

AB CRUNCH



GETTING STARTED

Muscle focus:

abs, arms, and chest.

Innovative Design: Breathable mesh provides support of your head, neck, and upper body.

Targets your core: Perform crunches effectively and comfortably.

Upper Body Workout: The Ab Crunch flips over for push-ups and dips.

Use the Harbinger® Ab Crunch to combine crunches, push-ups, and dips into one efficient workout that targets your abs, arms, and chest. The breathable mesh supports your head, neck, and upper body - allowing you to perform crunches effectively and comfortably. Flip the Harbinger Ab Crunch over and utilize this unique platform to perform dips and push-ups, too. The Harbinger Ab Crunch is an innovative 3-in-1 device that will help you get results fast! Follow the Harbinger Ab Crunch exercises on the next page to create a stand-alone workout routine or incorporate the exercises into your current program.



⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE USER GUIDE AND ON THIS WORKOUT CHART MAY RESULT IN SERIOUS INJURY OR DEATH.

Refer to your User Guide for additional safety instructions.

Before each use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts. Call our Customer Service Department at 800-729-5954 with any questions

Consult your physician before starting this or any other exercise program. Fitness training can result in serious injury or death. Risk of injury can be lessened when safe techniques and common sense are practiced. **Before beginning your first workout, become familiar with the Harbinger® Ab Crunch and review all exercise guidelines prior to using the equipment. If you have any questions, consult your physician.**

Start out slowly and progress sensibly. Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

Use this equipment only for the intended use as described by the manufacturer. Do not modify the equipment or use attachments not recommended by the manufacturer.

Do not use this product if you are over 300lbs/136kg

Use on a non-skid surface only. Do not use on surfaces such as tile, linoleum or on surfaces that are wet such as a pool deck. Do not sit on product.

Have plenty of clearance space. It is important to keep children, pets, furniture, and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.

Wear appropriate clothing when exercising. Clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles.

PUSH-UP/CRUNCH/DIP WORKOUT

Proper form

The crunch is an exercise that is often performed incorrectly due to lack of strength or improper technique. The Harbinger® Ab Crunch solves this problem. The mesh head support and rocker arms prevent people from grabbing the back of their head and yanking it toward their knees. This technique is incorrect and puts undue stress on your head and neck. Instead, the Harbinger Ab Crunch cradles your head and keeps it in proper alignment while your hands grasp the rocker arms. By keeping your head in the mesh support, and gently lifting your upper body toward your knees, you achieve the desired contraction of the upper abs without sacrificing form. While the movement associated with this crunch may feel subtle, the focused concentration is highly effective and safe.

Be sure to exhale on the way up and inhale on the way down. Do not hold your breath while performing this movement.

PUSH-UP

Setup:

- Grasp the cushioned portion of the handles and assume push-up position

Movement:

- While keeping your head, neck, and back aligned, lower your chest toward your hands
- Once your chest reaches your hands, push back up to starting position
- Repeat for suggested repetitions

Tip:

Speed doesn't get you ripped. Focus on proper form and slow controlled muscle contractions.



CRUNCH

Setup:

- Position your head comfortably on the mesh apron
- Reach up and grasp the top portion of tubing

Movement:

- Curl up so that your elbows move toward your knees
- Press your lower back into the floor during the movement
- Maintain your head in the same position throughout the movement (do not bury your chin into your chest)
- Slowly lower your upper body back to the starting position
- Repeat for suggested repetitions

Tips:

Maintain even breathing throughout movement
Do not hold your breath.



DIP

Setup:

- Grasp the cushioned part of the handles and extend your feet out to the front (balance on your heels)

Movement:

- Slowly lower your upper body down until your elbows make a 90-degree angle
- Press your body up to return to the starting position

Tip:

Beginners can perform this exercise while in a squatting position.



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21-DAY WORKOUT

The below calendar shows an example of a progressive workout routine that will help you make significant progress in strength and fitness over a 21-day period. The daily workout is comprised of three exercises: push-up, crunch, and dip. In order to provide adequate recovery time, it is recommended that you take a day off in between each session. Over time, the number of sets and repetitions will increase as you get stronger. If the suggested sets and repetitions progress too quickly for your fitness level, make sure you adjust the plan to maintain a level that you are comfortable with. If the suggested program is below your current fitness level, bump yourself to the later workouts in order to challenge your muscles. Beginners can spend 1-2 minutes recovering in between sets. Advanced users may want to reduce recovery time to 20-30 seconds. **Always use common sense when exercising.**

AB CRUNCH WORKOUT GUIDE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Push-Up 1 set of 8 reps Crunch 1 set of 10 reps Dip 1 set of 10 Reps	OFF	Push-Up 1 set of 10 reps Crunch 1 set of 12 reps Dip 1 set of 12 Reps	OFF	Push-Up 1 set of 12 reps Crunch 1 set of 14 reps Dip 1 set of 14 Reps	OFF	Push-Up 2 sets of 6 reps Crunch 2 sets of 8 reps Dip 2 sets of 8 Reps
WEEK 2	OFF	Push-Up 2 sets of 10 reps Crunch 2 sets of 14 reps Dip 2 sets of 14 Reps	OFF	Push-Up 2 sets of 12 reps Crunch 2 sets of 14 reps Dip 2 sets of 14 Reps	OFF	Push-Up 2 sets of 14 reps Crunch 2 sets of 16 reps Dip 1 sets of 16 Reps	OFF
WEEK 3	Push-Up 3 sets of 8 reps Crunch 3 sets of 10 reps Dip 3 sets of 10 Reps	OFF	Push-Up 3 sets of 10 reps Crunch 3 sets of 12 reps Dip 3 sets of 12 Reps	OFF	Push-Up 3 sets of 12 reps Crunch 3 sets of 14 reps Dip 3 set of 14 Reps	OFF	Push-Up 4 sets of 10 reps Crunch 4 sets of 12 reps Dip 4 sets of 12 Reps