

# IRON GYM™ AB STRAP INSTRUCTIONS

Before beginning any exercise on the IRON GYM™ be sure to consult your physician.

This equipment is not for use by children. To prevent serious injury, keep the IRON GYM™ and all fitness equipment out of reach of children.

Make sure that your IRON GYM™ is securely assembled and placed correctly on the door frame before using this product.

## HOW TO USE:

Perform the exercises slowly in a controlled and fluid manner. When beginning any new workout regimen it is important that you ease into the exercise. Begin with short sessions and slowly increase the number of repetitions with continued use.

1. Attach the IRON GYM™ Ab Straps on the handle bars in the desired location. The straps can be placed on the "Arched Bar Grips" or on the "Inner/Outer Bar Grips".

**NOTE: Make sure the IRON GYM™ Ab Straps are securely attached to the desired location before beginning your workout.**

2. Be sure that there is enough space for your hands to comfortably grip the handle bars. Your forearms should be in a vertical position and at least shoulder width apart.
3. Tighten your abdominal muscles and inhale as you lift your legs in a controlled motion. Bring knees up toward chest until they form a 90° angle with upper body. Slowly exhale as you lower your legs maintaining your tightened abdominals.
4. When finished, place feet back on the ground and remove arms from the IRON GYM™ Ab Straps.

