



hattrick-pro

COASTER USER MANUAL



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SAFETY INSTRUCTIONS FOR ASSEMBLY AND USAGE

Safety comes first. Please read this instruction guide completely before assembling and using the Coaster®. Please keep this guide in a safe place and accessible to all staff.

- Make sure all bolts and screws are tight prior to each day's use. Make sure machine is working properly every day.

WARNING: The safety level of this equipment can be maintained only if it is examined regularly for damage and wear. Pay special attention to the moving parts, including the bearings under the carriage and the pull pin which secures the carriage, and to components which are susceptible to wear such as the rear bumpers, the arm rests and seat.

- Periodic maintenance is required on all exercise equipment in order for it to remain in good operating condition.
- Place and use the machine on a flat, level surface. Maintain at least 2 feet of free space around machine for safe operation.
- Place all warnings and safety labels as provided by manufacturer on the machine if not already applied.
- Train and educate members, clients or customers prior to using this machine.

IMPORTANT: Keep all children and pets away from machine.

HOW TO USE THE COASTER®

FEATURES AND TIPS: The Coaster® is designed to help you exercise your abdominal muscles via a leg lift motion. Unlike the popular ab crunch exercise, which works your ab muscles from the "top down", the Coaster® moves in the opposite direction, working your abs from the "bottom up." The motion requires you to lift your knees and legs while contracting your abs.

The Coaster® features a Seat attached to a swing arm to aid you in performing the abdominal lift motion. The starting position requires you to kneel on the Seat while resting your arms on the arm rests. The exercise requires you to lift the Seat using your abdominal muscles, not your upper body. The key to performing the exercise properly is to concentrate on contracting your ab muscles while lifting the Seat. Your upper body should be stable and not moving while you exercise.

Setting up the Ab Coaster®: Make sure the Coaster® is placed on a flat, stable surface.



EXERCISE INSTRUCTIONS:

1. Approach the Coaster® from the rear of the unit.
2. Adjust Hand Grip and place forearms and elbows on arm pads. Grasp handles to maintain your balance.
3. While grasping handles, place knees on Seat so that your feet are hooked on the back edge of the seat. You are now ready to exercise.
4. Keeping your back straight, pull your knees forward until you fully contract your abs.

DO NOT move your upper body while performing exercise. Make sure you use your abs to lift the Seat carriage, not your upper body.

5. Return slowly to starting position, and repeat.

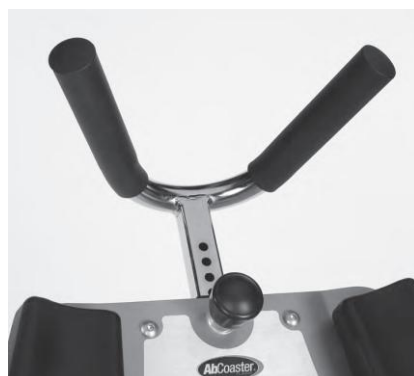
ADJUSTING THE SEAT

The Seat is free-moving so that you can turn your knees and work on your obliques. Turn knees to right to exercise right oblique; turn knees to left to exercise left oblique. Move knees side to side for free-style motion training.



ADJUSTING THE HAND GRIP

To adjust hand grip, pull up on pop-pin and move grip up or down. Then secure the grip by releasing pop-pin into the hole. Make sure hand grip is secure before using.



RESISTANCE TRAINING



USING ADDED WEIGHT FOR RESISTANCE

There is a weight post underneath the seat of the Coaster for adding weights(not included) for extra resistance during exercise.

Caution:

Do not add more than 40 lbs of weight in total to the post (4 plates of 10 lbs each). Use safety clip when adding weights (clip not included). Before adding any weight, ensure that you are able to perform the exercise with proper form without any additional weight.

Warning:

As with any physical exercise routine, injuries may result from incorrect usage of equipment or excessive training.

MOVING AND STORING THE AB COASTER

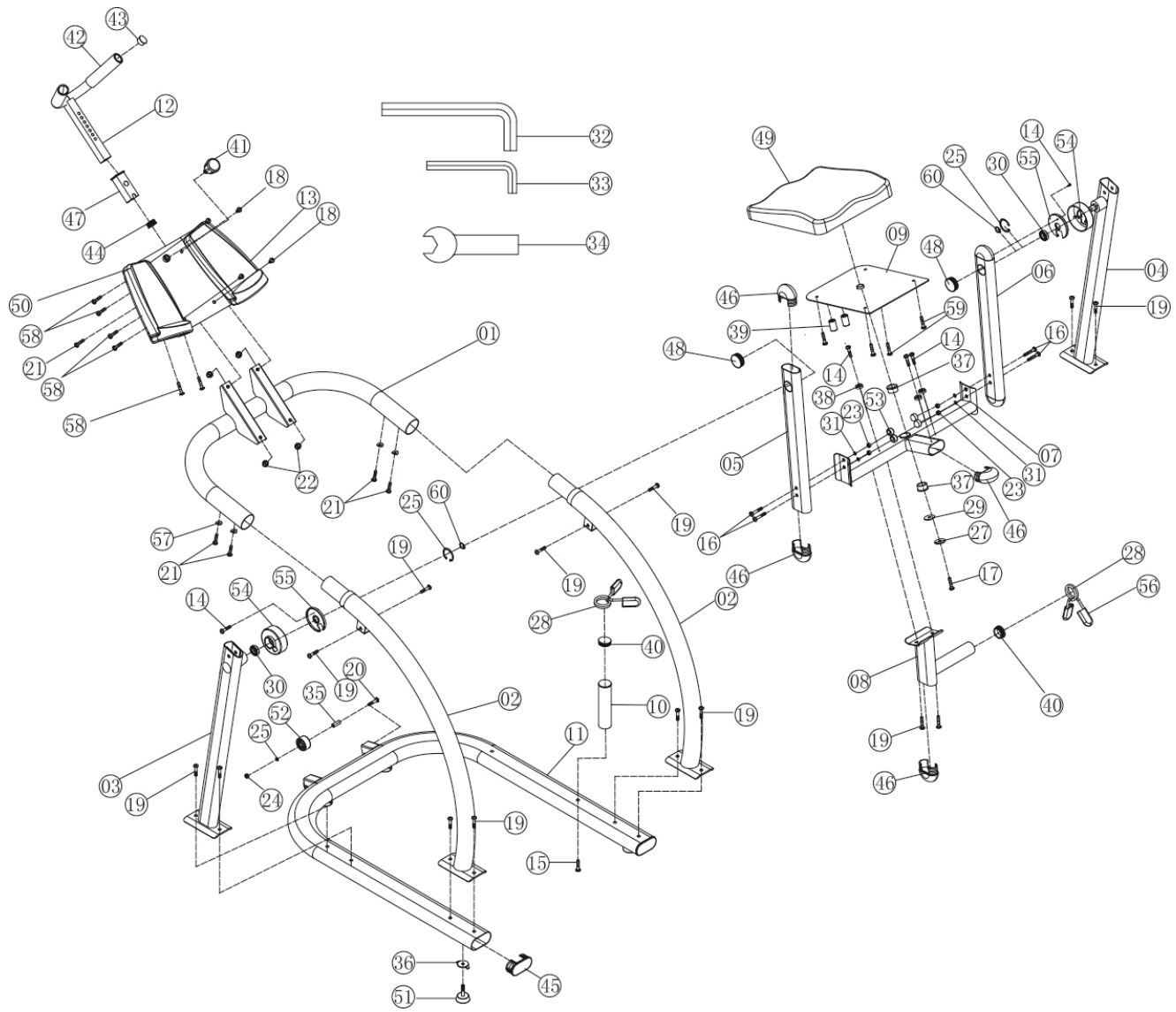
There are 2 wheels attached to the front leg support of Coaster in order to aid in the moving and storage of the unit.

Keep stored in a cool, dry place. If placed in long-term storage, you should cover the unit with a cloth or other material to protect the unit from excessive dust or dirt accumulation.

Maintenance:

Keep unit clean and free of debris. Wipe periodically with cloth to keep track clean.

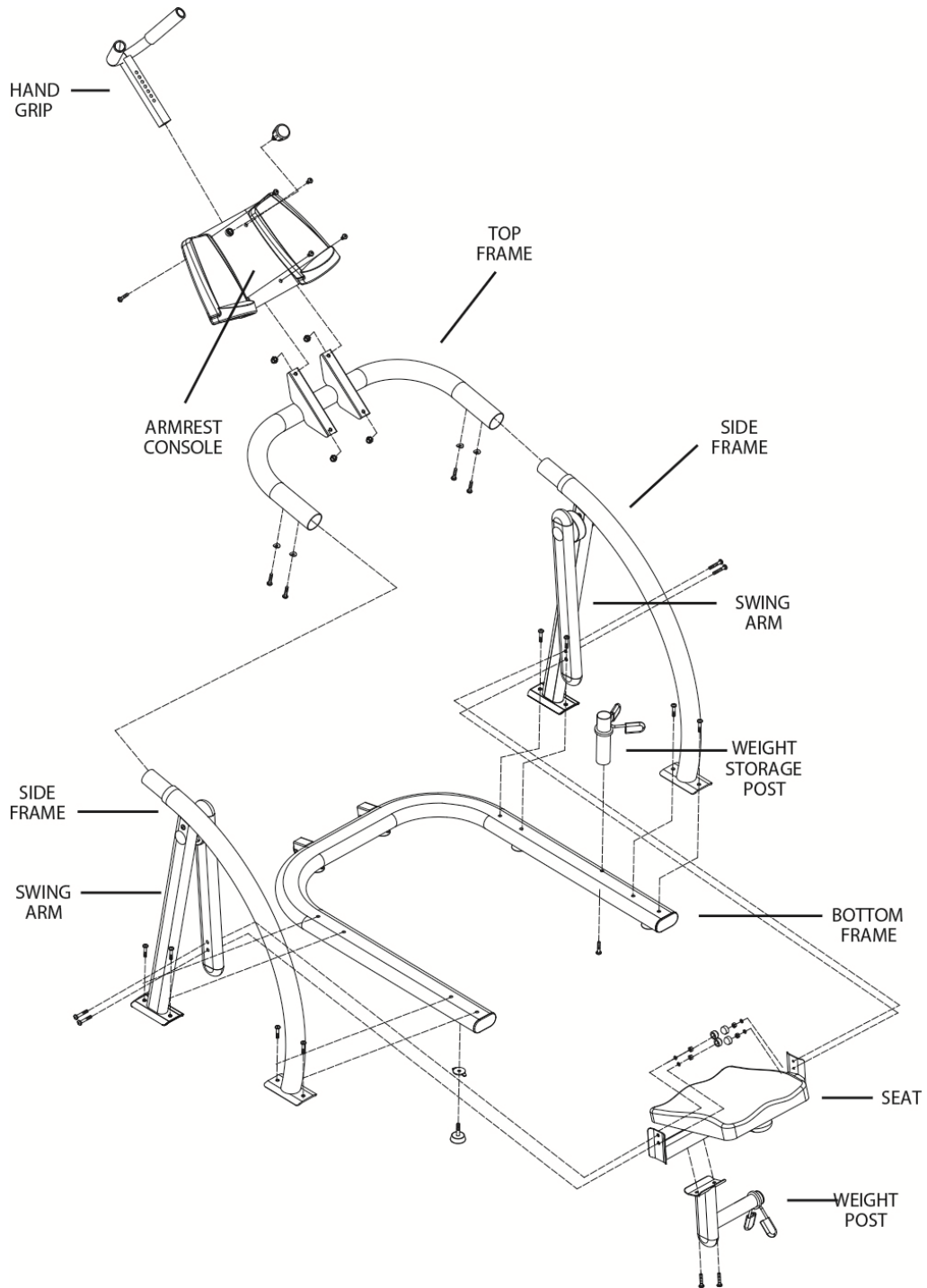
EXPLODED DIAGRAM



PART LIST

Part No	Part Name	Specification	Quantity	Part No	Part Name	Specification	Quantity
1	arm plate support frame		1	31	flat washer		4
2	side frame		2	32	S8 hex screw	S8	1
3	left support frame		1	33	S6 hex screw	S6	1
4	right support frame		1	34	wrench	S17 4mm	1
5	left swing arm		1	35	roller bushing		2
6	right swing arm		1	36	leveler orientetion	63*45*3	6
7	knee pad support frame		1	37	q38 nylon bushing		2
8	frame weight post		1	38	seat swivel bushing	q25*T8	3
9	knee pad plate		1	39	seat swivel bushing	q23*37	2
10	frame weigh post		1	40	weight post end cap	q45*2.0	2
11	base frame		1	41	handle adjustment knob	M13*1.5P	1
12	adjustable U handle		1	42	handlebar foam		2
13	arm plate assembly		1	43	handlebar end cap	q32*2.0	2
14	philips screw	ST4.8*15	5	44	square end cap	32*32*1.5	1
15	M10*L70 hex screw	M10*L70	1	45	oval end cap		2
16	M10*L55 hex screw	M10*L55	4	46	oval tubing		6
17	M10*L25 hex screw	M10*L25	1	47	square tubing		1
18	M10*L25 hex screw	M10*L25	4	48	end cap		2
19	M10*L15 hex screw	M10*L15	14	49	knee pad		1
20	M8*L45hex screw	M8*L45	2	50	arm ped		2
21	M8*L15 hex screw	M8*L15	5	51	leveler		6
22	M10 nut	M10	4	52	roller		2
23	M10 nut white nylon	M10 white nylon	4	53	M10 nut cover	M10 nut	4
24	M8 nut white nylon	M8 white nylon	2	54	swing arm cover	q100*37	2
25	spring washer	q47	2	55	swing arm cover	q92*8	2
26	flat washer	OD30*ID11*T2.5	2	56	clamp cover	25*10*44	4
27	spring washer	q10	1	57	arc washer	q22*q8.5*1.5T	4
28	clamp	match q45*2.0	2	58	M10*L15 hex screw	M10*L15	12
29	lifted washer	q38*q10.5*q2	1	59	M8*L15 hex screw	M8*L15	4
30	bearing		2	60	spring washer	q20	2

ASSEMBLY OVERVIEW



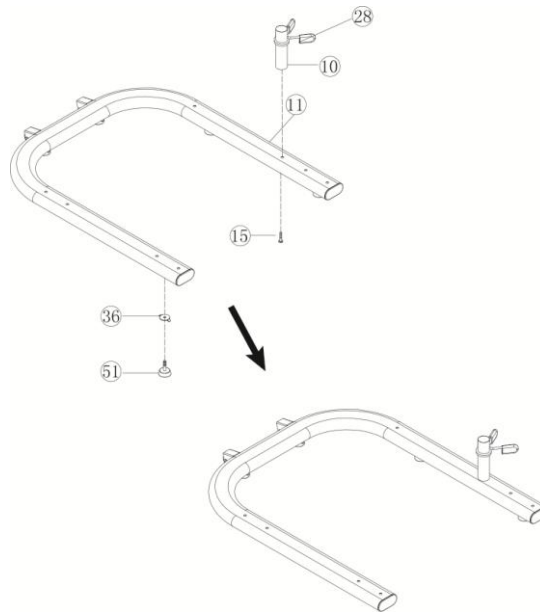
STEP BY STEP ASSEMBLY

IMPORTANT: Remove all parts from packing and inspect for damage.
Retain packing materials if possible.

STEP 1:

Attach Weight Storage Post to Bottom Frame.

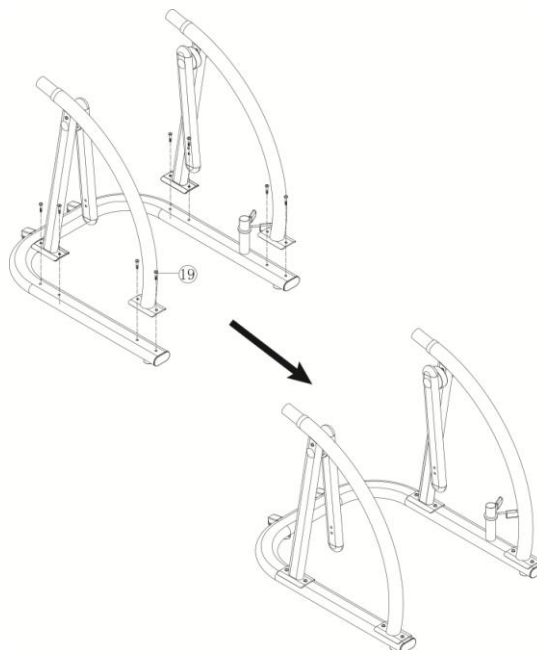
NOTE: Half-tighten all screws until assembly is complete.



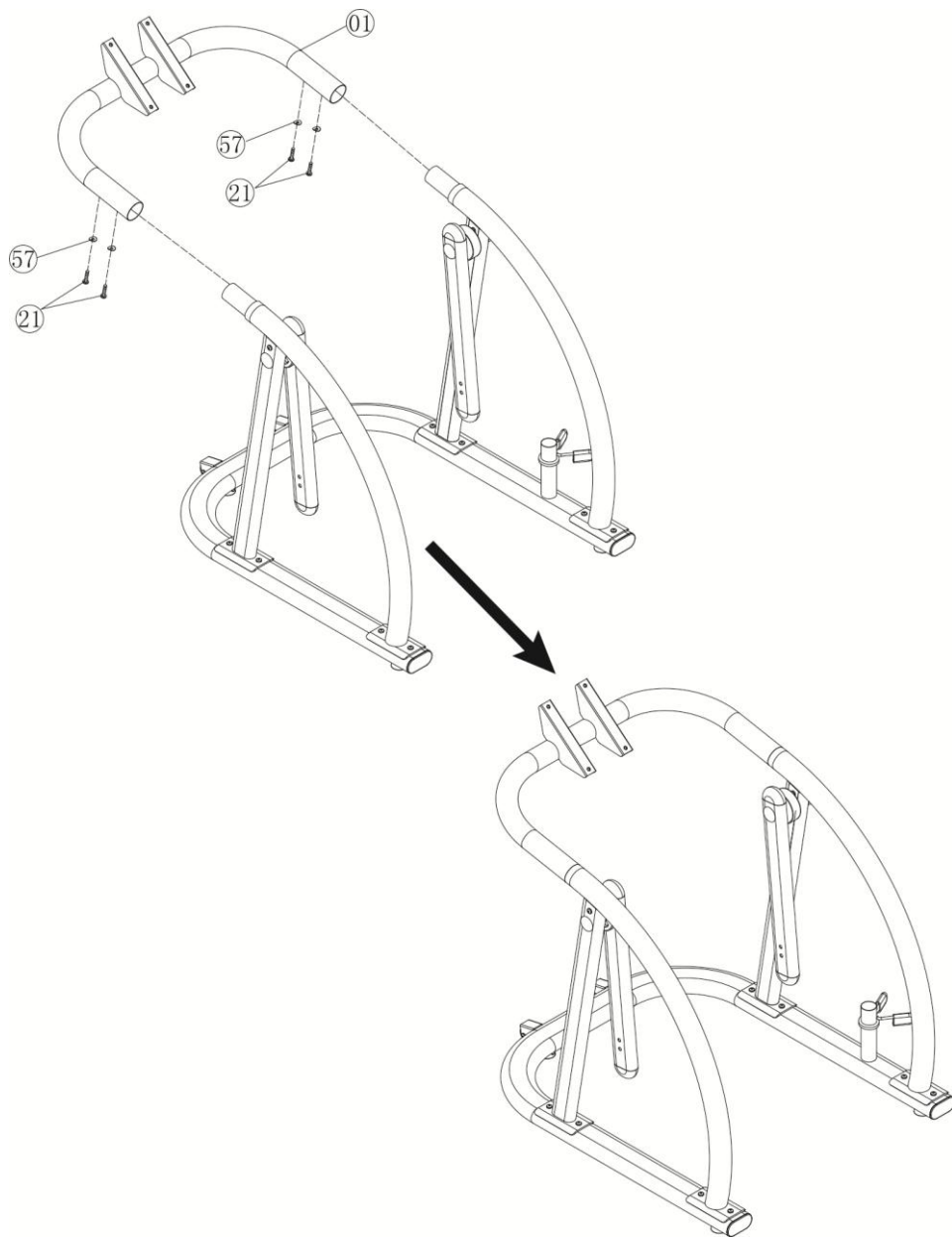
STEP 2:

Attach Side Frame and Swing Arm to both sides of Bottom Frame.

NOTE: Be sure to use correct size screws as indicated. Half-tighten all screws until assembly is complete.

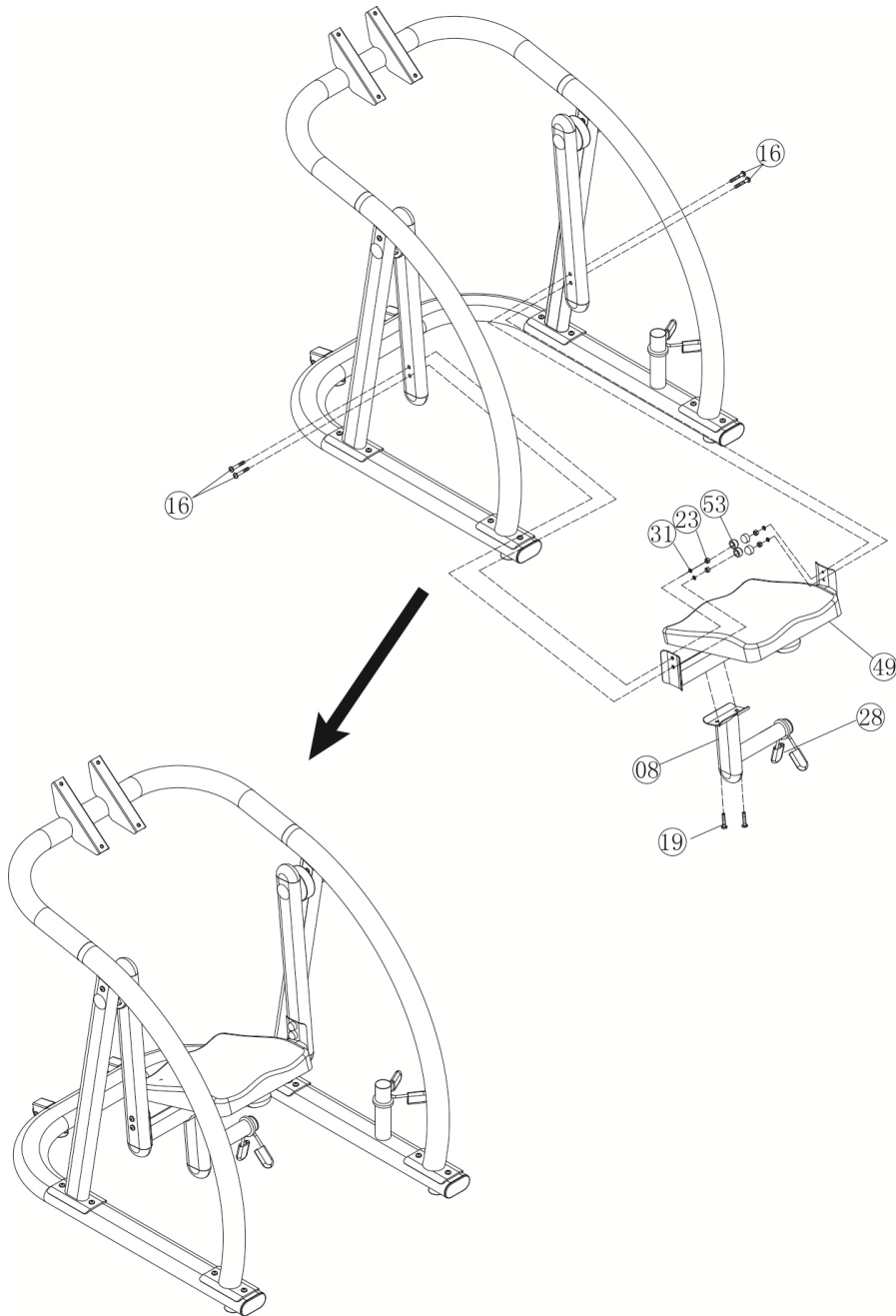


STEP 3: Attach Top Frame to both Side Frames.



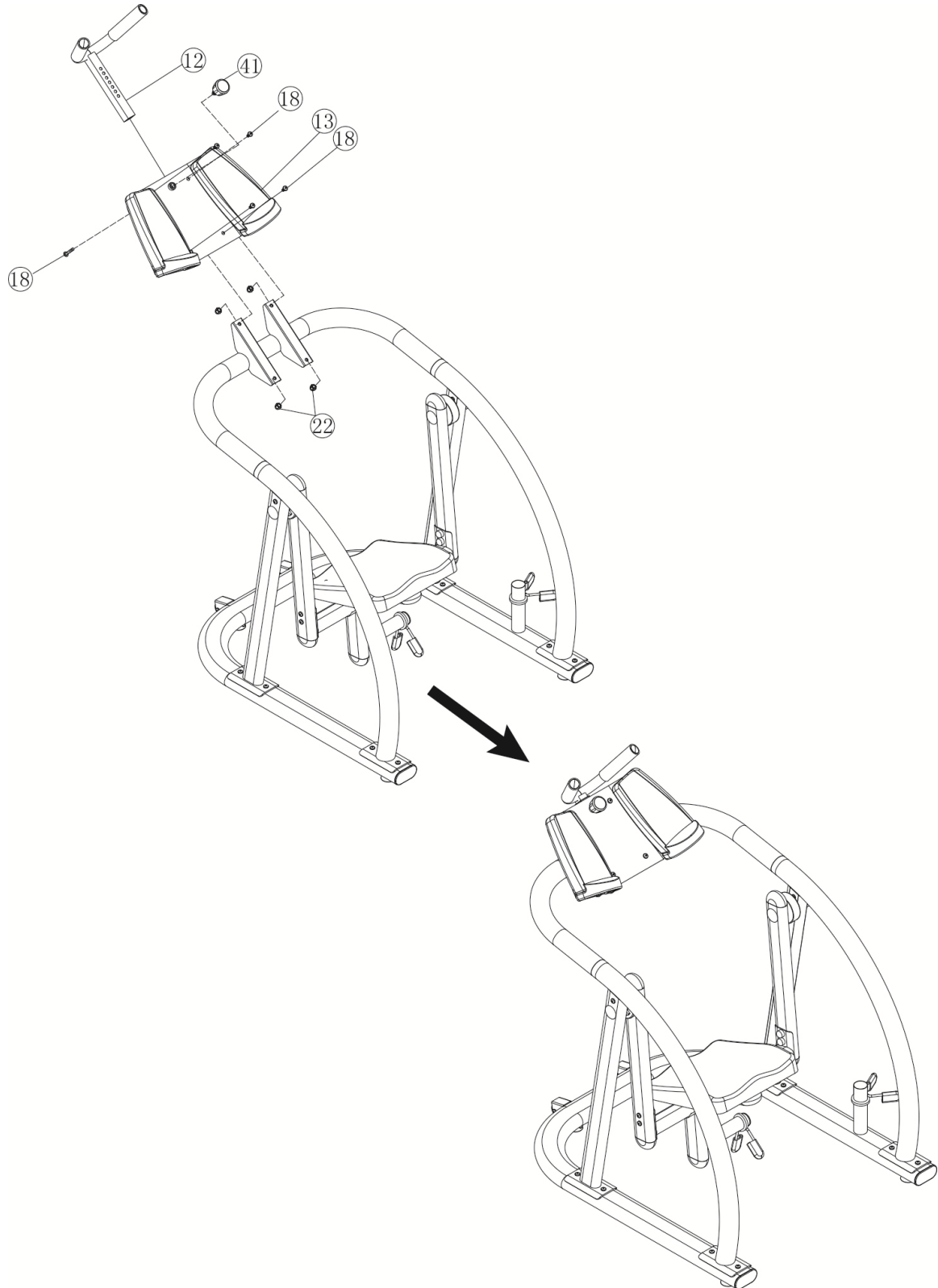
STEP 4:

Attach Weight Post to Seat and then attach Seat to both Swing Arms.



STEP 5:

Attach Arm Rest Console to Top Frame, and then attach Hand Grip to Arm Rest Console.



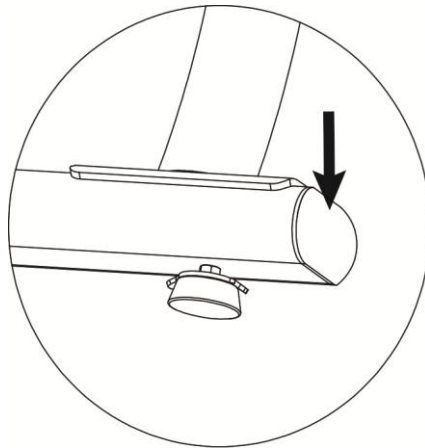


Adjustable Hand Grip

Insert Adjustable Hand Grip into slot as shown and attach with screw in back and secure with pop pin in front.

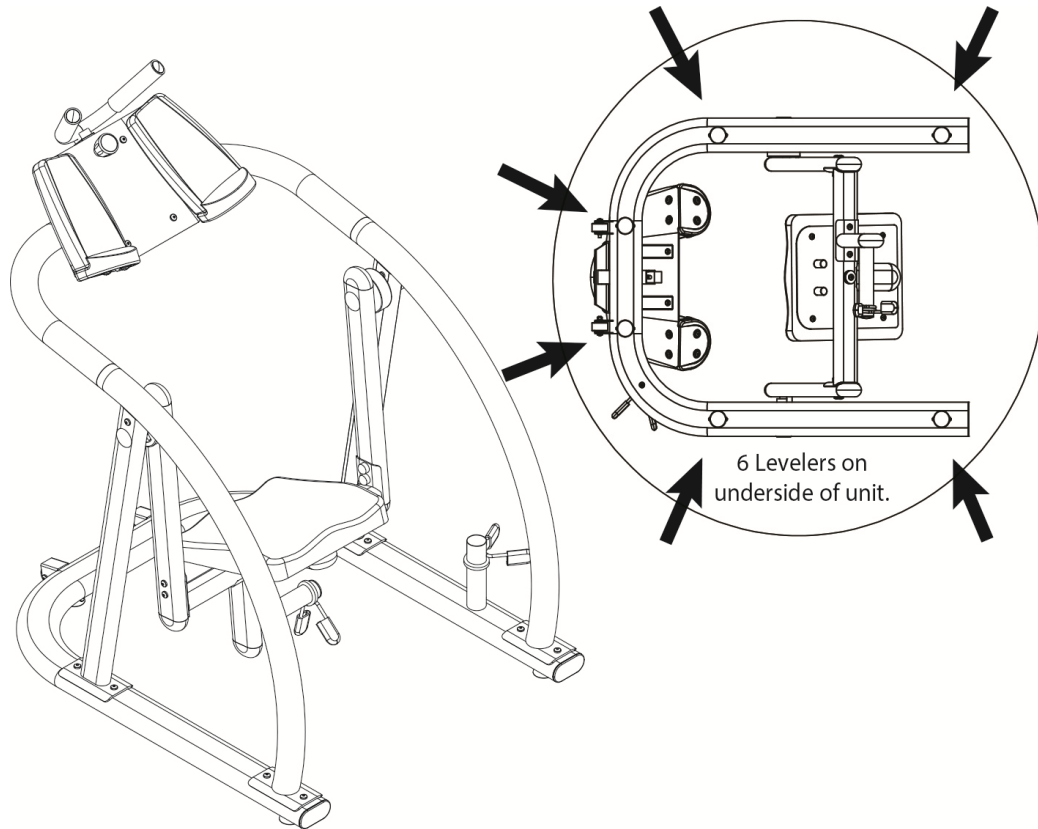
STEP 6:

Attach Plastic Covers.



STEP 7:

Use hex key tool to firmly tighten all screws. Be careful not to cross thread or overtighten screws. The assembly process is now complete. Adjust LEVELERS located under front and rear feet as needed.



WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Read all warnings and obtain proper instruction on use of this machine prior to using.
- Obtain a medical exam prior to beginning an exercise program.
- Keep head, limbs, fingers and hair clear of all moving parts.
- Inspect machine prior to use. Do NOT use if it appears damaged or inoperable.
- Do NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Use the machine only for intended use. Obtain instruction and DO NOT modify the machine.
- Children must not be allowed near this machine.
- Teenagers must be supervised in the use of this machine.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.