

AB CARVER® PRO



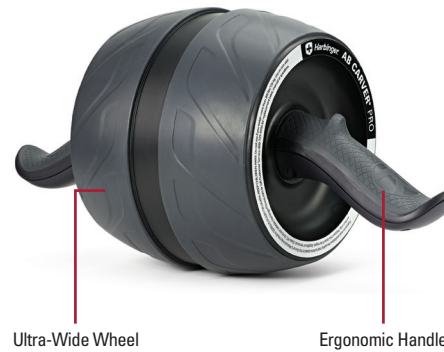
GETTING STARTED

Carve your core and sculpt your arms.

Kinetic Engine: The carbon steel spring turbo charges abdominal and arm workouts.

Ultra-Wide Wheel: Stabilizes movement to carve left, right, and center.

Performance Grips: Precision fit provides increased control.



The Harbinger® Ab Carver® Pro will carve your core and help you get ripped abs and sculpted arms. The Kinetic “Engine” provides resistance as you roll out and assistance when you roll back. The Ultra-Wide tread provides maximum stability. Ergonomic hand grips are angled to help activate your arm and core muscles.



⚠ 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 Carver Pro 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 caution when rolling out for the first time as you may roll out excessively. To protect against rolling out too far, place the Harbinger Ab Carver Pro 12 inches from a wall. Use the wall to block your movement and progressively move back as you build up your core strength. Use on a non-skid surface only.

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

3 RULES OF CARVE-ING

Quality not quantity:

- Proper form is critical for the best results
- Keep your eyes focused 1 foot in front of the Harbinger Ab Carver Pro
- Keep your elbows in
- Keep your core tight by pulling your navel toward your spine
- Keep your knees hip-width apart with your toes resting on the floor
- Try both hand positions and use the one that feels most comfortable to you

Learn your limits:

- Carving is an intense exercise, especially the first time you try it
- Use a wall as a backstop to learn your limits
- Start 12 inches away from a wall and slowly roll toward the wall, which will act as a safety barrier should you not be able to control the movement in the beginning
- It is not unusual to feel sore after your first carving workout as this is a tough exercise and it will take time to build up your core

Take it slow:

- Carving is not about speed, it's about slow and controlled muscle contractions
- Pace yourself – try 5 seconds out and 5 seconds back
- Moving slowly lets you focus on keeping proper form and getting results



Beginner



Intermediate



Advanced

VARIATION

Set up the movement as described in Carve Straight. To carve left or right, place more downward pressure on your left or right hand and allow the Ab Carver to tilt to your downward pressing hand. When done properly, only one rubber tread should have contact with the floor. As you carve left and right, allow your shoulders to tilt with the Ab Carver. This exercise will engage all four sets of your abdominals with emphasis on your right and left sides. Remember to take it slow and learn your limits safely.



CARVE STRAIGHT

Set up: Slowly lower yourself to floor in a kneeling position and place your hands on the Left and Right handles. Each handle has a large “L” or “R” to indicate proper placement of the Left(L) or Right(R) hand. The ergonomic handles are designed to support your thumbs in two different positions: on top (recommended for additional strength) or underneath. Keep your knees hip-width apart with your toes resting on the floor. Position the Harbinger Ab Carver Pro directly under your shoulders.

Movement: Slowly roll the Ab Carver away from yourself and keep your eyes focused 1 foot in front of the Ab Carver. As you extend your upper body, keep your core tight by pulling your navel toward your spine. Remember to take it slow. Return to the start position and use your arms and abdominals to pull yourself back.

Tip: This is an intense abdominal exercise, if you are just starting out, make sure to learn your limits (Follow the Rules of Carve-ing). Place the Ab Carver 12 inches away from a wall and slowly roll toward the wall. It will act as a safety barrier should you not be able to control the movement in the beginning.

CARVE YOUR CORE 21-DAY WORKOUT

The outlined workout is a 21-day training program to help you achieve a stronger core and sculpted arms. It is designed for all fitness levels from beginner to advanced. On Day 1 you will test how far you can carve. On Day 21 you will re-test and see how far you have come.

CUSTOMIZE YOUR WORKOUT

- Step 1** Use a wall or stationary object to determine how far you can carve from the starting position.
- Step 2** On day 1 perform 10 repetitions (reps) carving straight out - 5 carving left and 5 carving right. Follow the 21-Day workout to strengthen your core and arms.
- Step 3** On day 21 re-test your limit by moving in 6 inch increments away from the wall. Use your new limit as your baseline and repeat the 21-Day workout.



AB CARVER PRO WORKOUT GUIDE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	TEST YOUR LIMIT CARVE STRAIGHT 1 set of 10 reps CARVE LEFT 1 set of 5 reps CARVE RIGHT 1 set of 5 reps	OFF	CARVE STRAIGHT 3 set of 10 reps CARVE LEFT 3 set of 5 reps CARVE RIGHT 3 set of 5 reps	OFF	CARVE STRAIGHT 3 set of 10 reps CARVE LEFT 3 set of 5 reps CARVE RIGHT 3 set of 5 reps	OFF	CARVE STRAIGHT 3 set of 10 reps CARVE LEFT 3 set of 5 reps CARVE RIGHT 3 set of 5 reps
WEEK 2	OFF	CARVE STRAIGHT 3 set of 15 reps CARVE LEFT 3 set of 8 reps CARVE RIGHT 3 set of 8 reps	OFF	CARVE STRAIGHT 3 set of 15 reps CARVE LEFT 3 set of 8 reps CARVE RIGHT 3 set of 8 reps	OFF	CARVE STRAIGHT 3 set of 15 reps CARVE LEFT 3 set of 8 reps CARVE RIGHT 3 set of 8 reps	OFF
WEEK 3	CARVE STRAIGHT 3 set of 20 reps CARVE LEFT 3 set of 10 reps CARVE RIGHT 3 set of 10 reps	OFF	CARVE STRAIGHT 3 set of 20 reps CARVE LEFT 3 set of 10 reps CARVE RIGHT 3 set of 10 reps	OFF	CARVE STRAIGHT 3 set of 20 reps CARVE LEFT 3 set of 10 reps CARVE RIGHT 3 set of 10 reps	OFF	RE-TEST YOUR LIMIT CARVE STRAIGHT 1 set of 10 reps CARVE LEFT 1 set of 5 reps CARVE RIGHT 1 set of 5 reps