

# AbStar AIR

safe. flexible. exercise.



Congratulations on purchasing your new AbStar AIR! We wish you many years of safe, healthful use. Small variations on the surface of the AbStar AIR are normal and will not affect performance. For more information, exercises, stretches, and fitness resources, please visit [www.abstar.com](http://www.abstar.com).

**Inflation instructions:** Hold screw end of a steel inflation needle between thumb and index finger. Pinch innermost circle on bottom of the AbStar AIR with opposite hand. Push point of needle into valve hole, twisting gently, until fully inserted. If using the AbStar inflation pump, clamp hose onto screw end of needle. Hold steel fold-out base with hand or foot, and pump with free hand. Be careful not to pinch fingers. Pump until device is inflated nine inches high. Remove needle gently. Store pump and needle in safe place.

For a video demonstration, visit [www.abstar.com](http://www.abstar.com).

## IMPORTANT: PLEASE READ!

Consult your physician before beginning any exercise program. Perform exercises in a slow, controlled manner. Avoid straining or holding your breath. Discontinue any exercise that causes discomfort. Do not step, stand, jump or bounce on the AbStar AIR. Do not use with heavy weights.

This device is not intended for children. Do not use as a flotation device. When not inflated, store flat. Clean with mild soap, water and a damp cloth. Use the AbStar AIR only as directed.

All exercises below are pictured in END position. Read and understand instructions thoroughly before beginning any exercise. Begin with a few repetitions (reps) of an exercise and increase reps gradually, as you're able. Rest as needed.

### FLOOR EXERCISES



**Crunch:** Seated on the floor, push up onto the AbStar AIR, positioning lower back on top. Support head with hands, and lean back toward floor as far as is comfortable into START position. Push lower back into the AbStar AIR, tighten abdominal muscles, and raise upper body toward the ceiling. Return to START.



**Back Extension:** Lie with abdomen on top of the AbStar AIR, feet spread behind for balance. Hands behind head, or straight out in front for added difficulty, bend forward until body is parallel to floor into START position. Activate back muscles and raise upper torso toward ceiling, holding abdomen firm. Return to START.

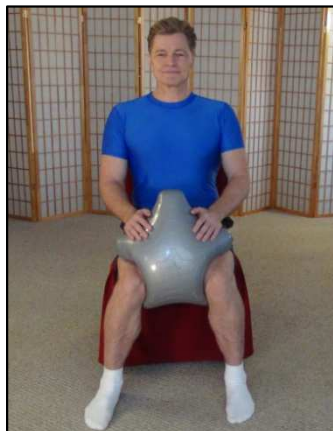


**Side Bend:** Lay side on top of the AbStar AIR, navel aligned above top center star, with feet spread for balance. Support head as needed, and bend upper torso toward floor into START position. Push side into the AbStar AIR and tighten opposite side muscles to lift upper torso toward ceiling. Return to START. Repeat on other side.

### SEATED EXERCISES



**Seated Crunch:** Sit safely on edge of chair or couch, torso erect. Place one star end of the AbStar AIR between knees and hold in place by squeezing with inner thighs. Put hands or fists on top and hold firm in START position. Without bending elbows, activate abdominal muscles to crunch toward the AbStar AIR. Return to START.



**Inner Thigh Squeeze:** Place the AbStar AIR between thighs near knees, one star end resting on each leg. Hold in START position with slight inward thigh pressure. Further activate inner thighs and squeeze the AbStar AIR. Return to START.



**Biceps/Triceps:** Place hands on sides of the AbStar AIR two star ends apart. One hand supports the AbStar AIR at the bottom and the other rests near the top in START position. Engage biceps of lower arm and triceps of upper arm and squeeze the AbStar AIR. Relax muscles and return to START. Repeat with hand positions reversed.

### STANDING EXERCISES



**Wall Crunch:** Lean back against wall and lower into squat position. Similar to seated crunch, place one star end of the AbStar AIR between knees and hold in place by squeezing with inner thighs. Put hands or fists on top and hold firm in START position. Without bending elbows, activate abdominal muscles to crunch toward the AbStar AIR. Return to START.



**Wall Squat:** Lean against wall with top of the AbStar AIR against lower back, knees bent as close to 90 degrees as possible in START position. Rise half-way up, maintaining tension in leg muscles. The AbStar AIR will adjust to movement. Return to START.



**Chest Pumps:** Place hands comfortably on sides of the AbStar AIR, two star ends apart, at upper chest level in START position. Activate chest muscles and squeeze the AbStar AIR, pushing inward with palms of hands. Return to START.

For more exercises and stretches using the AbStar AIR, visit [www.abstar.com](http://www.abstar.com).

**AbStar**  
For Awesome Abs and More

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