Safety – Please Read Before Exercising

IMPORTANT – Before starting any form of exercise program, consult your doctor or therapist.

This exercise is not advised for people with lower back problems or hernias.
If at any time during your exercise you experience discomfort or pain, stop the exercise immediately and consult your doctor.
Always warm up, cool down and stretch before and after exercising. This will help prevent straining muscles.

Product Registration
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Assembly Instructions

Parts:
A. Foam Handles x 2
B. Metal Axle x 1
C. Wheels x 2
D. Knee Pad x 1

1. Slide one of the handles (A) onto the metal axle (B)

2. Slide both of the wheels (C) onto the metal axle (B)

3. Slide the remaining handle (A) onto the metal axle (B)

4. Push the handles (A) together so that handles (A) and wheels (C) are a tight fit. Tip: Place the abdominal roller wheel vertically on the floor and push down on one of the handles.

5. To disassemble the roller wheel, firmly grip one of the handles (A) in one hand while pushing the wheel (C) with the other hand, this will push the other handle off the metal axle (B) and allow you to remove the wheels.

CSX Dual Abdominal Roller Wheel Information:
- The CSX Dual Abdominal Roller Wheel provides one of the best core and upper body toning exercises and is designed to strengthen and tone your abs, back, arms and shoulder muscles.
- It features smooth turning dual wheels with foam padded handles for stability, comfort and grip. A knee pad is included to protect your knees and allows you to exercise on any surface.
- The Abdominal Roller Wheel is light and portable so you can easily take it anywhere and workout.
Getting Started:

When using the CSX Dual Abdominal Roller Wheel for the first time start slowly and gradually progress as your core strength increases.

1. Start from a kneeling position to learn the correct technique and to gradually stress your abs, back and arm muscles.
2. Hold the ab wheel with both hands and place it on the floor in front of you so that you are in a kneeling push up position, place your toes on the floor and straighten your arms. This is your starting position.
3. Lift ribcage, expand chest, align hips with shoulders and push hips back slightly. The lower back should assume its natural curvature.
4. Using your abs, slowly roll the ab wheel forward in a straight line as you breathe in. Roll out only as far as the lower back can maintain its natural curvature.
5. After a pause at the stretched position, start pulling yourself back to the starting position using your abs and breathe out.

Tips:

- When using for the first time, don’t roll forward too far as it may be too difficult to roll yourself back. Experiment with different forward roll lengths to see which length allows you to roll yourself back using your abs.
- Go slowly and keep your abs tight at all times. Use your core to push you forward and roll you back.

Variations:

- You can also perform this exercise by rolling out to the left and right sides at a slight angle between 10 o’clock and 2 o’clock. Alternate between the left and right sides to work the oblique muscles.

Contact CSX

www.csxpro.com/contactus