



AB ROLLER KIT

Quick Guide

SP0340

Thank you for purchasing ODOLAND AB wheel roller kit. Please refer to this quick guide before use. This kit is especially designed for body building and aims at providing people an easier way to keep fit and healthy.

How to Assemble

AB WHEEL ROLLER



Put the steel bar into hole of one wheel.

Step 1



Connect the plastic ring with steel bar.

Step 2



Put the steel bar into hole of another wheel.

Step 3



Plug the 2 handles into the steel bar.

Step 4

PUSH UP BAR



Plug the handles into one of the base.

Step 1



Plug the handles into another base.

Step 2



Follow the above steps and finish another bar.

Step 3

JUMP ROPE



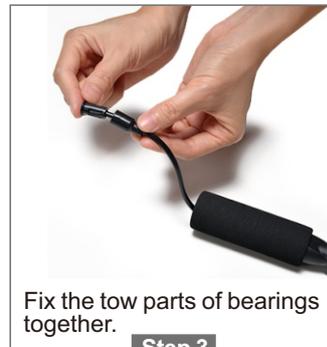
Pull out the lid of handle.

Step 1



Adjust the length of rope and cut it off.

Step 2



Fix the two parts of bearings together.

Step 3



Put the lid back to handle.

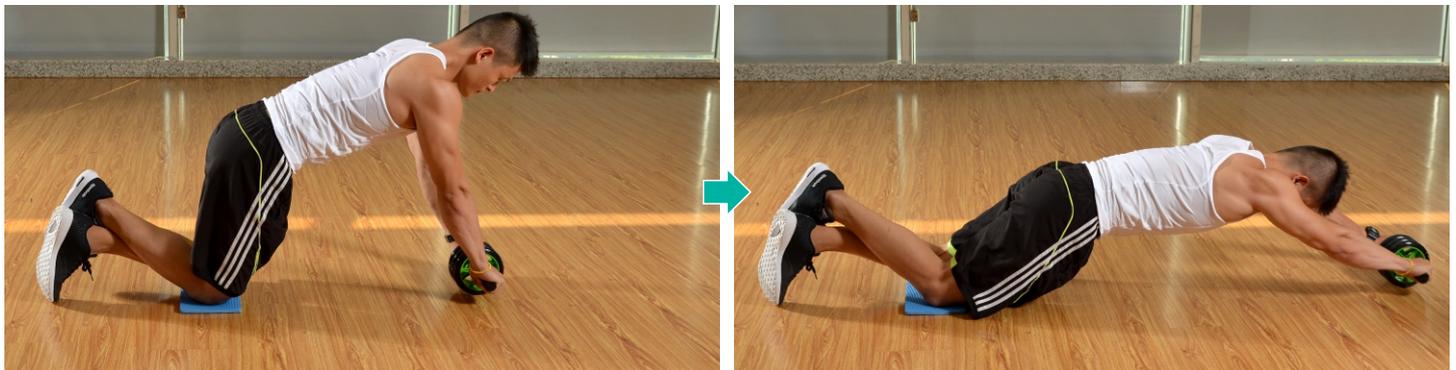
Step 4

Part 1 AB Roller —Core Training

1 Kneeling Front Stretch

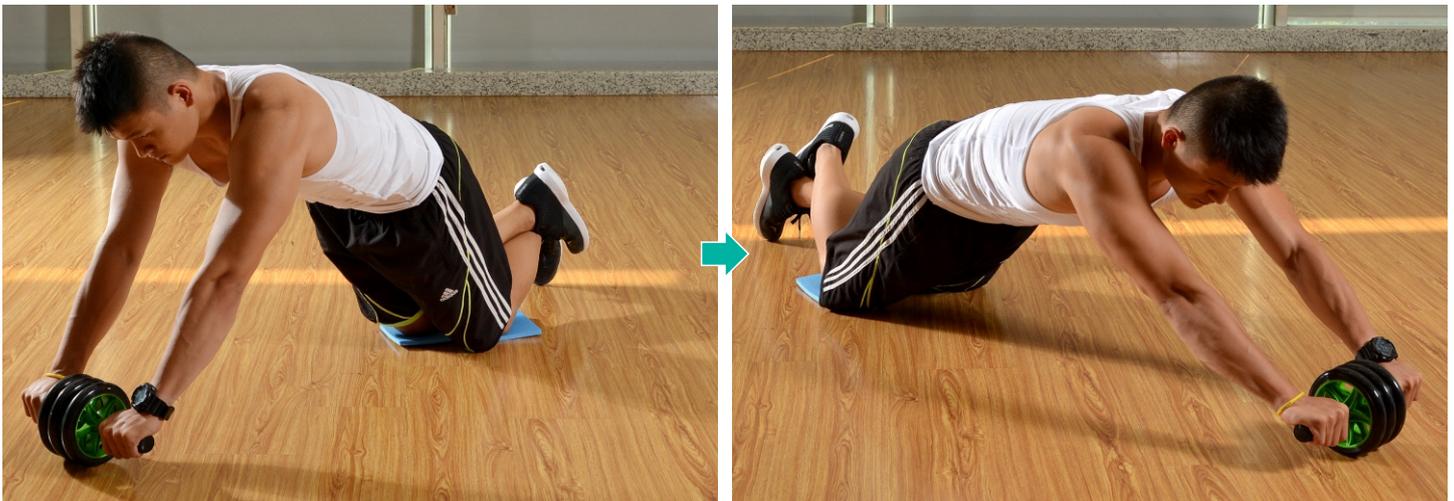
- A. Place the ab roller on the ground in front of you and kneel on the floor with your knees on the knee pad. Bend forward slightly with your arms extended and firmly grasp the handles of the ab roller. You can have your legs either straight out or crossed at the ankles.
- B. Clench your abs and slowly roll the ab roller straight forward, stretching your body into a straight position. Go down as far as you can without letting your body touch the ground.
- C. Hold for 2-3seconds and slowly return to the starting position. Keep your abs tight at all times.
- D. Repeat for desired number of reps.

Caution: This exercise is not advised for people with lower back problems or hernias.



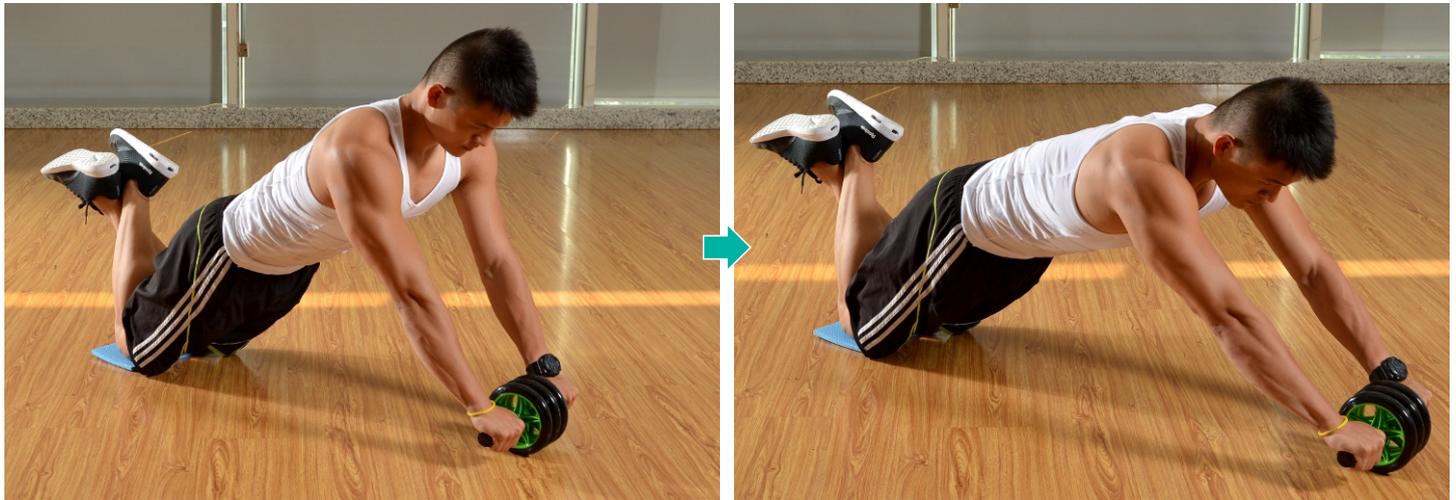
2 Kneeling Side Stretch

- A. Place the ab roller on the ground in front of you and kneel on the floor with your knees on the knee pad. Bend forward slightly with your arms extended and firmly grasp the handles of the ab roller. You can have your legs either straight out or crossed at the ankles.
- B. Clench your abs and slowly roll out the ab roller to the front towards your left. Go down as far as you can without your body touching the ground. Hold for 2-3 seconds and slowly return to starting position.
- C. Then, slowly roll out to the front towards your right. Go down as far as you can without your body touching the ground. Then return to starting position.
- D. Repeat for desired number of reps.



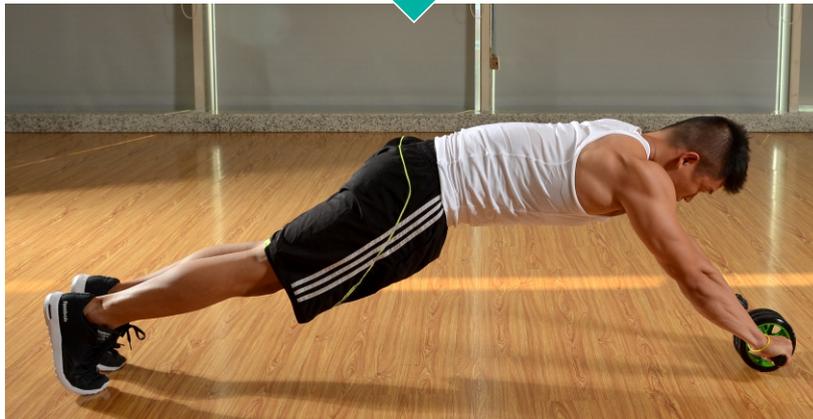
3 Advance Kneeling Front Stretch

- A. Take the same starting position as in 'Kneeling Front Stretch' so that your hands are grasping the ab roller wheel handles and your knees are on the knee pad.
- B. Now, lift up your legs so that your feet are off the ground.
- C. Clench your abs and slowly roll the ab roller straight forward and go down as far as you can without your body touching the ground.
- D. Hold for a while. Then return to starting position. Go slowly and keep your abs tight at all times.
- E. Repeat for desired number of reps.



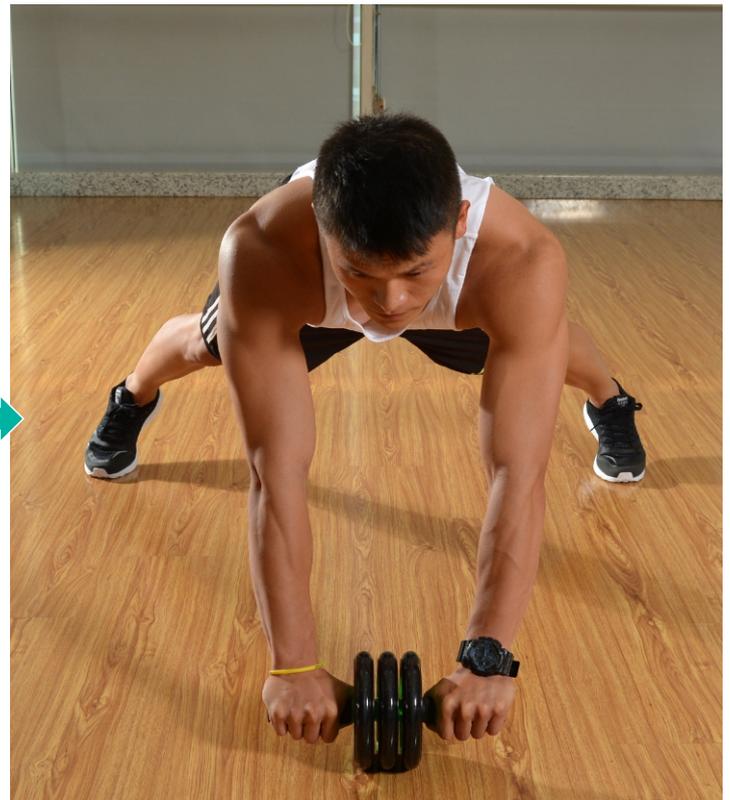
4 Plank Roll Out

- A. Hold the ab roller with both hands and place it on the ground beneath your shoulders. Keep arms straight and bring your body to a plank position.
- B. Slowly roll the ab roller straight forward, stretching your body into a straight position. Go down as far as you can without your body touching the ground.
- C. Hold for a while, and slowly return to starting position.
- D. Repeat for desired number of reps.



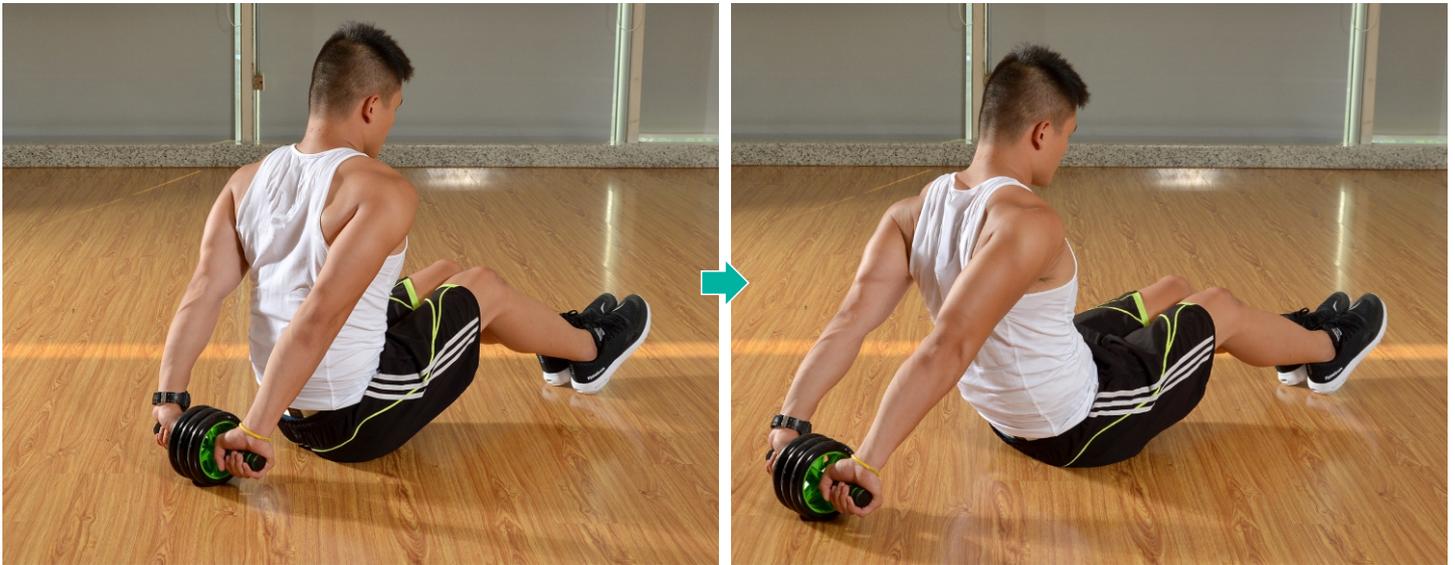
5 Standing Front Stretch

- A. Hold the ab roller in both hands and stand with your feet about twice shoulder width apart.
- B. Bend forward at the hips, keeping your back flat and feet straight, and place the roller on the ground in front of you.
- C. Slowly roll out the ab roller straight forward as far as you can without your body touching the ground.
- D. Then slowly return to starting position.
- E. Repeat for desired number of reps.



6 Back Side Stretch

- A. Sit on the ground with knees slightly bend in front of you. Place the ab roller behind you and grasp the handles firmly.
- B. Slowly roll the ab roller away from you as far as you can without your upper body touching the ground.
- C. Then slowly return to starting position.
- D. Repeat for desired number of reps.



7 Front Side Stretch

- A. Sit on the ground with feet set about twice shoulder width apart. Hold the ab roller with both hands and place it in front of you.
- B. Slowly roll the roller toward the front as far as you can without upper body touching the ground, while lower body remains in place.
- C. Slowly return to starting position.
- D. Repeat for desired number of reps.



8 Leg Extension

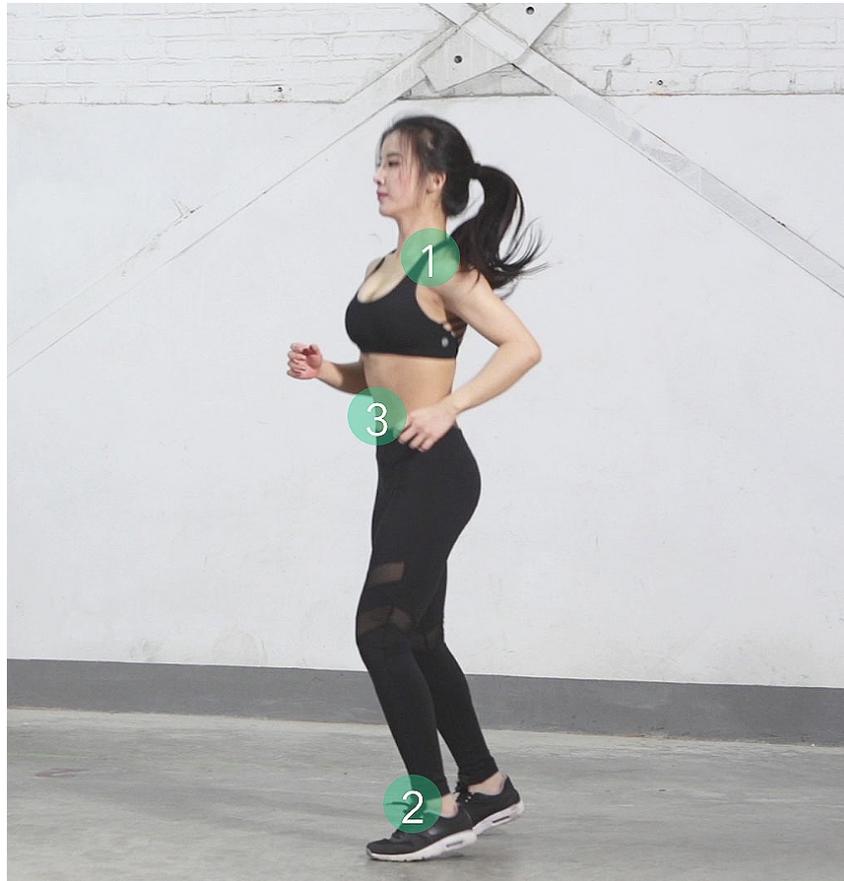
- A. Sit on a bench or folded blanket the same height as the roller's diameter. Place your feet on each side of the ab roller handles.
- B. Slowly roll the ab roller forward until your legs are totally straight.
- C. Then return to starting position.
- D. Repeat for desired number of reps.



Part 2 Jump Rope—HIIT Training

1 Warm-up Jump

- A.** Relax your shoulders and keep elbows bend at the sides of your body. Jump at an easy pace to warm up. Meanwhile keep your waist and abs contracted and breathe freely.
- B.** Do for 15 seconds.



2 High Knees (no rope)

- A. Stand with back straight, abs contracted, arms bend at the elbows, and eyes looking at the front.
- B. Raise one knee up as high as you can while swinging your opposite arms forward. Repeat with the other knee. Keep breathing normally.
- C. Do for 15 seconds.



3 Standard Jump

Set up: Stand with your feet about hip-width apart. Take a handle in each hand and position the rope behind your heels. Bend your elbows to about a 90-degree angle.

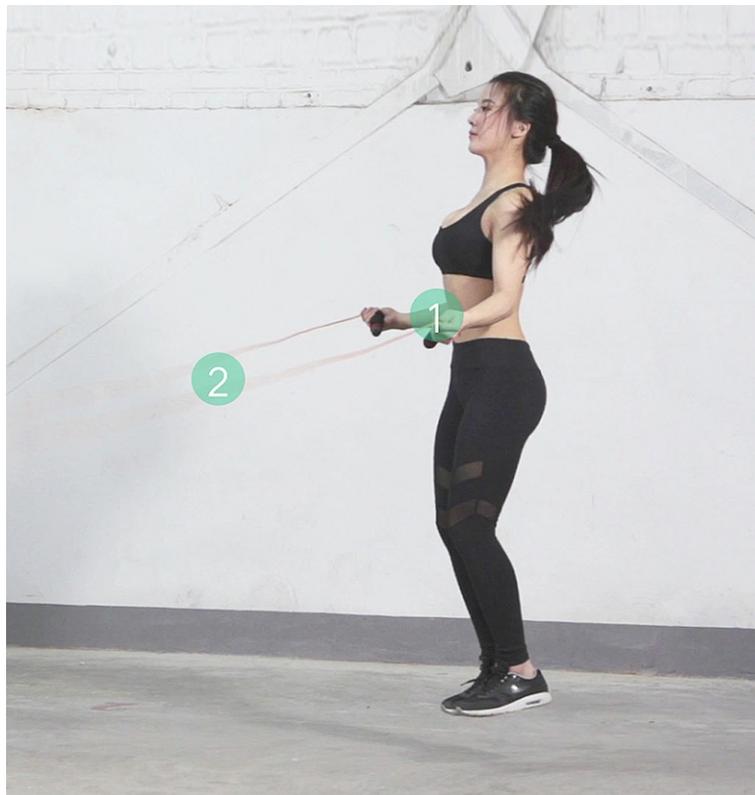
- A. Swing the rope up behind you, over your head to the front, and down toward the floor.
- B. As the rope approaches the floor, jump to let it pass under your feet. Land lightly on the floor, then repeat.
(Jump for 1 – 1.5 reps per second.)
- C. Do for 30 seconds.



4 Reverse Standard Jump

Set up: Stand with your feet about hip-width apart. Take a handle in each hand and position the rope in front of your toes. Bend your elbows to about a 90-degree angle.

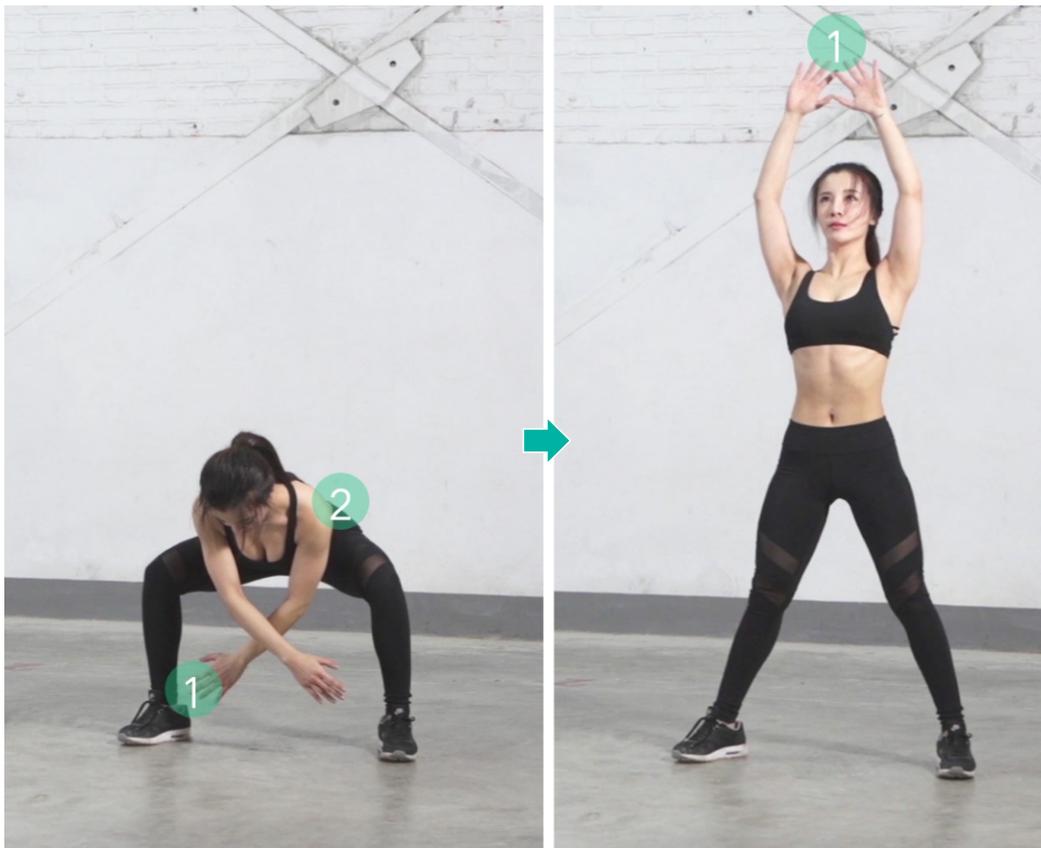
- A. Swing the rope up in front of you, over your head to the back, and down toward the floor.
- B. As the rope approaches the floor, jump to let it pass under your feet. Land lightly on the floor, then repeat.
(Jump for 1 – 1.5 reps per second.)
- C. Do for 30 seconds.



5 Repeat steps 4 and 5

6 Whole-Body Relax

- A. Stand with legs a bit more than hip-width apart and take a deep breath. Exhale slowly as you go down to a squat with your left hand touching your right toes and your right hand touching your left toes.
- B. Inhale and gradually stand up with hands moving over your head. You will feel your back and the back side of your thighs extending.
- C. Do for 3 reps.



7 Standard Jump

Set up: Stand with your feet about hip-width apart. Take a handle in each hand and position the rope behind your heels. Bend your elbows to about a 90-degree angle.

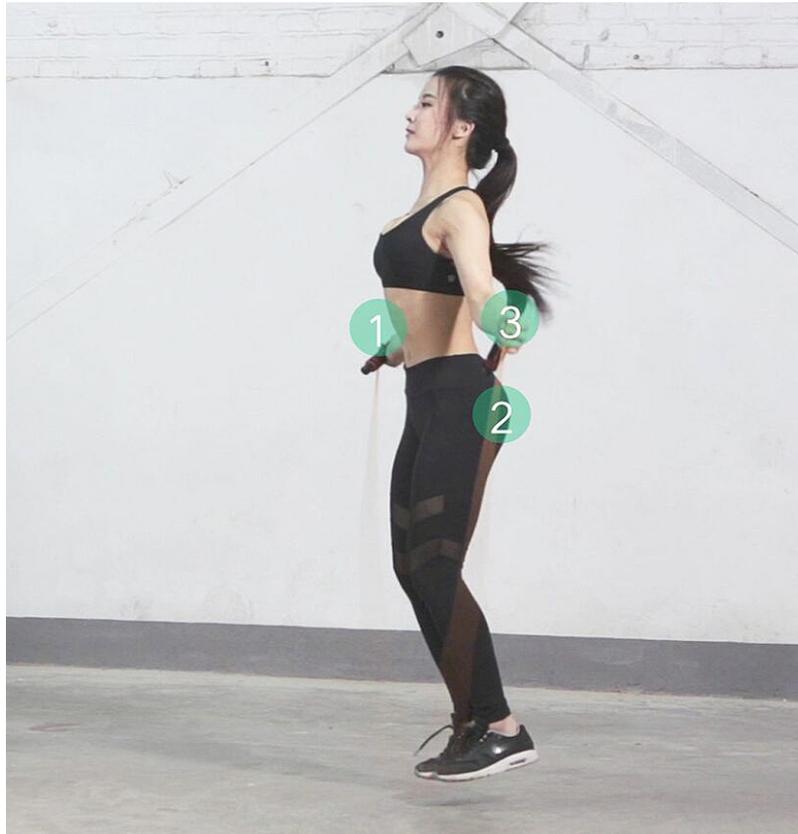
- A. Swing the rope up behind you, over your head to the front, and down toward the floor.
- B. As the rope approaches the floor, jump to let it pass under your feet. Land lightly on the floor, then repeat.
(Jump for 1 – 1.5 reps per second.)
- C. Do for 40 seconds.



8 Fast Standard Jump

Set up: Stand with your feet about hip-width apart. Take a handle in each hand and position the rope behind your heels. Bend your elbows to about a 90-degree angle.

- A. Swing the rope up behind you, over your head, and down toward the floor.
- B. As the rope approaches the floor, jump to let it pass underfoot. Land lightly on the floor, then repeat. (Jump for 2 or more reps per second.)
- C. Do for 20 seconds.



9 Repeat steps 7 and 8

10 Whole-Body Relax

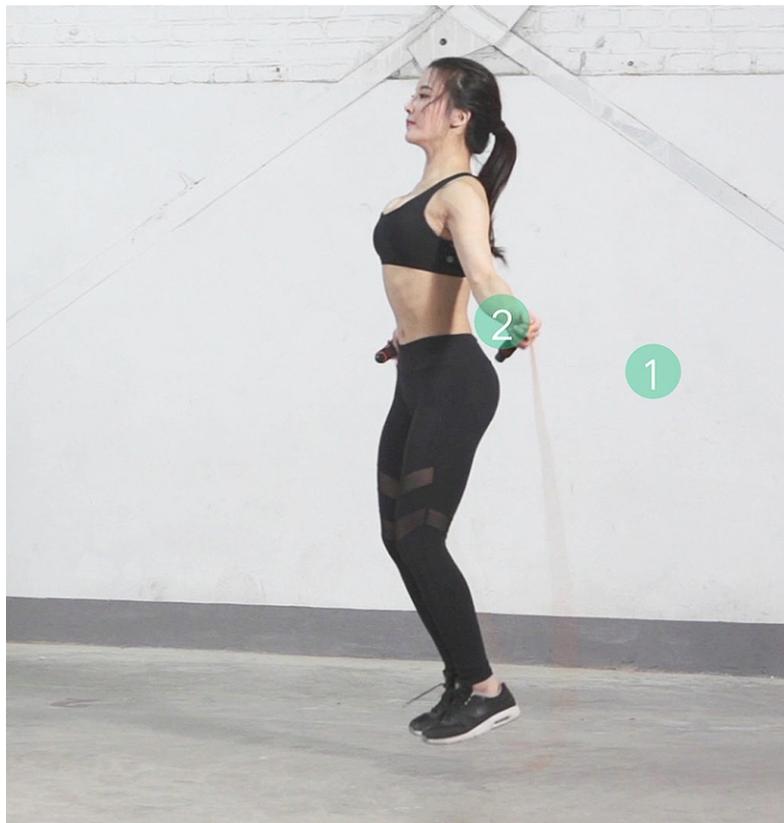
- A. Stand with legs a bit more than hip-width apart and take a deep breath. Exhale slowly as you go down to a squat with your left hand touching your right toes and your right hand touching your left toes.
- B. Inhale and gradually stand up with hands moving over your head. You will feel your back and the back side of your thighs extending.
- C. Do for 3 reps.



11 Standard Jump

Set up: Stand with your feet about hip-width apart. Take a handle in each hand and position the rope behind your heels. Bend your elbows to about a 90-degree angle.

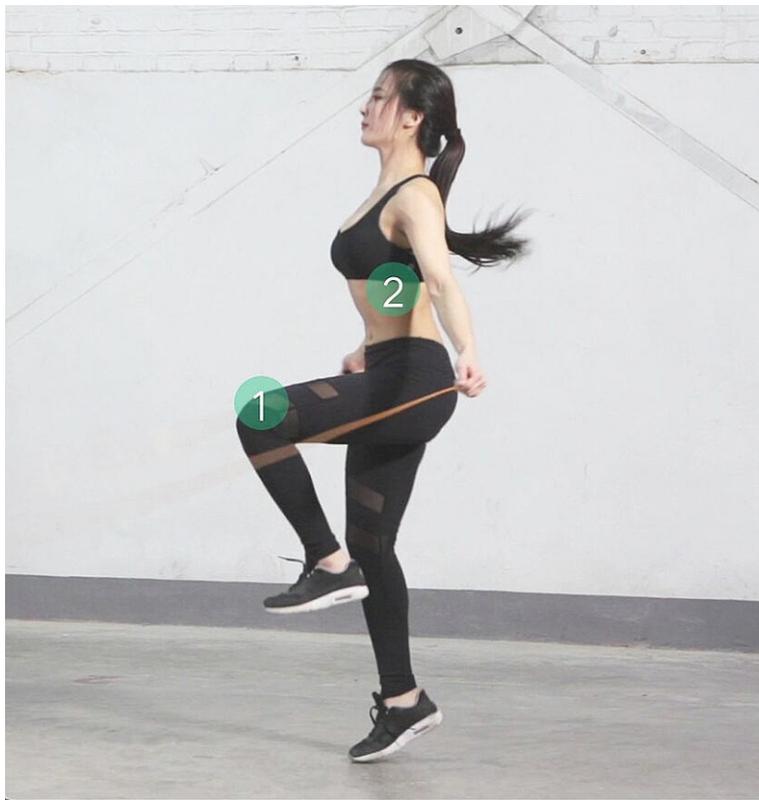
- A. Swing the rope up behind you, over your head to the front, and down toward the floor.
- B. As the rope approaches the floor, jump to let it pass under your feet. Land lightly on the floor, then repeat. (Jump for 1 – 1.5 reps per second.)
- C. Do for 40 seconds.



12 High Knees

Set up: Stand with your feet about hip-width apart. Take a handle in each hand, and position the rope behind your heels. Bend your elbows to about a 90-degree angle.

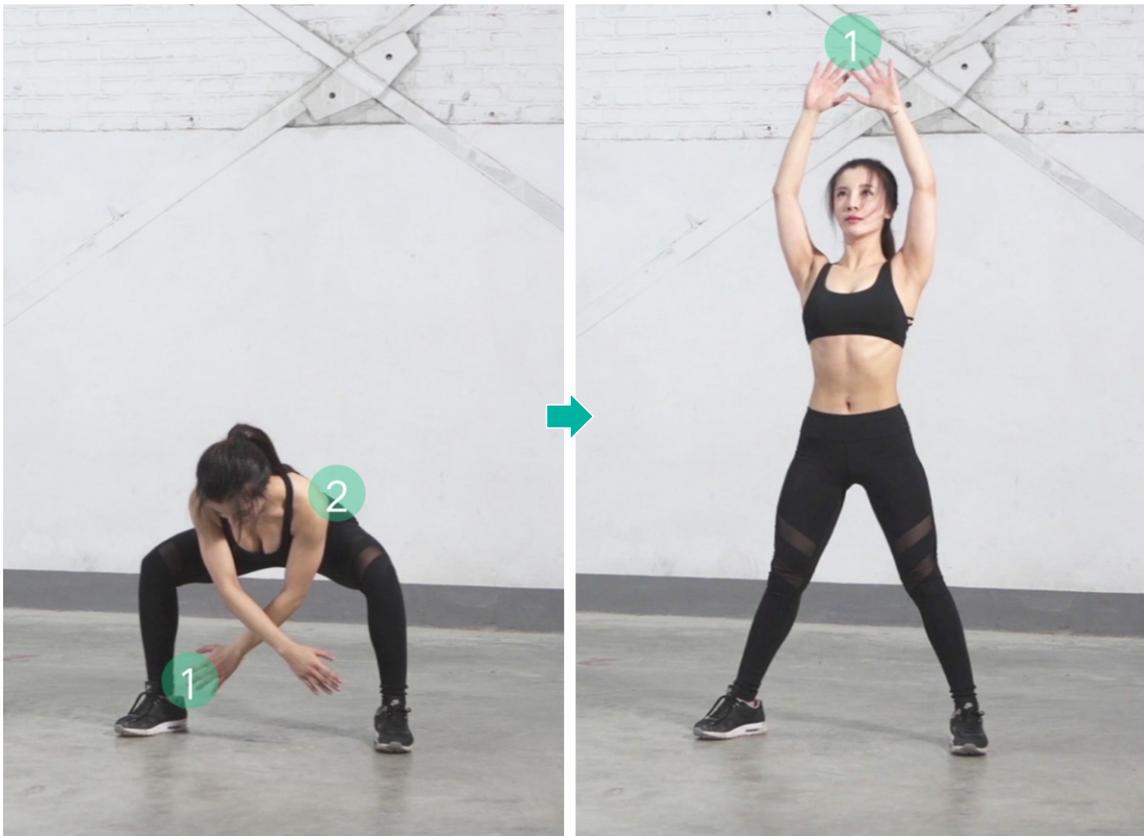
- A. Swing the rope up behind you, over your head, and down toward the floor.
- B. As the rope approaches the floor, jump both feet up and raise your left knee as high as you can. When the rope passes underfoot, land lightly on the floor with your right foot. Then alternate sides and repeat.
- C. Do for 20 seconds.



13 Repeat steps 11 and 12

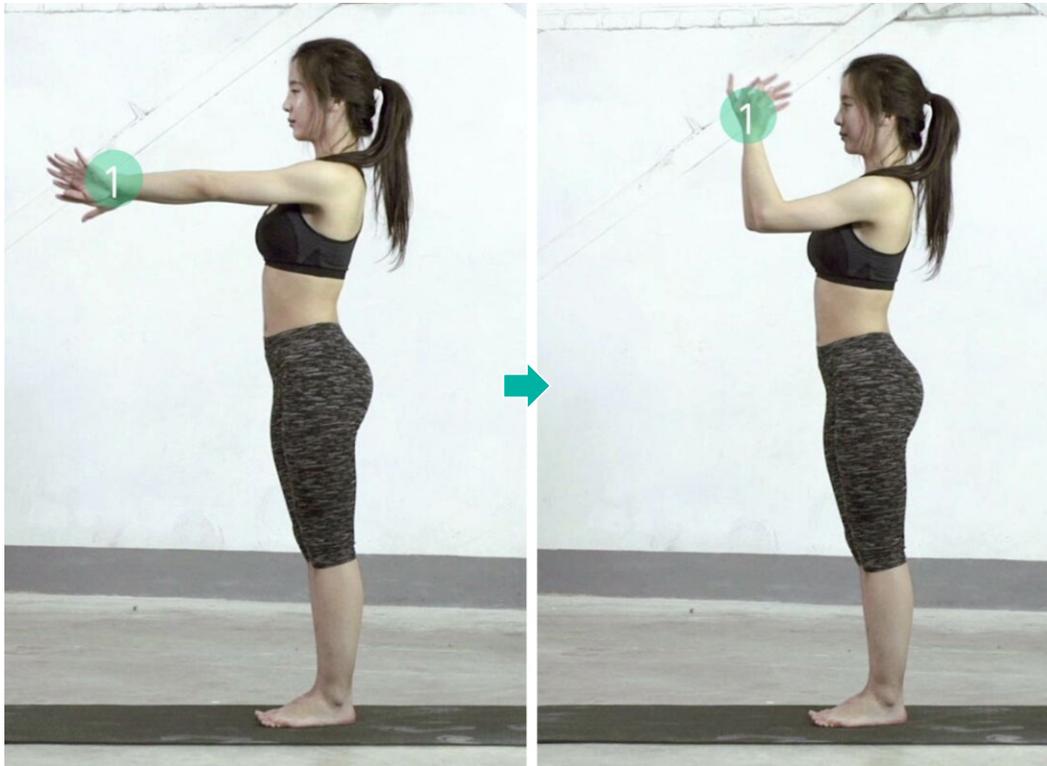
14 Whole-Body Relax

- A. Stand with legs a bit more than hip-width apart and take a deep breath. Exhale slowly as you go down to a squat with your left hand touching your right toes and your right hand touching your left toes.
- B. Inhale and gradually stand up with hands moving over your head. You will feel your back and the back side of your thighs extending.
- C. Do for 3 reps.



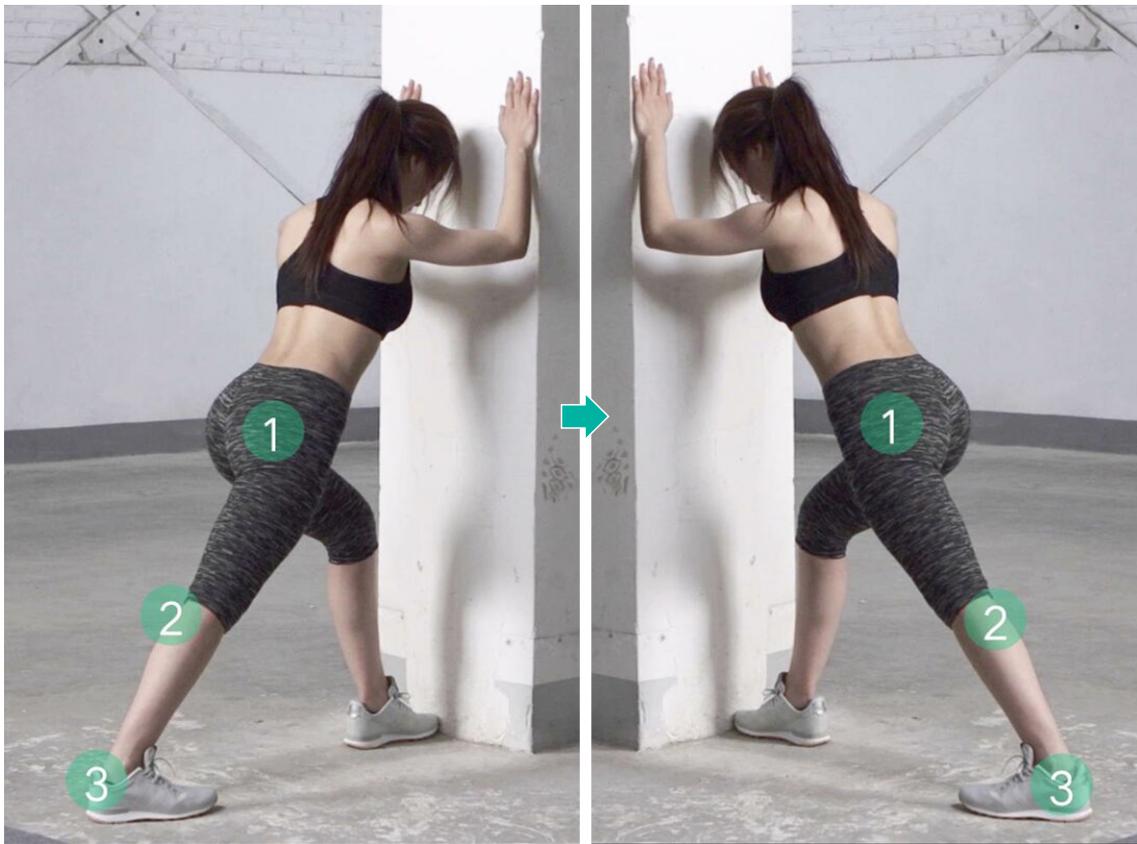
15 Arms Around

- A. Raise your hands to shoulder height and stretch them out in front of you..
- B. Then bend your elbows at a 90-degree angle and force your forearms to turn around from outward to inward, like drawing circles.
- C. Do 10 reps.



16 Left/Right Calf Stretch

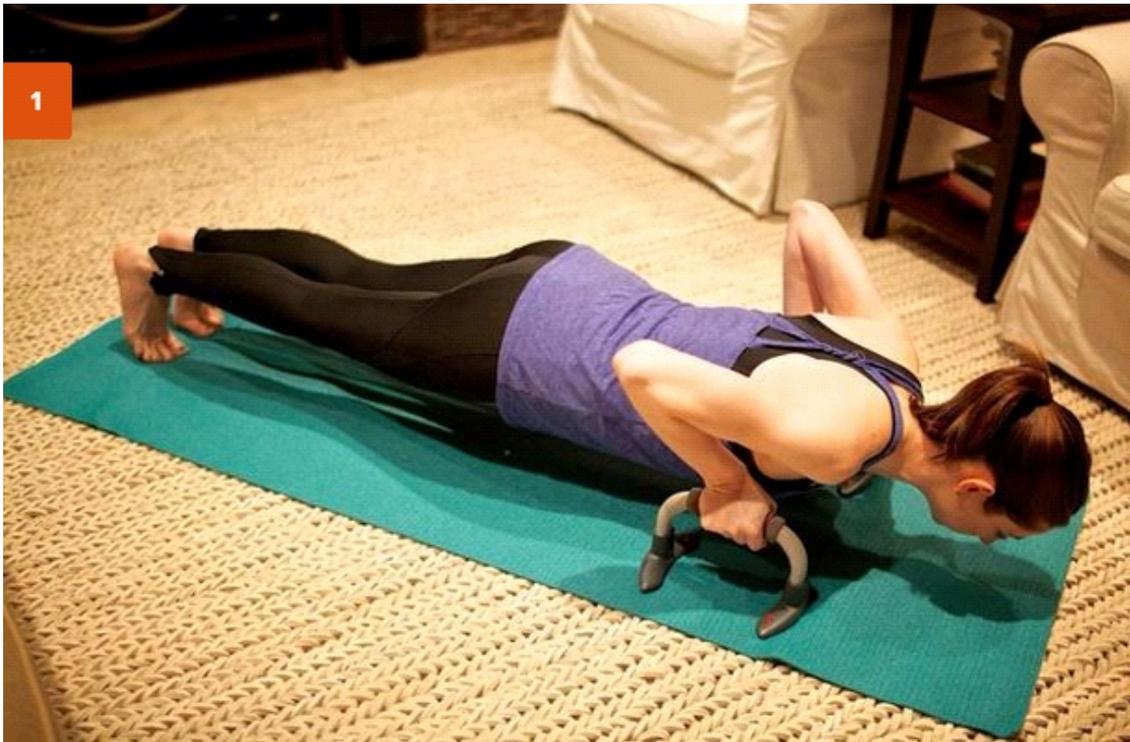
- A.** Stand facing a wall, about one foot away, with your feet hip-width apart. Place your hands on the wall and step your left foot forward so that your toes touch the wall. Bring your hip downward while keeping your right leg straight out behind. You will feel your right calf contracting/extending. Hold for 30 seconds.
- B.** Repeat with other leg and hold for 30 seconds.



Part 3 Push Up Bar

1 Push-ups

- A. Place the push up bars on the ground about shoulder width apart. Place yourself between the push up bars and grip them with your hands while keeping your arms extended, then stretch your legs behind you with toes on the ground.
- B. Bend your arms and lower your body to the ground. Then gradually raise yourself by pushing the ground away from you. Repeat lowering and raising at a steady pace.
- C. Do for 30 seconds.



2 Wide Arm Push-ups

- A. Get on the ground. Lay with your toes on the ground holding yourself up with arms to the side and hands a little wider than shoulder width apart.
- B. Lower your body to the ground. Then raise yourself by pushing the ground away from you until your elbows reach a 90-degree angle. Repeat lowering and raising at a steady pace.
- C. Do for 30 seconds.



3 Shoulder Press

- A. Similar to push-ups but feet are elevated. Place your feet on a chair or against a wall holding yourself up with arms to the side and hands gripping the push up bars.
- B. Lower your body to the ground. Then raise yourself by pushing the ground away from you. Repeat lowering and raising at a steady pace.
- C. Do 1 set for 20 seconds.



4 Toe Rolls 1

- A. Start in a plank pose with balls of the feet on the ground and arms in line with your shoulders.
- B. Lower your body to the ground. Then raise yourself by pushing the ground away from you. Repeat lowering and raising at a steady pace.
- C. Do for 20 seconds.



5 Toe Rolls 2

- A. Start in plank pose with the balls of your feet on the ground and arms in line with your shoulders.
- B. Roll your feet forward so that your body remains straight but your shoulders move forward about 2-4 inches from your arms. You should stop moving forward when you reach tiptoe position.
- C. Hold for 20 seconds.



6 Leg Tucks 1

- A. Start seated with hands on push up bars beside you.
- B. Use your arms to raise your body off the ground, then tuck your legs into the chest. Keep arms and back straight at all times.
- C. Hold for 20 seconds.



7 Leg Tucks 2

- A. Start seated with hands on push up bars beside you.
- B. Use your arms to raise your body off the ground, then extend one leg out straight and hold for 10 seconds. Tuck back in toward chest, then extend the other leg and hold for 10 seconds. Keep arms and back straight at all times
- C. Do for 5 reps.

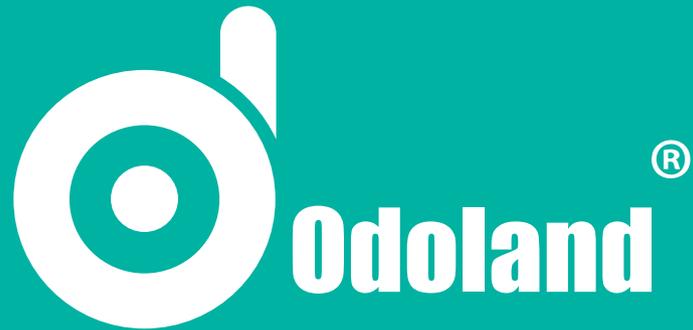
Tip: You can make the workout more advanced by extending both legs at the same time.



8 Triceps Dips

- A. Start seated with arms on push up bars by your side and legs straight out.
- B. Use your arms to raise your body off the ground so only the heels are touching the ground. Bend elbows back and hold body just off the ground.
- C. Hold for 20 seconds.





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