + extra: 1310	1280 + extra: 1380



**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Snack</b>				• 1 medium apple • 2 tbsp reduced fat peanut butter (245)			
<b>Breakfast</b>	• Eggs 'n' Toast • fruit (320)	• Egg white omelet • fruit • toast (260)	• Pita Egg sandwich (330)	• Fruit and crunch yogurt (220)	• Raisin Oatmeal (285 cal)	• Egg white omelet • fruit • toast (260)	• Eggs and oatmeal (310)
<b>Snack</b>	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 1 Balance Bar (200)	• 14 baby carrots • 1/4 cup hummus (160)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130)	• 22 whole, dry roasted or raw almonds (160)
<b>Lunch</b>	• Chef salad • roll (300)	• Chicken rice bowl (300)	• Chicken pasta marinara (360)	• Chicken Burrito • fruit (350)	• Tuna salad • 1/2 baked yam (330)	• Beef Burger • salad (350)	• Chicken rice bowl (300)
<b>Snack</b>	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130)	• 2 hardboiled eggs (160)	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)	• 1 medium apple • 2 tbsp reduced fat peanut butter (245)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)
<b>Dinner</b>	• Steak and Veg • fruit (280)	• Spaghetti squash with meat sauce • veg (280) *Extra: 1/2 cup blueberries (40)	• Fish and Veg (290) *Extra: 3 slices deli turkey with mustard (50)	• Chicken and veg • salad • fruit (220) *Extra: 11 raw almonds (80)	• Steak stir fry (270) *Extra: 1 medium fruit (80)	• Salmon Salad (240) *Extra: 1 light string cheese (60)	• Steak and Veg • fruit (280)
<b>Snack</b>	• 1 medium plum • 1 piece light sting cheese (100)						• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)
<b>Calories Total</b>	1350	1230 + extra: 1270	1270 + extra: 1320	1335 + extra: 1415	1195 + extra: 1275	1225 + extra: 1285	1400

**EASY 6-STEP ASSEMBLY**

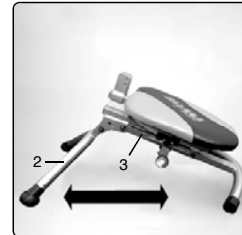
**STEP 1**



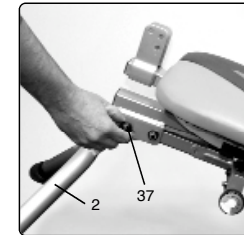
Carefully remove and separate all parts from its box. [Customers who purchased the instructional DVD, please refer to DVD for installation demonstration]



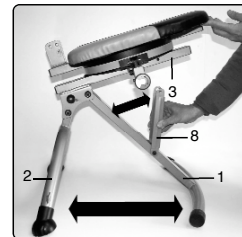
**STEP 2**



2-1: Open the Rear Foot Tube (#2) of the Bottom Main Frame (#3)



2-2: Then plug in Pin (#37) on the top of Rear Foot Tube (#2)



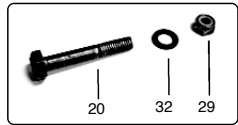
2-3: Pull the U bracket (#8) away from the Front Foot Tube (#1) and align with the designated pin hole in Bottom Main Frame (#3)



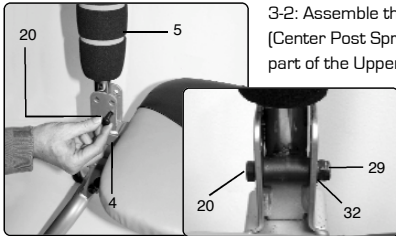
2-4: Plug in Pin (#38) on the top of Bottom Main Frame (#3)

## EASY 6-STEP ASSEMBLY

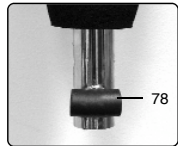
### STEP 3



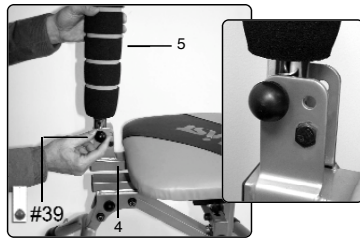
3-1: Disassemble Bolt (#20), Washer (#32) & Nut (#29) from the rear part of the Upper Main Frame (#4)



3-2: Assemble the Core Support Column (Center Post Spring) (#5) on the rear part of the Upper Main Frame (#4) by inserting the Bolt (#20). Make sure to install the Washer (#32) under the Nut (#29) and tighten the Bolt (#20).

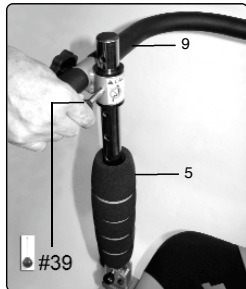


Note: Please make sure that the Plastic Cover (#78) is secured in place (as illustrated) prior the Core Support Column (Center Post Spring) installation.

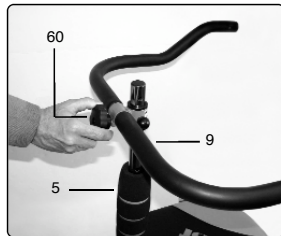


3-3: Plug in Pin (#39) as illustrated.

### STEP 4



4-1: Attach the Arm Bar (#9) to the Core Support Column (Center Post Spring) (#5) and adjust it to your desired height



4-2: Fix the Arm Bar (#9) with the Core Support Column (Center Post Spring) (#5) by inserting Pin (#39)

4-3: You could tight fit the Arm Bar (#9) with the Core Support Column (Center Post Spring) (#5) by adjusting the Knob (#60)

## WEEK 2

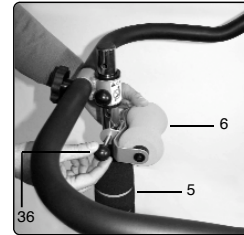
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		<ul style="list-style-type: none"> <li>• 1 whole grain Wasa cracker</li> <li>• 1 wedge Laughing Cow cheese</li> <li>• tomato (85)</li> </ul>					
Breakfast	<ul style="list-style-type: none"> <li>• Smoothie (300)</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• fruit (285)</li> </ul>	<ul style="list-style-type: none"> <li>• Egg white omelet</li> <li>• fruit and toast (260)</li> </ul>	<ul style="list-style-type: none"> <li>• Raisin oatmeal (285 cal)</li> </ul>	<ul style="list-style-type: none"> <li>• Pita Egg sandwich (330)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit and Crunch yogurt (220)</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal and fruit (285)</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• 1 Plum</li> <li>• 1 piece string cheese (100)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup sliced berries</li> <li>• 1/2 cup light yogurt, plain (130)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium apple</li> <li>• 2 tbsp reduced fat peanut butter (245)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup fat-free cottage cheese</li> <li>• 1 tbsp sugar free jam</li> <li>• 1/2 cup bran cereal (140)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 peach or medium apple</li> <li>• 1/2 cup low-fat cottage cheese (140)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hardboiled eggs (160)</li> </ul>	<ul style="list-style-type: none"> <li>• 6 celery stalks</li> <li>• 2 tbsp reduced fat peanut butter (190)</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Pita roast beef sandwich</li> <li>• fruit (360)</li> </ul>	<ul style="list-style-type: none"> <li>• Steak burrito</li> <li>• fruit (350)</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna salad</li> <li>• 1/2 yam (330)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken kabob</li> <li>• rice</li> <li>• salad (350)</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burger</li> <li>• salad (350)</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta Marinara with shrimp (360)</li> </ul>	<ul style="list-style-type: none"> <li>• Pita Ham Sandwich</li> <li>• fruit (360)</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• 14 baby carrots</li> <li>• 1/4 cup hummus (160)</li> </ul>	<ul style="list-style-type: none"> <li>• 6 celery stalks</li> <li>• 2 tbsp reduced fat peanut butter (190)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup edamame (120)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Balance Bar (200)</li> </ul>	<ul style="list-style-type: none"> <li>• 22 whole, dry roasted or raw almonds (160)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup raw cashews</li> <li>• 4 celery sticks</li> <li>• 4 carrot sticks (210)</li> </ul>	<ul style="list-style-type: none"> <li>• 14 baby carrots</li> <li>• 1/4 cup hummus (160)</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Cajun Shrimp</li> <li>• veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon salad (240) *Extra: 1 medium fruit (80)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken stir fry (270) *Extra: 6 oz light yogurt with 2 strawberries (100)</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Fiesta salad (300)</li> </ul>	<ul style="list-style-type: none"> <li>• White fish</li> <li>• veg (320) *Extra: 1 light string cheese (60)</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Fiesta Salad (300) *Extra: 20 grapes (40)</li> </ul>	<ul style="list-style-type: none"> <li>• Steak and Veg</li> <li>• Fruit (280) *Extra: 1 slice awo, 1 slice tomato, 1 Wasa cracker (70)</li> </ul>
Snack				<ul style="list-style-type: none"> <li>• 100-calorie pack of microwave popcorn (100)</li> </ul>			
Calorie Total	1240 + extra: 1310	1280 + extra: 1360	1225 + extra: 1325	1375	1300 + extra: 1360	1250 + extra: 1265	1275 + extra: 1345

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack				• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)			
Breakfast	• Egg 'n' toast • fruit (320)	• Fruit and crunch yogurt (220)	• Egg white omelet • fruit and toast (260)	• Pita egg sandwich (330)	• Smoothie (300)	• Peanut butter & raisin oatmeal (285)	• Eggs and Oatmeal (310)
Snack	• 22 almonds (160)	• 1 medium apple • 2 tbsp reduced fat peanut butter (245)	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)		• 1 medium plum • 1 piece light string cheese (100)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 22 whole, dry roasted or raw almonds (160)
Lunch	• Chicken rice bowl (300)	• Chef salad roll (300)	• Pasta Marinara (360)	• Burger salad (350)	• Burrito fruit (350)	• Chicken or beef kabob with rice and salad (350)	• Tuna salad • 1/2 baked yam (330)
Snack	• 1/2 cup sliced berries • 1/2 cup plain light yogurt (130)	• 14 baby carrots • 1/4 cup hummus (160)	• 1 Balance Bar (200)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• 2 hardboiled eggs (160)	• 14 baby carrots • 1/4 cup hummus (160)
Dinner	• Fish and Veg (290) *Extra: 1 medium fruit (80)	• Chicken and Veg fruit (220) *extra: 1 slice avocado, 1 slice tomato, 1 wasa cracker (70)	• Cajun Shrimp veg and fruit (320) *extra: 1 light string cheese (60)	• Salmon salad (240) *Extra: 6 oz plain yogurt with two strawberries (100)	• Stir fry (270)	• Turkey fiesta salad (290) *Extra: 20 grapes (40)	• Cajun Shrimp veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)
Snack		• 100-calorie pack of microwave popcorn (100)			• 1/2 cup edamame (120)		
Calorie Total	1200 + extra: 1280	1254 + extra: 1315	1350 + extra: 1410	1200 + extra: 1300	1300	1225 + extra: 1265	1330 + extra: 1390

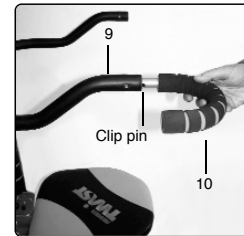
**EASY 6-STEP ASSEMBLY**

**STEP 5**



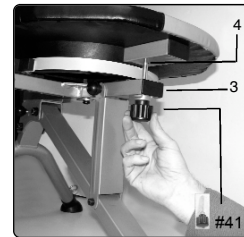
5-1: Attach Roller Bracket Assembly (#6) to Core Support Column (Center Post Spring) (#5) and adjust it to your preferable position

5-2: Fix Roller Bracket Assembly with Core Support Column (Center Post Spring) by Spring Pin (#36)



5-3: Insert the Handle Bars (#10) into the front of Arm Bar (#9) and make sure that the clip pin (spring balls) on the Handle Bars have been pierced through arm bar holes

**STEP 6**



6-1: Screw in Spring Pin (#41) in the front of the Bottom Main Frame (#3)

To lock the seat and prevent any rotation simply give the Spring Pin (#41) a slight turn or twist in the opposite direction and it will lock itself into the seat.

To unlock the seat simply pull down on the Spring Pin (#41) and give a slight turn or twist to enable rotation of the seat.



## SEAT SWIVEL ACTION

The "Swivel Action Seat" is one of the many technological advances on your AB-DOer® Twist™ machine. This seat allows you to swivel, or rotate, 180° from right to left to add diversity to your list of exercises as well as a host of added benefits for toning muscle, developing coordination and burning fat.



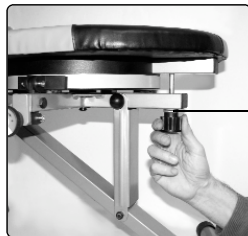
To unlock the seat simply pull down on the Spring Pin (#41) and give a slight turn or twist to enable rotation of the seat.

To monitor your resistance levels rotate the Resistance Knob (#40) toward the + sign or the darker color then to reduce the resistance rotate in the opposite direction toward the - sign.

To lock the seat and prevent any rotation simply give the Spring Pin (#41) a slight turn or twist in the opposite direction and it will lock itself into the seat.

### Spring Pin:

The Spring Pin (#41) is used to lock the Swivel-Action seat into place to prevent it from rotating then with a simple tug the Spring Pin (#41) can be lowered to unlock the Swivel-Action seat for rotatability and add more diversity to your AB-DOer® Twist™ workouts.



## SAMPLE MEALS

\*Note: calorie totals are approximate within 10-20 calories per meal.

### BREAKFAST

#### Eggs 'n' toast + fruit:

- 4 egg whites
- 1 yolk
- 1 slice whole grain toast with 1 tsp sugar free jam
- 1 apple (320)

#### Raisin Oatmeal:

- 1 cup cooked oatmeal
- 1 cup skim milk
- 1 mini-box raisins (270 cal)

#### Egg white omelet:

- 5 whites
- 1/2 cup of chopped spinach, mushrooms, peppers of other veggies of choice
- 1 cup sliced berries
- 1 slice whole wheat toast (260)

#### Peanut butter and raisin oatmeal:

- 1 cup cooked oatmeal
- 1 tbsp reduced fat peanut butter
- 2 mini boxes raisins (285)

#### Pita egg sandwich:

- 4 egg whites
- 1 Morningstar breakfast patty
- 1 slice fat-free cheddar cheese
- 1/4 cup salsa
- 1 whole wheat pita (330)

#### Fruit and crunch yogurt:

- 1/2 cup Kashi Go-Lean cereal
- 1/2 cup blueberries
- 1 cup bran flakes
- 1 cup low-fat or skim milk (285)

#### Cereal + fruit:

- 1/2 banana
- 1 cup bran flakes
- 1 cup low-fat or skim milk (285)

#### Grapefruit and cheese:

- 1/2 grapefruit
- 1 cup low-fat cottage cheese (200)

#### Eggs and oatmeal:

- 5 egg whites
- 1 cup cooked oatmeal
- 1/2 cup low-fat milk (310)

#### Smoothie:

- 1 cup low fat milk + 1 scoop protein powder + 1 cup frozen berries (300)

### LUNCH

#### Burrito meal:

- 1 small whole wheat tortilla, 1/4 cup salsa
- 1 slice fat-free cheese
- 3 oz chicken or steak
- 1 small apple (350)

#### Pita lunch Sandwich + fruit:

- 1 whole wheat pita (small)
- 4 oz deli low-sodium ham, turkey, or lean roast beef
- 1 oz avocado
- lettuce, tomato, mustard
- 1 small peach (360)

#### Tuna salad + yam:

- 1 small can water packed tuna (5 oz)
- 1 tbsp low-fat mayo
- 1/4 cup chopped celery
- large green salad with lettuce tomatoes, cucumbers, red peppers
- 1/2 baked yam (320)

#### Chicken rice bowl:

- 3 oz grilled chicken
- 1/2 cup cooked brown rice
- 1 cup steamed veggies
- 2 tbsp low-fat dressing (300)

#### Chicken or beef kabob + rice & salad:

- 3 oz chicken
- cherry tomatoes
- whole mushrooms on a skewer
- 1/2 cup cooked brown rice
- 1 cup salad
- 1 tbsp low-fat dressing (350)

#### Burger + salad:

- 4 oz extra lean ground turkey or beef
- 1 whole wheat hamburger bun
- 1 slice fat-free cheddar cheese
- 1 cup salad greens
- 1 tbsp low-fat dressing (350)

#### Pasta marinara:

- 1/2 cup cooked whole wheat pasta
- 1 cup steamed spinach
- 3 oz chicken or 5 oz shrimp
- 1/2 cup marinara sauce (350)

#### Chef salad + roll:

- 2 oz fat-free turkey breast
- 2 oz extra lean low-sodium ham
- 1 oz avocado
- 1 oz fat-free mozzarella
- 2 cups lettuce, tomato, cucumber
- 2 tbsp low-fat ranch dressing
- 1 whole wheat roll or 2 whole grain Wasa crackers (300)

### DINNER

#### Chicken and veg + fruit:

- 3 oz chicken breast
- 1 cup green beans
- 1 cup salad
- 1 tbsp low-fat dressing
- 1 medium fruit (apple, orange) (220)

#### Fish and veg:

- 6 oz baked or broiled fish (salmon, halibut, cod)
- 1 cup steamed veggies
- 1 cup salad
- 1 tbsp low-fat dressing (290)

#### Spaghetti squash and meat sauce + veg:

- 4 oz cooked lean ground turkey or beef
- 1 cup cooked spaghetti squash
- 1/2 cup marinara sauce
- 1 cup steamed veggies (280)

#### Salmon salad:

- 6 oz grilled salmon
- 2 cups salad greens
- 1 tbsp light dressing (240)

#### Turkey fiesta salad:

- 2 oz ground turkey
- 1/4 cup beans
- 1 oz low-fat cheese
- 2 tsp picante sauce
- 2 cups salad greens (300)

#### Stir fry:

- 3 oz chicken or steak sauteed in wok with 2 cups veggies of choice
- 1 clove diced garlic
- 1 tsp fresh ginger, chopped
- 1 tsp low-sodium soy sauce
- 1 tbsp olive oil (270)

#### Steak and veg + fruit:

- 3 oz flank steak
- 1 cup steamed veggies
- 1 cup salad
- 2 tbsp low-fat dressing
- 1 medium apple (280)

#### Cajun shrimp + veg and fruit:

- 8-10 medium shrimp cooked in 1 tbsp olive oil
- Cajun seasoning
- lemon juice
- garlic
- 2 cups steamed veggies
- 1 cup blueberries (320)

#### White fish + veg:

- 5 oz pan-seared white fish of choice
- 1 cup steamed veggies
- 1 tbsp olive oil (320)

### SNACKS

- 1 medium apple
- 2 tbsp reduced fat peanut butter (245)
- 6 celery stalks
- 2 tbsp reduced fat peanut butter (190)

- 22 whole, dry roasted or raw almonds (160)

- 1 medium plum (salmon, halibut, cod)
- 1 piece light string cheese (100)

- 1/2 cup fat-free cottage cheese
- 1 tsp sugar free jam
- 1/2 cup bran cereal (140)

- 2 whole grain Wasa cracker
- 2 wedges Laughing Cow cheese
- tomato (170)

- 1/2 cup sliced berries
- 1/2 cup light yogurt, plain (130)

- 2 whole grain Wasa cracker
- 1/2 cup low-fat cottage cheese (140)

- 1/4 cup raw cashews
- 4 celery sticks
- 4 carrot sticks (210)

- 14 baby carrots
- 1/4 cup hummus (160)

- 2 hardboiled eggs (160)
- 1/2 cup edamame (120)

- 100-calorie pack of microwave popcorn (100)
- 1 Balance Bar (200)

### EXTRAS

- 1 slice avocado
- 1 slice tomato
- 1 whole grain Wasa cracker (70)

- 6 oz light yogurt, plain, with two sliced strawberries (100)

- 1 tbsp reduced fat peanut butter (85)
- 11 raw almonds (80)

- 3 slices deli turkey with mustard (50)
- 20 grapes (40)

- 1 light string cheese (60)
- 1/2 cup blueberries (40)

- 5 baby carrots dipped in 1 tbsp light ranch dressing (60)

## 4-WEEK HEALTHY EATING PLAN

### Calorie Control

Each day, eat between 1200-1500 calories. Don't go below 1200 calories a day, or you risk body rebellion! Your body perceives this caloric deficit as 'starvation,' and immediately goes into calorie hoarding mode, storing any and all calories you take in as fat, even the good ones! This is exactly the opposite of what you're trying to do. To encourage your body to release fat as fuel and elevate your metabolism, eat each of your meals and snacks at regular intervals throughout the day. Generally you'll eat something every 3-4 hours. Here's how an eating schedule might look on any given day:

#### The AB-DOer® Twist™ 4-Week Healthy Eating Plan

Want to kick-start your weight loss right now? Then this 4-Week Healthy Eating Plan is your meal ticket to success. Using the foods on your suggested shopping list, follow this meal plan for the first month of your program; after the first month, add in a few more calories to maintain your healthy weight. Here's how it breaks down:

- Each day, choose one meal each from the Breakfast, Lunch and Dinner lists.
- Each day, choose 1-3 snacks from the Snack list.
- Plan to eat a meal or snack every 3-4 hours during the day.
- On days when you don't have an after-dinner snack, wait 30 minutes. If you're still legitimately hungry, add an Extra into your plan. They are indicated in your sample schedule with a "\*\*Refer to Snacks listed\*\*".
- Add the calories together and make sure they total between 1200-1400 a day.
- For optimal four-week fat-loss, eat starchy carbs (bread, tortilla, rice, potato) before 3 PM and stick to veggies and occasional small fruits after that.
- Drink at least 1/2 gallon (8-12 glasses) of water a day.
- If you don't like a particular item in a suggested meal, sub it with something from the same food genre. For example: you hate celery. Have sliced raw red peppers instead. Beef is not your friend? Sub in pork or shrimp.
- The Sample 4-Week Healthy Eating Plan Schedule is only an example. You may change items around as you wish, so long as your calorie total stays between 1200-1400 a day.

**This eating plan was created for an average women's body size, for men, the eating plan would need to be adjusted accordingly for their body type.**

#### Food preparation notes:

- Cook all your egg whites and pan-seared items in a non-stick skillet coated with non-fat cooking spray.
- Cook all vegetables in a steamer or eat them raw.
- Unless otherwise specified, make your rice, oatmeal, smoothies and other need-to-prepare dishes with water, not milk or juice.
- Cook in bulk and portion your food out in baggies or containers for convenience.

Meal	
Breakfast	7 AM
Snack	10 AM
Lunch	1 PM
Snack	4 PM
Dinner	7 PM
Time	

#### Fast Fact:

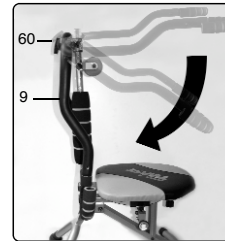
Some days you might be hungrier than others; this is fine. Hunger is a sign that your metabolism is working! Have another snack between meals or add a little more to your plate during meal times without going overboard. Remember: you want to create a caloric deficit, but not so much that you shut down your system.

#### Beyond Four Weeks

Remember: this 4-Week Healthy Eating Plan is only to be used for your first month to kick-start your fat-loss process. After four weeks, incorporate 100-200 calories more into your daily plan, bringing your calorie totals to between 1400-1500 calories. This will encourage lasting, effective fat loss of 1-2 pounds a week while giving your body the fuel it needs to train hard and be fit.

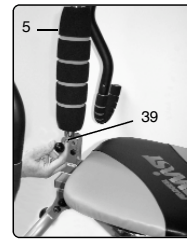
## STORAGE

### STEP 1

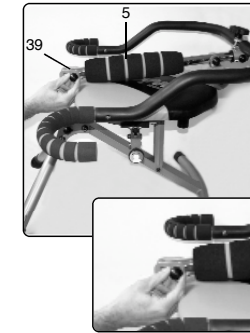


1-1: Loosen the Resistance Knob (#60) and lower the Arm Bar (#9) as illustrated

### STEP 2



2-1: Remove the Pin (#39) to release the Core Support Column (Center Post Spring) (#5)



2-2: Fold down the Core Support Column (Center Post Spring) (#5) and lock in place by inserting the Pin (#39) as illustrated



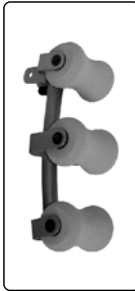
NOTE: Do not carry/move the product around if the Core Support Column (Center Post Spring) is not locked in place. Only lift and/or attempt to move this unit by firmly holding onto both sides of the seat. Never try to lift or move by pulling on the Arm Bars or the Core Support Column (Center Post Spring).

## OPTIONAL ITEMS

### Tri-Roller

This is our most popular accessory item for the AB-DOer® Twist™ machine. It does what the single massage roller does but "triple the benefits". The Tri-Roller reaches all of the muscles of your back to give you a complete backrub.

**Note: This accessory is not suggested for the actual AB-DOer® Twist™ aerobic workouts as it may limit your range-of-motions. Instead, the Tri-Roller is to be used only for back and spine stretching and mobilizing routines.**



### Resistance Rods

(3 in a pack)

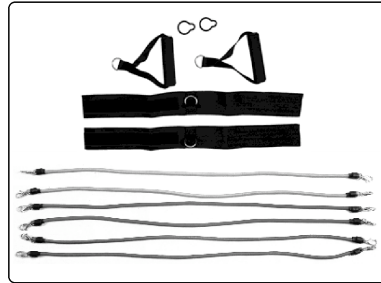
This set of Resistance Rods allows you to add extra power to your AB-DOer® Twist™ machine with its triple progressive resistance options. Simply select Light (#1 w/ color code) for a higher level aerobic challenge, Medium (#2 w/ color code) for a cross-training combination of aerobics and muscle toning, and Advanced (#3 w/ color code) for the ultimate in calorie burning and muscle toning. These triple progressive resistance options are extremely easy to insert and remove into your AB-DOer® Twist™ machine allowing you to have even more variables, and results, while using your AB-DOer® Twist™ machine!



### Power Resistance Kit

If you want to tone up your arms, shoulders, chest and back, and even your inner thighs, hips and buttocks, then the AB-DOer® Twist™ Power Resistance Kit allows you to perform the same exercises you would perform at the gym with dumbbells and barbells and cable machines.

Simply attach one end of the PRK to your AB-DOer® Twist™ machine and curl, press and row. To work your lower body, simply secure the comfortable ankle stirrup around your ankle and kick, lift and push your legs, hips and buttocks into their best shape ever. Variable resistance options keep you challenged and realizing great results from workout to workout.



### Extreme Workout DVD

Get ready for the workout of your life!

John Abdo and his Doer team guide you through the most motivating and diverse ABDOBICS™ sessions you can ever imagine. Just sit on your AB-DOer® Twist™ machine and move your body in ways you've never experienced before to quickly burn off excess fat from everywhere on your body while providing exceptional muscle shaping benefits all at the same time. You'll never get bored using your AB-DOer® Twist™ machine. You'll always be challenged. You'll always have fun. And most of all, you'll always see fantastic results.

## 4-WEEK HEALTHY EATING PLAN

### Suggested Shopping List

#### Meat, Fish and poultry

- Skinless chicken breasts
- 99% fat-free ground turkey
- Lean beef filets
- Lean pork chops
- Chunk white low-sodium tuna in water
- Fresh fish (Salmon, snapper, halibut, flounder, albacore)
- Shellfish (Shrimp, scallops, crab)
- Low-sodium, low-fat deli sliced turkey, ham, roast beef

#### Dairy

- Laughing Cow cheese wedges
- Low- or no-fat cheese
- Skim milk
- Low- or no-fat string cheese
- Light yogurt, plain
- Low- or no-fat cottage cheese
- Eggs or packaged egg whites

#### Fruits and vegetables

- Broccoli
- Asparagus
- Tomatoes
- Cucumbers
- Lettuce
- Peppers (red, green, yellow)
- Avocado
- Onion
- Sweet potatoes
- Green beans
- Apples
- Berries
- Spaghetti squash
- Carrots
- Zucchini
- Yams
- Spinach
- Mushrooms
- Lemons

#### Dry goods

- Wild or brown rice
- Beans (canned or dried)
- Whole wheat bread products
- Wasa whole grain crackers
- Dry oatmeal (plain)
- Kashi-Go-Lean cereal
- All natural bran cereal
- Whole wheat pasta
- Raw nuts
- Olive oil
- Fresh ground or reduced fat, peanut butter
- Low sugar or sugar free jams and spreads
- Non-fat cooking spray

#### Spices, dressing and condiments

- Balsamic vinegar
- Fat free or light salad dressing
- Extra virgin olive oil
- Garlic powder
- Tabasco sauce
- Mustard
- Non-fat or light mayonnaise
- Low-sodium soy sauce
- Ground pepper
- Mrs. Dash spice blends
- Mrs. Dash 10-minute marinades

#### The Plate Plan

Portion control can be a tricky thing to figure out, especially in our society of super-sized everything. To determine proper portions of protein, carbs, and fats, use the Plate Plan. Imagine a plate. Then - Fill 1/4 of it with protein.

Your protein should be about the size of a deck of cards or the palm of your hand.

Fill 1/4 of it with starchy carbs. This amounts to about 1 cup of cooked oatmeal, 1 medium fruit, or one slice of whole wheat bread.

Fill 1/2 of it with veggies. This amounts to about 1 cup of broccoli or 2 cups of salad greens.

On the side of your plate, imagine a large spoon.

Then - Fill that with dietary fat. This is about 2 tbsps of reduced fat peanut butter or a golf ball sized scoop of avocado.

#### Meal Planning

Break your daily food intake into three meals and two snacks daily. It might sound like a lot, but think of your body as a fireplace: you want to keep the fire (your metabolism) burning all day long. In order to do that, you've got to keep throwing logs (food) onto the fire. By spreading your meals out during the day, you'll keep this fire burning hot, elevating your metabolism and burning tons of fat over the long term. You'll also never "crash" and feel like you're starving. Prepare your food ahead of time and pack it in a small cooler to carry with you to work, on a hike, or to the kids' soccer games to avoid the lure of the drive-thru window.

**This eating plan was created for an average women's body size. For men, the eating plan would need to be adjusted accordingly for their body type.**



## 4-WEEK HEALTHY EATING PLAN

Proper nutrition is essential for a healthy, fit body. With that in mind, we've developed the 4-Week AB-DOER® Twist™ Healthy Eating Plan just for you! Follow it and you're guaranteed to see a difference in your physical body and energy level!

### Back to Basics

In order to understand nutrition, you've got to first understand protein, carbohydrates, and fats.

### Protein

Protein is the most important element in your diet plan. It provides amino acids that build muscle, grow hair and nails, and create hormones and enzymes. Having a protein with every meal provides these essential 'building blocks,' as well as slowing the movement of food in the gastrointestinal tract, keeping you fuller longer. Good protein options include lean beef filets, extra lean ground turkey, skinless chicken breasts, egg whites, low-fat tofu, and no-fat cottage cheese.

### Carbohydrates

Now hear this: carbohydrates are not bad for you! In fact, they are essential to good health and are the number one source of energy used by the body to fuel metabolism, physical activity and daily bodily functions. But not all carbs are created equal. Simple carbs are broken down quickly in the body and are to be eaten sparingly. These include things like mashed potatoes, chips, cola, crackers, white bread, and fruit juice. Complex carbs contain tons of fiber and take a long time to break down in the body, keeping you fuller longer and making your meals more satisfying. These include things like yams, brown rice, oatmeal, green vegetables, beans, and whole fruits.

### Fat

Dietary fat and body fat are not the same things, (though you could swear you see that peanut butter cup pop up on your thighs an hour after eating it!) Dietary fat is broken down into fatty acids, which provide energy while supporting things like your nervous and endocrine systems. However, not all fats are created equal, either. Saturated and trans fats have been linked to heart disease and some cancers, so eat foods that contain these fats sparingly, such as processed packaged desserts, fatty meats, deep fried foods and chips. Instead, choose heart-healthy, all natural fats to ensure a healthy body and high energy, such as avocado, raw nuts, olive oil, and fish oil.

### Water

Did you know that your body is made up of more than 60% water? Water helps with digestion, decreases your appetite, rids your cells of toxins and wastes, and extracts nutrients from your foods. You lose water through perspiration, breathing, urinating, and other bodily functions, and this loss must be replenished often. Because water cannot be manufactured by the body, it must be ingested in the form of beverages or watery foods like fruits and vegetables. Drink at least 8-12 full glasses of water a day, more if possible, and eat plenty of fresh fruits and veggies to keep yourself properly hydrated.

### Go decaf!

*Caffeinated coffee, tea, and soda have a diuretic effect on the body, and could be counteracting your hydrating efforts. Switch to decaf, or limit your caffeinated beverages to one per day for the best results.*

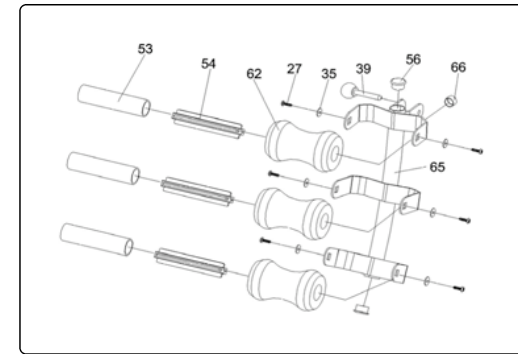
### Fun fact: Drink more to retain less!

If you're feeling bloated, drink water! It sounds backwards but consider this: Water helps flush sodium from your system, the element most responsible for water retention and bloating.

## OPTIONAL ITEMS

### AB-DOER® TWIST™ TRI-ROLLER

#### EXPLODED VIEW



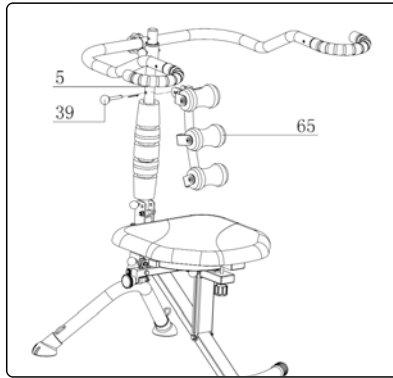
#### PARTS LIST

Part#	Description	Spec.	Q'ty
27	screw	ST4.2*16	6
35	bigger washer	φ4.2*1.2	6
39	pin with knob	φ8*45	1
53	twist tube	φ29*115	3
54	support tube	125*24*24	3
56	end cap	for tube φ25.4*1.5	2
62	foam grips	φ72*φ27*112	3
65	frame assembly	315*140*130	1
66	cover for nut	MB	1

## OPTIONAL ITEMS

### ASSEMBLING THE TRI-ROLLER

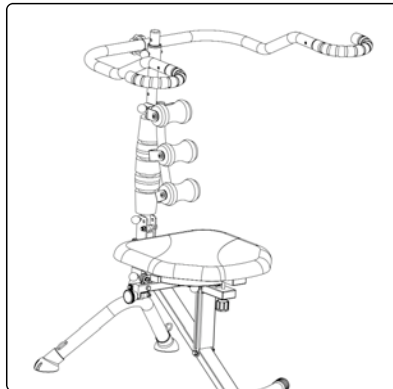
#### STEP 1



Attach the Tri-Roller (#65) to Core Support Column (Center Post Spring) (#5) then fix it by inserting Pin (#39).



#### STEP 2



Assembly is finished.

ABDOER  
**TWIST**™

THANE Fitness®



HEALTHY EATING PLAN  
*A twist on flavor!*



## STRETCHES

After every workout, do these stretches to increase flexibility and improve fitness. For the best results, hold each stretch for 30-60 seconds.

**Calves:**

Stand in a wide lunge with your back knee straight and your front knee slightly bent. Press your rear heel toward the floor and hold. Repeat on other side.

**Quadriceps:**

Stand with your feet hip-width apart and bend your right knee to bring your heel toward your buttocks. Grasp your foot with your right hand and hold. Knee should point straight toward the floor, hips pressing slightly forward. Repeat on other side.

**Back/hamstrings:**

Stand with your feet double shoulder-width apart, toes forward, and slowly roll down toward the floor. Allow your upper body to hang freely, focusing on relaxing your head, shoulders, back and legs.

**Shoulders:**

Bring your left arm (straight) across your body at chest height and grab your left forearm with your right hand and hold. Repeat on other side.

**Triceps:**

Bring your left arm straight up by your head and bend your elbow, reaching your left fingers down the center of your back. Grasp your left elbow with your right hand and pull gently toward the right side. Repeat on other side.

**Chest/biceps:**

Reach both arms behind you and lock your fingers together. Reach behind and slightly upward. Hold here and breathe.

**Hamstrings:**

Sit on the floor with your right leg extended straight out, foot flexed. Bend your left knee and place the sole of your shoe on the inside of your right thigh. Reach forward over your right leg and hold. Repeat on the other side.

**Inner thighs/hips:**

Sit with the soles of your feet together, knees splayed outward. Hold your feet with both hands and fold forward over your shoes.

**Glutes:**

Lie on the floor with your knees bent. Cross your right ankle over your left knee and hold. If you're more flexible, lift both legs off the floor and pull them in toward your chest with your hands.

**Spinal twist:**

Lie on the floor. Bend one knee and bring it in to your chest. Pull that same knee across your body to the side, extending your opposite arm and head away the opposite direction. Hold and breathe. Repeat on the other side.

Also refer to illustrations in the FLEXIBILITY & WARMUP PROGRAM section.

## OPTIONAL ITEMS

### AB-DOER® TWIST™ RESISTANCE RODS



### PARTS LIST

Part#	Description	Spec.	Q'ty
67	resistance rod light - YELLOW	φ10	1
68	resistance rod medium - ORANGE	φ15.5	1
69	resistance rod advanced - RED	φ18.8	1

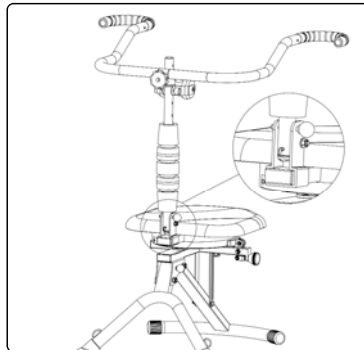
### ASSEMBLING THE RESISTANCE RODS

#### STEP 1

Open the cartons and take out the Resistance Rods.

## OPTIONAL ITEMS

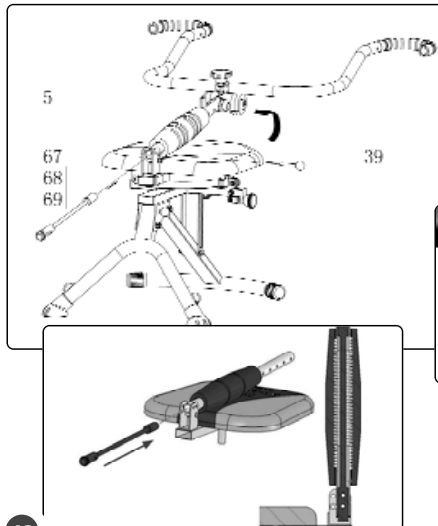
### STEP 2



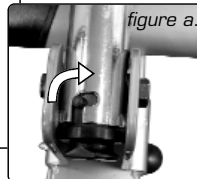
Take out Pin (#39) from the Rear Frame Bracket (#4), then fold down the Core Support Column (Center Post Spring) (#5) as illustrated.



### STEP 3



Select the resistance you need and then insert Resistance Rod (#67) or (#68) or (#69) into the Core Support Column (Center Post Spring) (#5). Once the Resistance Rod is completely inserted into the Core Support Column (Center Post Spring) (#5), turn the Resistance Rod clockwise to lock in place as illustrated in figure a and figure b.



Move back the Core Support Column (Center Post Spring) (#5) to upright position and lock in place by inserting Pin (#39).

## SAMPLE 4-WEEK ACCELERATED RESULTS WORKOUT PLAN

### Weeks 1-2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AB-DOer® Twist™ machine + (optional upper body workout*) + 30-minute walk	AB-DOer® Twist™ machine	AB-DOer® Twist™ machine + 45-minute walk	Off	AB-DOer® Twist™ machine + (optional upper body workout*) + 30-minute walk	45-minute walk	AB-DOer® Twist™ machine

### Weeks 3-4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AB-DOer® Twist™ machine + 45-minute walk	AB-DOer® Twist™ machine + 30-minute walk	60-minute walk	AB-DOer® Twist™ machine + (optional upper body workout*)	AB-DOer® Twist™ machine	45-minute walk	Off

\*POWER RESISTANCE KIT Required (Refer to OPTIONAL ITEMS)

## RPE SCALE

The RPE (Rate of Perceived Exertion) scale is a good way to determine how hard you're working. While you're exercising, check with yourself and see what level you're at. For your cardio workouts, you should rate at about 5-6. For your strength workouts, 4-5.

Level	Effort Level
0	Nothing at all
1-2	Very easy, can converse with no effort
3	Easy, can converse with almost no effort
4	Moderately easy, can converse with little effort
5	Moderate, conversation requires some effort
6	Moderately hard, conversation requires quite a bit of effort
7	Difficult, conversation requires quite a lot of effort
8	Very difficult, conversation requires maximum effort
9-10	Peak effort, no talking zone!

## 4-WEEK ACCELERATED RESULTS WORKOUT PLAN

Now that you've gotten the hang of your AB-DOER® Twist™ machine it's time to talk turkey. Your best results come with a combination of resistance training, cardiovascular work, and proper nutrition. In order to get the body of your dreams, these three things all need to come into play.

### Resistance training

Whether you know it or not, you've already done some resistance training - when you did your test-run on your AB-DOER® Twist™ machine! Wasn't so bad, right?

Resistance - or 'strength' - training gives your muscles shape and tone while increasing bone density, helping prevent - and even in some cases reverse - osteoporosis! Regular weight training elevates your metabolism, lowers blood pressure, increases circulation, and encourages fat loss.

### Cardiovascular activity

Cardiovascular activity is anything that elevates your heart rate and keeps it there for a set duration of time. Cardio burns tons of calories, strengthens your heart and lungs, and gives you that 'exercise high' by releasing endorphins into your brain. Go outside for a walk, hike in the hills by your house, or take a swim in the pool and you're doing cardio!

### Flexibility

This is probably the most often overlooked part of fitness, but is no less important than resistance training and cardio. Good flexibility means better range of motion in all your joints and limbs, and often translates to decreased pain, especially in the lower back, shoulders and neck. After every workout, stretch the major muscles used to improve flexibility while also relieving muscle stiffness and tightness associated with working out hard. For a great list of stretches, check out the stretches section.

### Your workouts

Every week you should do a combination of resistance training, cardio and flexibility for the best results possible. Here's how it all maps out:

- 1) Do your AB-DOER® Twist™ workout 5-6 days a week to slim and trim those typical trouble areas fast! If you're super motivated you can even do it twice a day!
- 2) Those who want total body fitness and faster results should use the optional AB-DOER® Twist™ Power Resistance Kit to do a battery of additional exercises that work the back, chest, shoulders, biceps, triceps and abs. Work your upper body 1-3 days per week. Do one set of 10-12 repetitions of each exercise. As you get stronger, do two sets of each exercise, and increase your repetitions to 12-15.
- 3) Do 30-60 minutes of cardiovascular activity 3-5 days a week to burn body fat, dropping dress sizes and revealing the muscles you've been working so hard to develop with your AB-DOER® Twist™ machine!
- 4) After every workout, spend 5-10 minutes stretching the large muscles of the legs, back, chest, and arms to increase flexibility. Use the stretches on [22] for guidance.
- 5) Take at least one full day off from exercise every week to allow your body to recover completely from training.

### Burning Question: If I lift weights will I look like a man?

*Definitely not. Women simply don't have enough male hormones to develop big muscles like men. Instead, resistance training gives you the 'tone' and shape you desire in your legs, arms, abs, back and chest.*

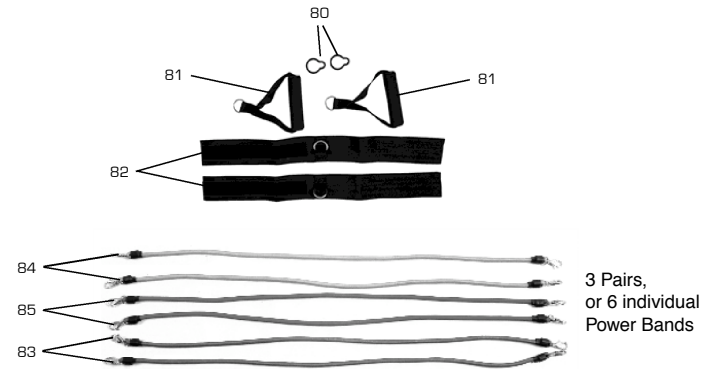
### Creative cardio ideas:

- Walk or run with your dog
- Play touch football with your kids
- Go cross-country skiing
- Power walk along the beach
- Walk up and down the stairs in your apartment or office building
- Take a group fitness class
- Go dancing all night with your girlfriends or your honey
- Swim a few laps at your local pool or lake

## OPTIONAL ITEMS

*There's Even More Options for More Results:  
Upper Body and Lower Body Power-Resistance Attachments*

### AB-DOER® TWIST™ POWER RESISTANCE KIT



3 Pairs,  
or 6 individual  
Power Bands

### PARTS LIST

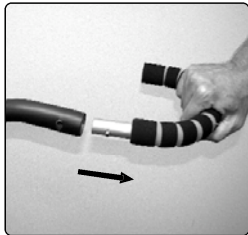
Part#	Description	Q'ty
80	plastic loop	2
81	handle grip	2
82	ankle stirrup	2
83	power band level 1 - GREEN	2
84	power band level 2 - BLUE	2
85	power band level 3 - RED	2

## OPTIONAL ITEMS

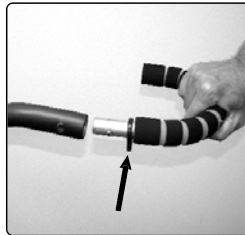
### ASSEMBLING THE POWER RESISTANCE KIT

How you can add extra Power Options to your AB-DOer® Twist™ machine!

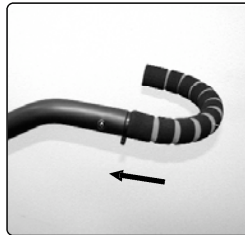
#### STEP 1



1-1: Take out the Handle Bars (#10) from the front of the Arm Bars (#9).

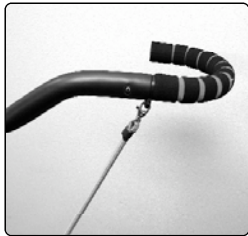


1-2: Attach a Plastic Loop (#80) onto each Handle Bar (#10).



1-3: Insert each Handle Bar (#10) with Plastic Loop (#80) attached, back into the Arm Bars (#9).

#### STEP 2



2-1: Attach one end of a Power Band (#83) or (#84) or (#85), onto the Plastic Loop (#80) located on each Handle Bar (#10).



2-2: Attach the other end of a Power Band (#83) or (#84) or (#85), onto the hook located on the Rear Foot Tube Assembly (#2).

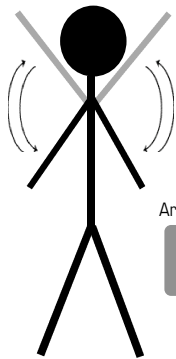


2-3: Assembly is completed.

## WORKOUT TIPS

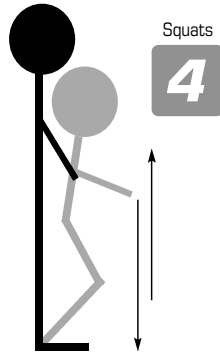
1. To increase the challenge when using your AB-DOer® Twist™ machine, condition yourself to maintain constant motion without hesitation.
2. You can also increase the challenge by positioning the Contouring Arm Bars over your shoulders; then you can alternate the Contouring Arm Bars under-your-arms.
3. Performing your motions in a coordinated fashion will provide a greater degree of skill improvement and muscle control, and you'll burn more fat, quicker!
4. Feel free to add resistance by inserting any one of the Resistance Rods, or by turning the Swivel-Action Seat's resistance dial.
5. If you fatigue in any position simply:
  - Change to another movement, or
  - Slow down the speed, or
  - Reduce the range-of-motion, or
  - Return the Arm Bar to underneath your arms, or
  - Lower the resistance on the Swivel-Action dial, or
  - STOP, your workout has ended – congratulate yourself.

**FLEXIBILITY & WARMUP PROGRAM**



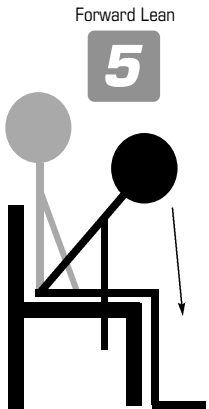
Arm Circles  
**3**

**3. ARM CIRCLES:** While standing, with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest allowing both arms to freely hang to each side. Slowly lift your arms in front of you keeping your elbows rigid if possible, and make large circles with both your arms. Perform 5-10 circles with your arms in one direction then reverse directions and perform 5-10 more circles. Always perform this motion slowly with no jerky movements. This exercise increases the flexibility to your shoulders, chest, upper back, neck and arms.



Squats  
**4**

**4. SQUATS:** While standing with a slightly wider than shoulderwidth foot stance, fix your eyes on an object in front of you. Hold your chest upright to obtain an erect back posture then bend slowly at the knees to allow your body to lower downward. Only squat down as far as you feel comfortable or until your heels start to raise off the floor. Use your arms for balance by moving them in front of you if necessary. Squat down slowly and never bounce up. Perform as many squats as you feel comfortable with; 5-10 is preferred. Squats develop body balance and control while strengthening the muscles of your thighs, hips, hamstrings, calves and ankles.



Forward Lean  
**5**

**5. FORWARD LEAN:** While seated on a bench or chair obtain a firm shoulder-width foot stance on the floor. Lift your chest so your back is upright and your spine is erect then bend forward at the waistline to lean your chest forward and downward as far as you feel comfortable. Hold your deepest, most comfortable forward position for 3-5 seconds before slowly returning to an upright position. Make sure you do not bounce. Do this movement slowly as it may have a tendency to make you a little dizzy due to the lowering-thenlifting of the head. Perform between 3-10 forward leans. This movement is great for conditioning the mid-to-lower back and spinal column, the buttocks and hamstrings.

Also refer to the STRETCHES section.

**OPTIONAL ITEMS**

**ASSEMBLING THE POWER RESISTANCE KIT**

**ASSEMBLING THE HANDLE GRIPS**



3-1: To assemble the Handle Grips (#81), take one end of a Power Band (#83) or (#84) or (#85), and attach it onto the hook located on the Rear Foot Tube Assembly (#2). Then attach the Handle Grips (#81) to the other end of a Power Band (#83) or (#84) or (#85).

**ASSEMBLING THE ANKLE STIRRUPS**



3-2: To assemble the Ankle Stirrups (#82), take one end of a Power Band (#83) or (#84) or (#85), and attach it onto the hook located on the Rear Foot Tube Assembly (#2). Then attach the Ankle Stirrups (#82) to the other end of a Power Band (#83) or (#84) or (#85).

ABDOER

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TWIST™



**ACCELERATED RESULTS**  
*Twist into shape!*

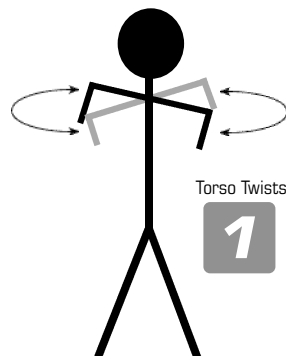
ABDOER  
**TWIST™** www.ABDOER.com

THANE Fitness®

## FLEXIBILITY & WARMUP PROGRAM

A flexibility or warmup program is an important aspect of all fitness and body development routines. Typically, warmup routines comprise any number of mobility movements which are intended to condition the body to move more freely during activity. When you become more flexible you will realize better performance in your sports and exercise routines as your muscles and their bones and joints have improved ability to perform.

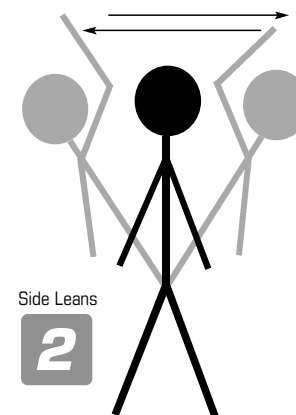
Before using your AB-DOer® Twist™ machine it's wise to spend some time conditioning your body warming up to allow you to become more flexible, enhance performance-ability, ensure safety and speed post-workout recuperation. The AB-DOer® Twist™ flexibility & warmup program includes both a warm-up and a cool-down period. All instructions are designed to enable you to quickly, enjoyably, and safely reach your goals.



Torso Twists

**1. TORSO TWISTS:** While standing with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lift both arms bending them at the elbows. While keeping your focal point, slowly pivot or twist your midsection as far as you can to the right then, without any jerking motions, rotate in the opposite direction as far to the left as your flexibility will permit. Try to obtain a rhythmical cadence as you twist from side to side. This simple movement will loosen up stiff muscles, tendons and ligaments in the entire torso and abdominal region, the obliques, back and the spinal column. Perform as long as you like, 30 seconds minimum.

**2. SIDE LEANS:** While standing with a slightly wider than shoulder-width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lean to your right side as far your flexibility will permit keeping both feet firmly planted on the floor for balance. Reach your farthest most comfortable lean without any jerking motions then stretch to the opposite side leaning as far as your flexibility will permit. Try to obtain a rhythmical cadence as you lean from side to side. This movement loosens up stiff muscles, tendons and ligaments to the obliques, mid-to-lower back and spinal column, and the entire abdominal region. Perform as long as you like, 30 seconds minimum.



Side Leans

Also refer to the STRETCHES section.

## BASIC MOTIONS



### 4. STREET BRAWL

*(Getting crazy with The AB-DOer® Twist™ machine)*

With a wide stance, and feet firmly planted onto the floor, lean forward so your chest is closer to your thighs. By radically pivoting your torso from side-to-side in short little bursts, try to punch your knees in alternating fashion; but be careful you don't knock yourself out. You can lift your chest away from your knees and still maintain a pivoting punching action to add multiple benefits to this fun and highly productive motion.

*This exercise places a lot of emphasis to the abdominals and obliques, plus you'll feel your arms, shoulders and chest getting a terrific workout all at the same time!*



### 5. SKATERS

*(In-line skating in your living room)*

Activate the "Swivel-Action Seat". Lean to your left side and extend your right leg to the right side of your body. Pivot your body from left-to-right in a skating action with your legs, darting your left foot out then your right as your torso and upper body sway to the tempo.

*This is a fun yet highly-productive motion that burns fat all over your body while defining your abdominals, obliques, legs, hips, buttocks, arms, shoulders, and entire back!*

## BEFORE YOU BEGIN

Before beginning your workout program, please read through these guidelines

- Wear comfortable, supportive clothing and undergarments that are not too baggy. Baggy clothes can bunch and chafe, and can even get in the way of your workout.
- For a woman, a sports bra is a must, especially if you're well-endowed, to support your breasts and make your workouts more comfortable.
- Please tie your hair up before using the AB-DOer® Twist™ machine to avoid contact with the Tri-Roller and other parts.
- Always warm up for 5-10 minutes by walking around the block, marching in place, or going up and down your stairs a few times. Warm ups prepare your body to perform and help prevent injury.
- Always cool down and stretch for 5-10 minutes after your workout. This allows your body to return to normal while improving flexibility and decreasing muscle soreness and tension.
- If at any time you feel sick, dizzy, or faint, stop exercising immediately. Walk around slowly or sit upright in a chair until you feel better. Once recovered, have some fluids and rest. If this pattern continues, consult your physician.
- Smile and have fun! Nothing promotes success better than a positive attitude. So gear up with your best grin and get to it!



## BASIC MOTIONS

### Some Basic Motions for your AB-DOer® Twist™ machine - Designed by John Abdo

(Please refer to instructional DVD routines for specific instruction)

\*Images shown are with older unit.

*Doers, start your engines!*

#### How to get started:

All movements begin from a seated upright position; this is known as the Starting Position (SP). Place both feet in a wide stance, sit upright with your back pressed against the massage roller, and pull the Contouring Arm Bars firmly underneath your armpits to decompress your spine and maintain an upright posture.



#### 1. BODY BOBS

*(Lateral Bending)*

With a wide stance, and feet firmly planted onto the floor, sit upright in the Starting Position (SP) then lean to the right side with your torso, pause momentarily, then sway all the way over to the left side in a lateral pendulum-like motion.

*This motion works ALL of the midsection muscles with emphasis to your obliques and lower back!*

## BASIC MOTIONS



#### 2. BODY BOOGIES

*(Circular; Clockwise and Counter-clockwise)*

With a wide stance, and feet firmly planted onto the floor, sit upright in the SP then lean forward bringing your chest towards your thighs. Once your chest reaches this position begin to rotate your torso to the right in a circular fashion until you perform a complete circle with your torso and upper body. Start with little circles that are slow and controlled, then as you warm up, increase the size of each circle and its speed. You can stop and rotate in the opposite direction to add versatility to your workouts.

*This motion is incredibly effective for working ALL the midsection muscles, while your legs and upper body receive incredible toning benefits at the same time!*



#### 3. FIGURE 8's

*(Just like is reads; Figure 8's)*

With a wide stance, and feet firmly planted onto the floor, sit upright in the SP then start to move your torso and midsection so your hands scribe the Figure 8. The trick is NOT to pull with the arms or hands, but let your abdominals and obliques do the work. Really concentrate on making the most perfect "8" figure you can. Once you master this figure, try reversing your motion to scribe a perfect figure 8 in the opposite direction.

*Although this drill works ALL of the midsection muscles, more emphasis is placed on the obliques and abdominals!*