



ABDOMINAL MAT

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Abdominal Mat. Failure to follow these instructions can lead to significant bodily injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Abdominal Mat discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Abdominal Mat. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

- 1.** Only use the Abdominal Mat as intended and demonstrated in this guide for exercise purposes. Inappropriate use may lead to serious injury, disfigurement or property damage.
- 2.** The Abdominal Mat is not a toy or plaything. Keep out of reach of any individual who may require supervision.
- 3.** Begin all exercises slowly and engage your core to improve stabilization. Always use smooth, controlled movements.
- 4.** Begin your workout slowly to build strength and stamina, especially if you are new to exercise. Do not perform exercises that are beyond your ability to maintain control.
- 5.** Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

Care & Storage Instructions

- 1.** Gently scrub the pad with a cloth or soft brush and mild detergent diluted in water. Rinse with water and wipe dry with a towel or cloth, then let air dry.
- 2.** Store in a cool, dry place away from moisture, heat, and direct sunlight.

EXERCISE GUIDE

CRUNCHES



1. Place the abdominal mat under your lower back and lay back. The thicker end of the mat should be under your lower back.
2. Place your feet flat on the floor and your hands behind your head.
3. Engage your core and sit up while keeping your feet flat on the floor.
4. Lower your torso back down.
5. Repeat 5 times. Increase repetitions as you build strength.

HIP RAISES



- 1.** Place the abdominal mat under your lower back and lay back. The thicker end of the mat should be under your lower back.
- 2.** Lift your legs straight up while keeping your back on the ab mat. Your feet should be placed together. Place your arms by your sides.
- 3.** Engage your core and raise your hips as you keep your legs straight in the air.
- 4.** Lower your hips back down.
- 5.** Repeat 5 times. Increase repetitions as you build strength.

TOE TOUCH CRUNCH



- 1.** Place the abdominal mat under your lower back and lay back. The thicker end of the mat should be under your lower back.
- 2.** Lift your legs straight up while keeping your back on the ab mat. Your feet should be placed together.
- 3.** Engage your core and lift your torso off the mat and reach for your toes.
- 4.** Lower back down and repeat keeping your legs in the air.
- 5.** Repeat 5 times. Increase repetitions as you build strength.

ERECTOR CRUNCH



1. Lay on your stomach with the thinner end under your hips.
2. Flex your feet so your toes are the only part of your foot touching the floor.
Place your hands behind your head.
3. Engage your core and lift your torso off the ground.
4. Lower torso back down.
5. Repeat 5 times. Increase repetitions as you build strength.

SIDE CRUNCH



- 1.** Lay on your side with the abdominal mat underneath. The thicker end of the mat should be closest to your hip.
- 2.** Place your bottom arm straight in front of you on the floor. The other arm by your side.
- 3.** Raise your torso up as high as you can and lower back down.
- 4.** Repeat 5 times. Increase repetitions as you build strength.

FLUTTER KICKS



1. Place the abdominal mat under your lower back and lay back. The thicker end of the mat should be under your lower back.
2. Lift your legs about a foot off the ground. Your feet should be together.
3. Lower one leg while keeping the other still, don't let your leg touch the ground.
4. Bring your leg back up and lower the other without touching the ground.
5. As you build strength, flutter your legs faster.
6. Repeat 5 times. Increase repetitions as you build strength.

BICYCLES



1. Place the abdominal mat under your lower back and lay back. The thicker end of the mat should be under your lower back.
2. Perform a crunch and keep your upper body lifted off the mat.
3. Lift your right knee up towards your chest while the left is straight, but lifted off the ground. Rotate your shoulders so your left elbow almost touches your right knee.
4. Extend your right leg straight in front of you and bring your left knee in towards your chest. Rotate your shoulders so your right elbow almost touches your right knee.
5. As you build strength, switch your legs faster.
6. Repeat 5 times. Increase repetitions as you build strength.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



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