

AB-EZE

TARGET YOUR CORE | LAUNCH YOUR LIFE

INSTRUCTION BOOKLET



AB-EZE

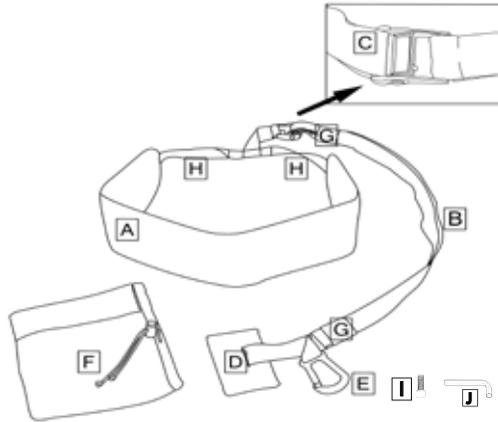
TARGET YOUR CORE | LAUNCH YOUR LIFE

INSTRUCTION MANUAL FOR AB-EZE

Thank you for purchasing the new AB-EZE Suspension Trainer (“AB-EZE”). AB-EZE is a product owned and sold by Mukti Life, LLC (the “Company”). AB-EZE is a smart, new way to strengthen your core. The revolutionary design supports your body against gravity to strengthen your core and activate the muscles of your abs, back, glutes, and legs. Intensity changes by pressing the cam buckle to lengthen or shorten the strap. Change your body position to quickly switch between movements that will improve strength, flexibility, balance, stability, and endurance. AB-EZE attaches to any sturdy door or fixed point conveniently turning your home, office, dorm, hotel room, or outdoor space into your personal gym. AB-EZE is lightweight and fits compactly into its matching pouch making it portable and easy to store between uses.

PARTS

- support pad (A)
- suspension strap (B)
- cam buckle (C)
- door anchor (D)
- carabiner (E)
- pouch (F)
- strap sleeve (G)
- side straps (H)
- carabiner screw (I)
- allen wrench (J)



PARTS NOT INCLUDED BUT REQUIRED FOR INSTALLATION:

2x4 piece of lumber minimally 8" wider than door frame to place feet against
Horizontal bar (if using as a strap wrap anchor method)

Hardware for fixed carabiner anchor installation such as steel eye bolts and aerial yoga anchors

****fixed anchor installation should be performed by a licensed contractor****

SAVE THESE INSTRUCTIONS!!!

CAUTION: Follow these instructions carefully when installing the AB-EZE and hire a licensed contractor for installation of the fixed carabiner anchor

SET UP

Door Anchor

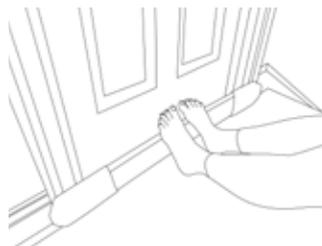
1. Select a sturdy door that opens away from user with enough clearance to perform the desired exercises. Suggested height of anchor point is at least 6-9 feet off the ground or approximately 1 foot above user's head.
 2. Push open the door and lay the anchor pillow over the top of the door so that it is on the opposite side of the door from AB-EZE.
 3. Close and lock the door. Be sure AB-EZE is hanging on the "outer" side of the door so that it pulls the door closed while in use.
 4. Place door hanger or other sign on opposite side door knob to alert others not to open the door.
 5. Place a 2"x4" piece of lumber (not included) along floor that is minimally 8" longer than the width of the door opening for user to place feet against. Socks or other covering can be used to cover board ends to lessen the likelihood of damage to door frame.
 6. Weight test AB-EZE prior to work out and every time strap length is adjusted by pulling on the strap and slowly leaning on support pad. If there is any give, repeat step until it is secure.
 7. User is to place feet on board rather than against the door.
- *User is responsible to check whether chosen door and door frame were properly installed and secured. User is solely responsible for any damage to door or door frame.



Door opens away from user.
Right side of door.



Wrong side of door



Place feet against board, not door. Use socks on ends of boards to avoid damage to door frame.

ADJUSTING STRAP LENGTH

To adjust the length of the exercise strap, press the tab on the cam buckle. Once cam buckle is depressed, either pull down on buckle to lengthen the strap or pull up on the end of the strap to shorten.

*Do not touch cam buckle or adjust strap length when leaning on support pad. If you do, it will release the buckle causing the strap to lengthen and resulting in the user falling to the ground which may cause physical injury.



Press cam buckle and pull strap to lengthen or shorten.



Do NOT touch cam buckle while leaning onto support pad.



POSITIONING THE SUPPORT PAD

Upper Back

User faces anchor point.

Pad is positioned around upper back under armpits.

Back Hips

User faces anchor point with feet against vertical surface.

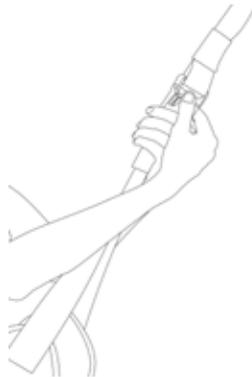
Pad is positioned at hip level, not around lower back or back of thighs. Do not sit on pad. It can cause the strap to dislodge from the wall or door resulting in bodily injury.

User can hold side straps to increase stability.

*Placing support pad too low will cause user to become top heavy and may result in fall or injury.



Correct: Place support pad around hips. Hold in place until you are comfortable. You can hold strap for stability but **DO NOT TOUCH CAM BUCKLE WHILE LEANING ON PAD.**



Incorrect: Do not sit on pad. Placing pad too low will result in being top heavy and may result in falling.

Incorrect: Do not touch cam buckle while leaning onto support pad

Front Hips

User faces away from anchor point with feet against vertical surface.

Pad is positioned at hip level, not around belly or front of thighs. Do not sit on pad. It can cause the strap to dislodge from the wall or door resulting in bodily injury

*Placing support pad too low will cause user to become top heavy and may result in fall or injury.



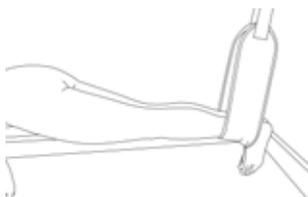
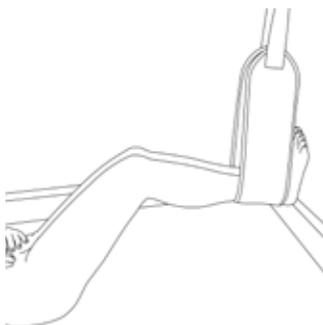
Correct: Place support pad around front of hips. Hold in place until you are comfortable.



Incorrect: Placing pad too low will result in being top heavy and may result in falling.



Incorrect: Do not position pad around belly.



Place support pad around front or backs of ankles.

Ankles

User sits facing anchor point to place backs of ankles onto support pad.

User kneels facing away from anchor point to place fronts of ankles onto support pad.

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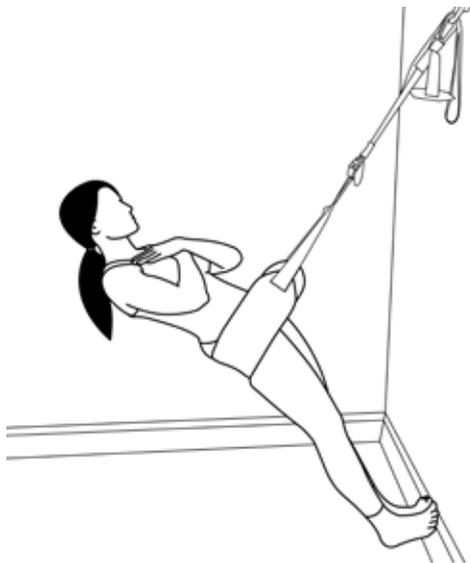
CAUTION: AB-EZE is designed to be used in conjunction with only the exercises described in this Manual and those exercises which are available to users through the membership subscription package offered by the Company. These are the only exercises you should do with the AB-EZE. Failure to adhere to these exercises may result in injury. Always make sure your AB-EZE device is properly installed before use. Do not over exert yourself and seek advice from a medical professional before commencing exercising with the AB-EZE.

Video tutorials for these exercises and workouts are found on www.ab-eze.com. Please view these video tutorials in full before attempting to perform any exercises using the AB-EZE equipment.

ABS

1. Total Crunch

The total crunch targets the entire abdominal wall. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point, position the AB-EZE support pad around your hips, and place your feet against the wall. Tap the surface of your stomach to activate the muscle fibers and improve your mind/body connection. Inhale as you lean back and exhale as you perform the crunch. When you exhale, concentrate on contracting the stomach muscles as you decrease the space between your lower ribs and your hip bones. Keep your shoulders relaxed away from ears.



2. Twist

The twist targets the entire abdominal wall. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point, position the AB-EZE support pad around your hips, and place your feet against the wall. Keep your hips square to the wall in front of you while you twist your torso side to side. Concentrate on contracting the stomach muscles throughout the twisting movement. Exhale twist, inhale center, exhale twist. Keep your shoulders relaxed away from ears.



3. Oblique

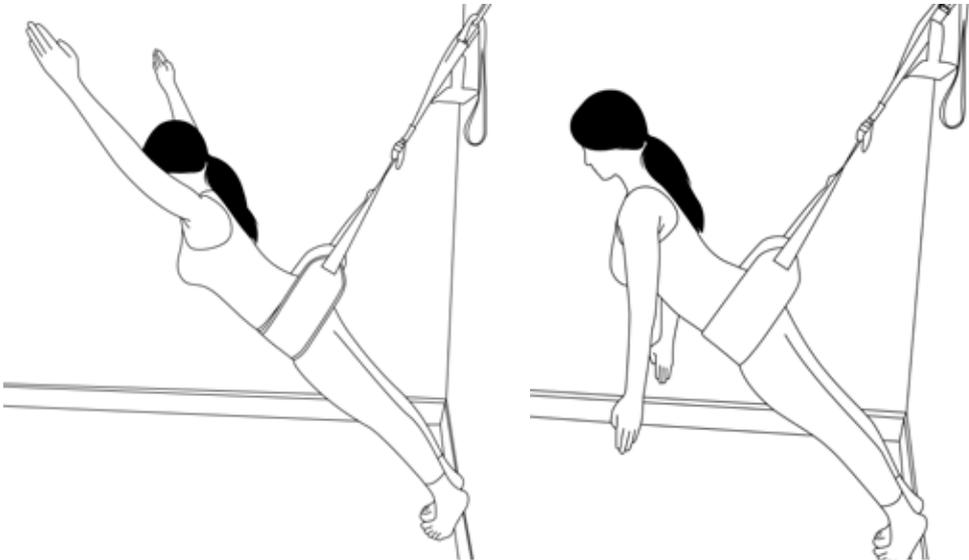
The oblique exercise targets the oblique muscles of your abdominal wall. Rub your fingertips up and down your stomach between your ribs and hips to activate the oblique muscles and improve mind/body connection. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point positioning the AB-EZE support pad around the level of your hips with your hips facing toward one side. Place one foot against the wall and the other foot steps back onto the floor. If you are facing to the right, the support pad is around the right hip, and the right foot steps back. Inhale as you lean back and exhale as you perform the crunch. When you exhale, concentrate on contracting the stomach muscles as you decrease the space between your lower ribs and your hip bones. Keep your shoulders relaxed away from ears.



BACK

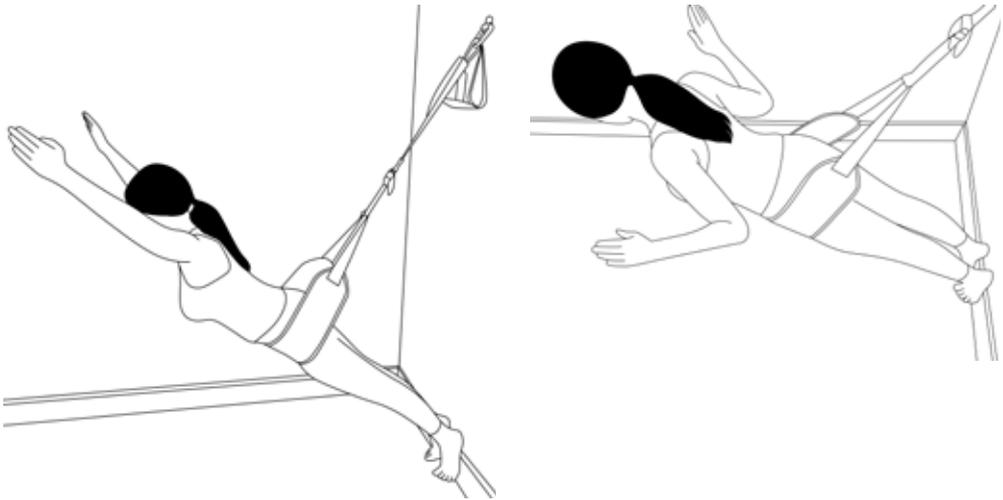
1. High V

The high V improves shoulder and back strength. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the AB-EZE support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Alternate raising your arms into a high V position and then lowering them along your sides. Be careful to raise your arms without shrugging your shoulders. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin.



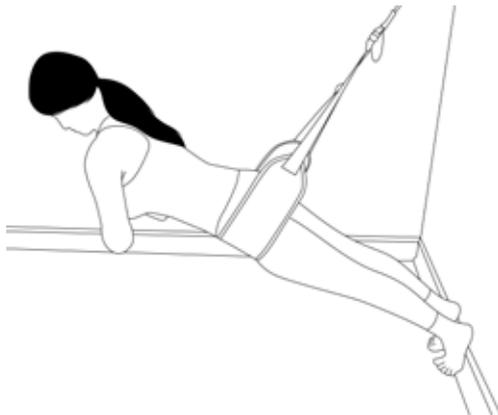
2. Swimmer

The swimmer strengthens your back and improves your posture. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the AB-EZE support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Raise arms into a high V position with palms facing down, then pull elbows down to waist and shoulders away from ears. Relax your arms down then start again. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin.



3. Cobra

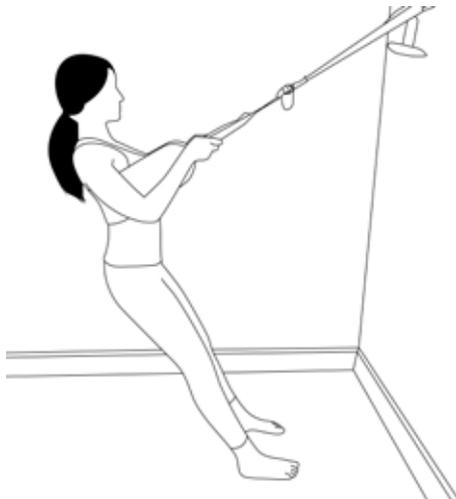
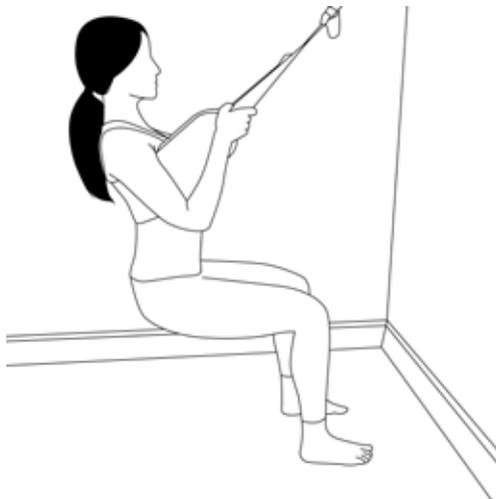
Cobra strengthens muscles that support your spine. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the AB-EZE support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Lift chest and arch back by contracting back muscles. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.



GLUTES/LEGS

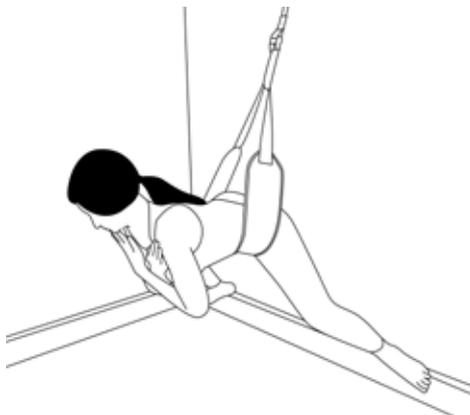
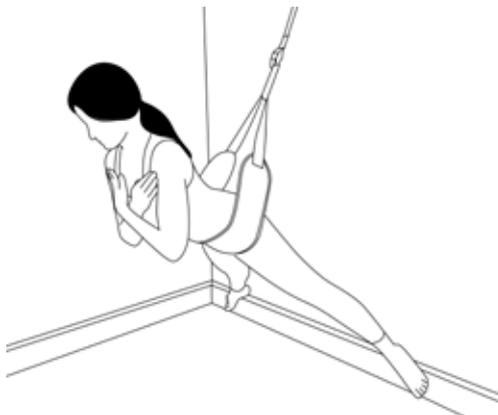
1. Basic Squat

The basic squat strengthens your glutes and legs. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face the anchor point positioning the AB-EZE support pad around your upper back. Lean onto the pad and sit down until your hips are the same level as your knees. In this sitting position, walk your feet toward the wall until your ankles are directly under your knees and your thighs are parallel to the floor. Be sure that your knees are not too far forward over your toes. The correct position is 90/90/90 meaning 90 degree angle at fronts of ankles, backs of knees, and front of hips. Keep your feet parallel with each other. Find equal pressure in big toes, little toes, and heels. Push down through your heels to straighten your legs. Squeeze the fronts of your thighs when your legs are straight.



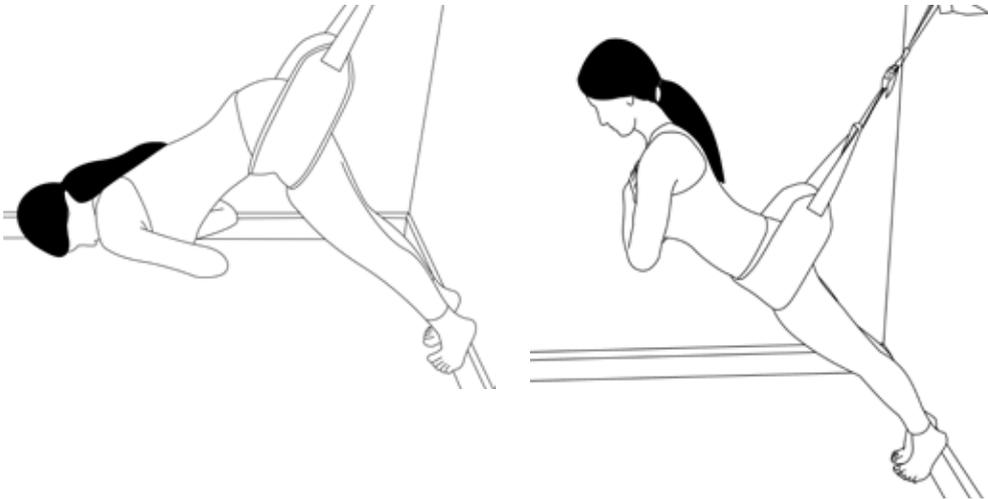
2. Plie Squat

The Plie squat strengthens your buttocks and legs. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the AB-EZE support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Separate your feet into a wide stance. Alternate bending your knees and straightening your legs. Push down through your heels to straighten your legs and squeeze the fronts of your thighs and rear end when legs are straight. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.



3. Hip Hinge

The hip hinge will strengthen and firm your glutes. Adjust the length of the suspension strap by pressing the cam buckle before putting any weight onto the support pad. Face away from the anchor point, position the AB-EZE support pad around the front of your hips, lean onto the pad, and walk your feet back to the wall for support. Start with your body in a straight line from your heels to head. Lower your chest down toward the floor by hinging at your hips, not by rounding your back. You may bend your knees especially if your hamstrings feel tight. Concentrate on squeezing your buttock muscles to return to a straight body body position. Have a downward gaze and keep neck long. Avoid pinching the back of your neck by lifting your chin. Hold pad at hips to keep it from slipping up around belly.



Workouts

Total Tone

Total Crunch x 10 reps

High V x 10 reps

Basic Squat x 10 reps

Chiseled Cheeks

Hip Hinge x 10 reps

Plie Squat x 10 reps

Basic Squat x 10 reps

Ultimate ABS

Total Crunch x 10 reps

Oblique x 10 reps

Twist x 10 reps



We recommend that users join our online community, The LOOP, by purchasing a membership subscription from our website at www.ab-eze.com.

By joining The LOOP, a user shall have access to additional exercise tutorials and workout videos along with strategies for success, interactive member forum, and connected support with the creator of AB-EZE.

Refer to www.ab-eze.com for exercise tutorials and to view exercise and workout videos

CAUTION: Failure to abide by the instructions in this Manual could result in physical injury. We highlight a few major ways the AB-EZE can be misused but advise you to read the Manual in its entirety.

- user may hold suspension strap to increase stability but DO NOT touch cam buckle while performing exercises or with any weight on the support pad.
- placing feet together or standing on one foot decreases stability - feet apart increases stability.
- raising arms changes center of gravity
- no swinging, no children, no pets.
- no dumbbells, barbells, kettle bells, ankle/wrist weights, weight vest, or any other type of additional weights while using AB-EZE



To the extent permitted by law, USER EXPRESSLY AND VOLUNTARILY ASSUMES THE RISK OF PERSONAL INJURY SUSTAINED WHILE USING THE AB-EZE EQUIPMENT AND EXERCISES, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER FAULT OF THE COMPANY, AB-EZE, any of its subsidiaries or other affiliates and any of their respective officers, directors, employees, members, agents, successors and assigns. the Company, members, .. User agrees to consult with his/her personal physician before participating in any of these exercises using the AB-EZE device. User shall read, understand, and follow specific warnings and instructions found in this Manual and on the video tutorials before using AB-EZE. Additionally, by using the AB-EZE device, user agrees to indemnify, defend and hold Company harmless from any third party claims arising from the user's use of the AB-EZE device. User shall save this Manual for reference.

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WWW.AB-EZE.COM