



AB WHEEL ROLLER

Quick Guide

SP0118

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

How to Assemble

1 3-Wheels AB Roller



Put the steel bar into the holes of wheel.

Step 1



Plug the 2 handles into the steel bar.

Step 2



Tie the 2 resistance bands to the wheel bar.

Step 3



Check if the roller is OK, and enjoy your training!

Step 4

2- Wheels AB Roller



Put the steel bar into holes of 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

3 Bands Only



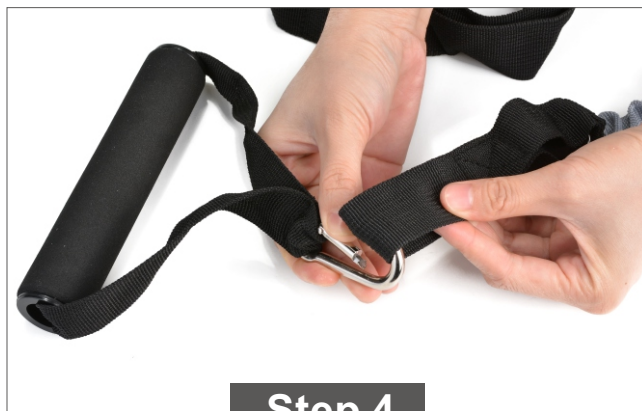
Step 1



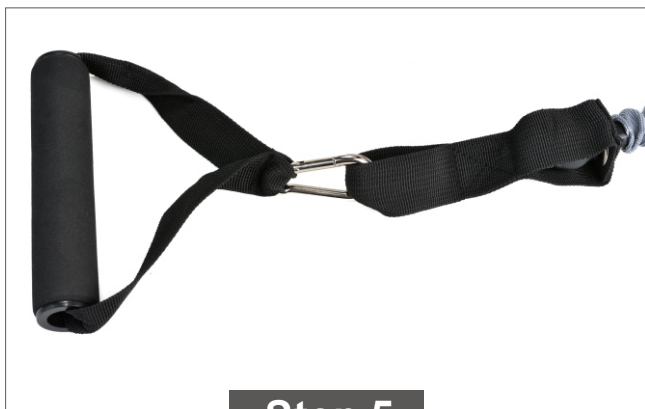
Step 2



Step 3



Step 4



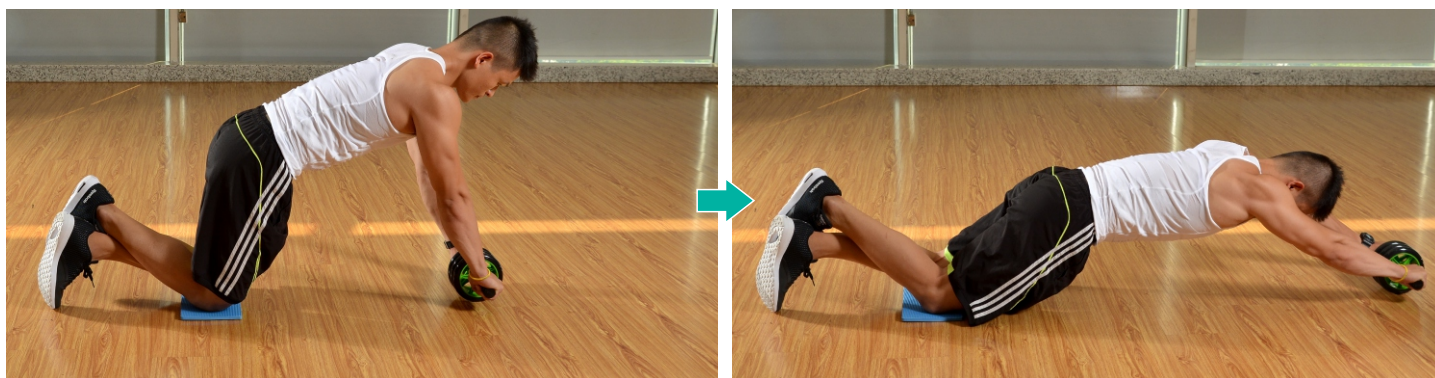
Step 5

Part1. Core Training – Only AB Roller

1 Kneeling Front Stretch

- A. Place the ab roller on ground in front of you so that your hands are on the roller and knees on knee pad.
- 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 seconds, and slowly return to starting position. Keep your abs tight at all times.
- D. Repeat for desired number of reps.
- E. Slide the handle through the anchor opening.

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



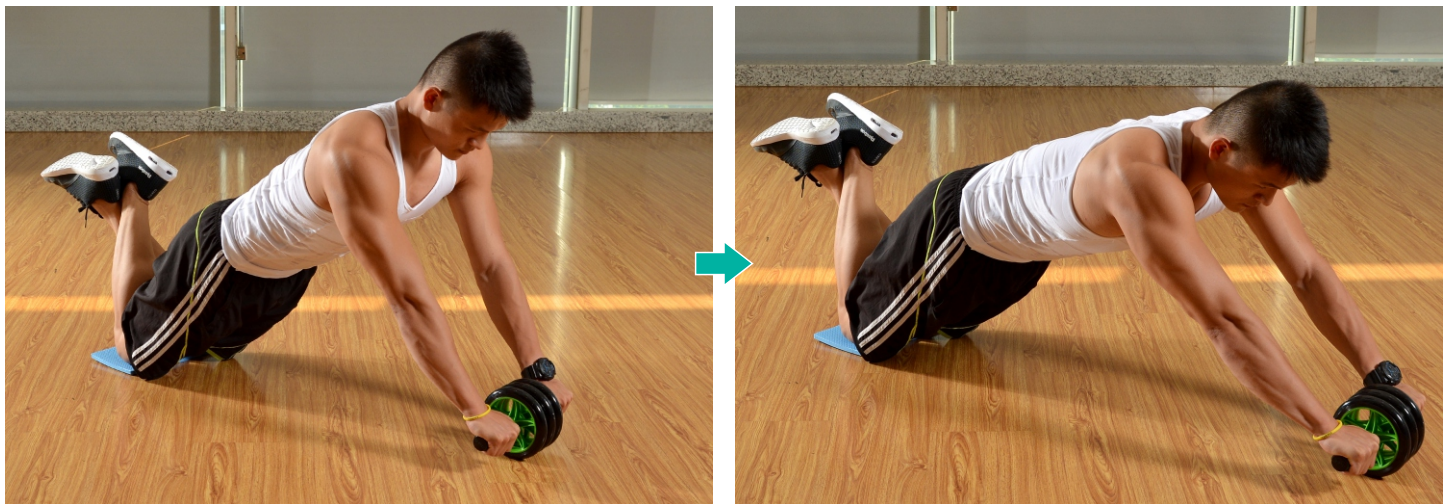
2 Kneeling Side Stretch

- A.** Hold the ab Roller in both hands and kneel on the knee pad.
- B.** Place the ab roller on the ground in front of you so that your hands are on the roller and knees on knee pad.
- C.** Slowly roll the ab roller to the front and the left. Go down as far as you can without your body touching the ground. Then return to starting position.
- D.** Slowly roll the ab roller to the front and the right. Go down as far as you can without your body touching the ground. Then return to starting position.
- E.** Repeat for desired number of reps.



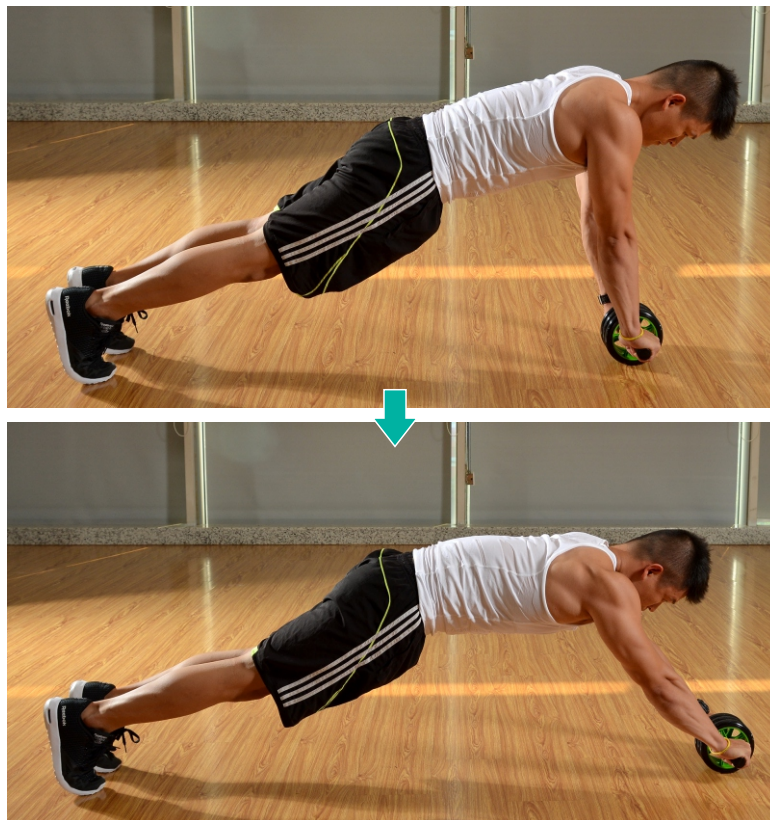
3 Advance Kneeling Front Stretch

- A. Hold the ab Roller in both hands and kneel on knee pad. Feet are off the ground.
- B. Place the ab roller on ground in front of you and lift up your shanks. Now your hands are on the roller and knees on knee pad.
- C. 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 in both hands and feet on ground.
- B. Place the ab roller on ground beneath your shoulder, keep arms straight, stretching your body into a straight position.
- C. 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.
- D. Hold for a while, and slowly return to starting position.
- E. Repeat for desired number of reps.



5 Standing Front Stretch

- A. Hold the ab roller in both hands, stand feet apart about twice your shoulder width.
- B. Keep back flat and feet straight. Place the roller in the middle in front of you.
- C. Slowly roll 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.



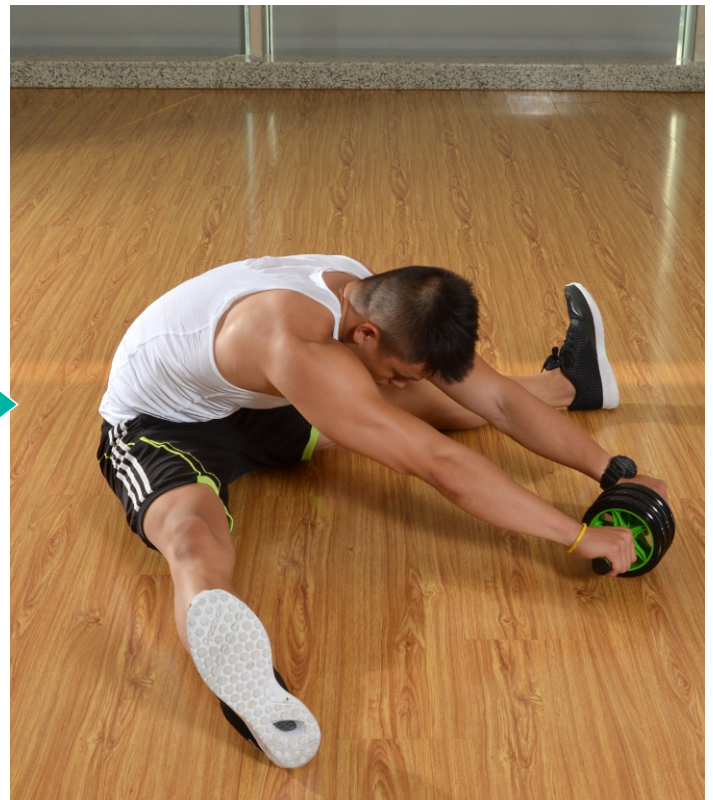
6 Back Side Stretch

- A. Sit with your hip on ground. Place the ab roller behind you and hold in both hands.
- B. Slowly roller the ab roller away from you as far as you can without 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 apart about twice your shoulder width. Hold the ab roller in 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. Lower body remains.
- C. Slowly return to starting position.
- D. Repeat for desired number of reps.



8 Leg Extension

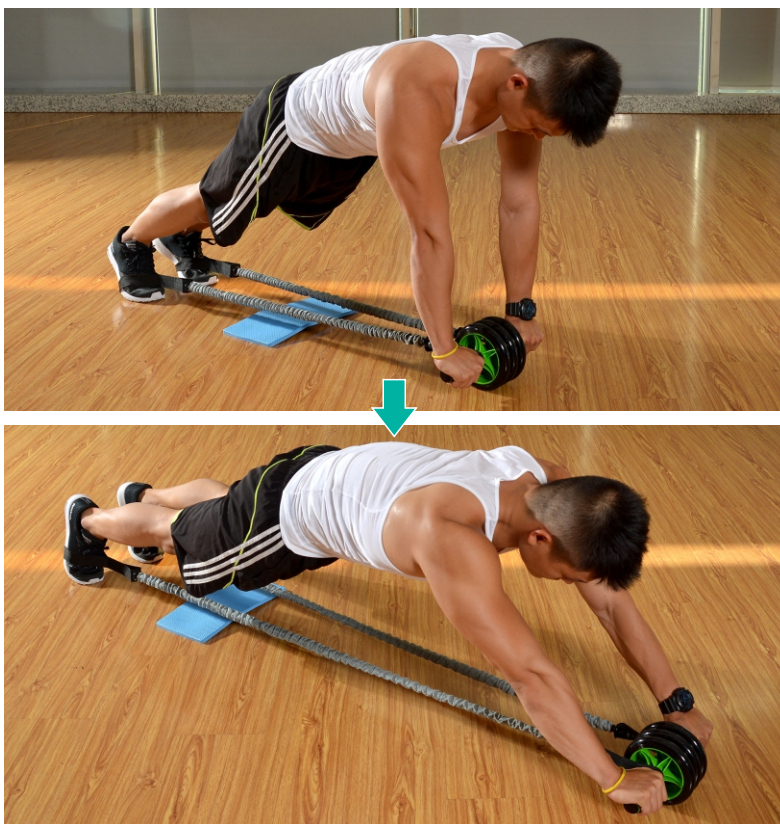
- A. Sit on a chair or blanket at the height of the roller's diameter. Place your feet on the ab roller (like riding a bike).
- B. Slowly roll the roller forward until your legs are totally straight.
- C. Then return to starting position.
- D. Repeat for desired number of reps.



Part2. Core Training –AB Roller /w Bands

1 Advance Plank Roll Out

- A. Tie the band to your feet in one end and tie the ab roller handle in the other end.
- B. Hold the roller in both hands and keep feet on ground, put the knee pad beneath your knee.
- C. Slowly roll the roller toward the front as far as you can without your body touching the ground, stretching your body into a straight position.
- D. Then slowly return to starting position. Repeat for desire number of reps.



2 Kneeling Stretch with Bands

- A. Kneel on the knee pad. Tie the band to your feet in one end and tie the ab roller handle in the other end. Hold the ab roller in both hands and place the roller in the front.
- B. Slowly roll the roller toward the front 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.



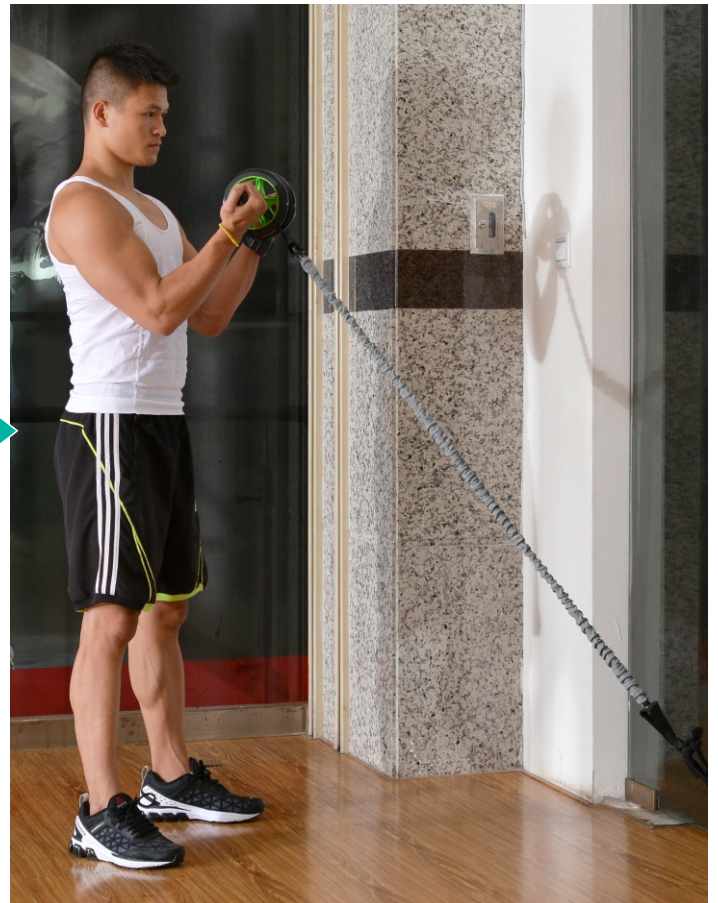
3 Triceps Pushdowns

- A. Tie one end of the band on the roller handle and attach the other end over your head height.
- B. Hold the roller in both hands at your chest height, stand straight with feet apart about shoulder width. Back straight.
- C. Reach the roller to your thigh and hold for seconds. Then return to starting position.
- D. Repeat for desired number of reps.



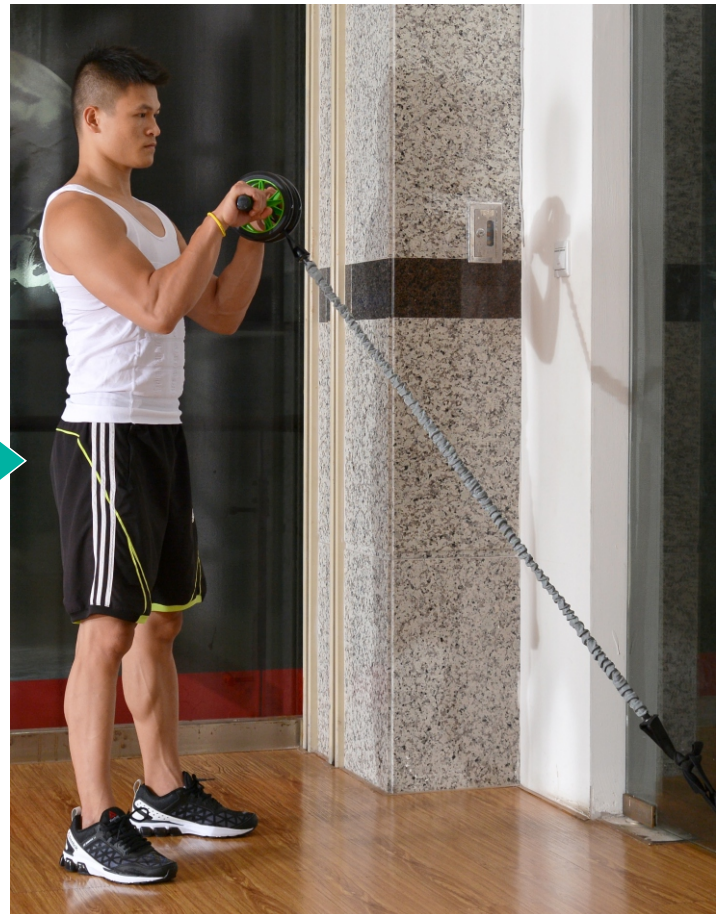
4 Pull Up

- A. Tie one end of the band on the roller handle and attach the other end over your head height.
- B. Hold the roller in both hands at your shoulder height, stand straight with feet apart about shoulder width. Back straight.
- C. Reach the roller at your head height in front of you.
- D. Repeat for desired number of reps.



5 Reverse Pull Up

- A. Tie one end of the band on the roller handle and attach the other end over your head height.
- B. Hold the roller in both hands at your thigh height, stand straight with feet apart about shoulder width. Back straight.
- C. Reach the roller at your chest height in front of you.
- D. Repeat for desired number of reps.



6 Lifting Pull Up

- A. Tie one end of the band on the roller handle and attach the other end at over your head height.
- B. Hold the roller in both hands and place it behind your head, stand with one foot in the front. Back straight.
- C. Raise the roller upwards above your head, extending arms straight.
- D. Then return to starting position. Repeat for desired number of reps.



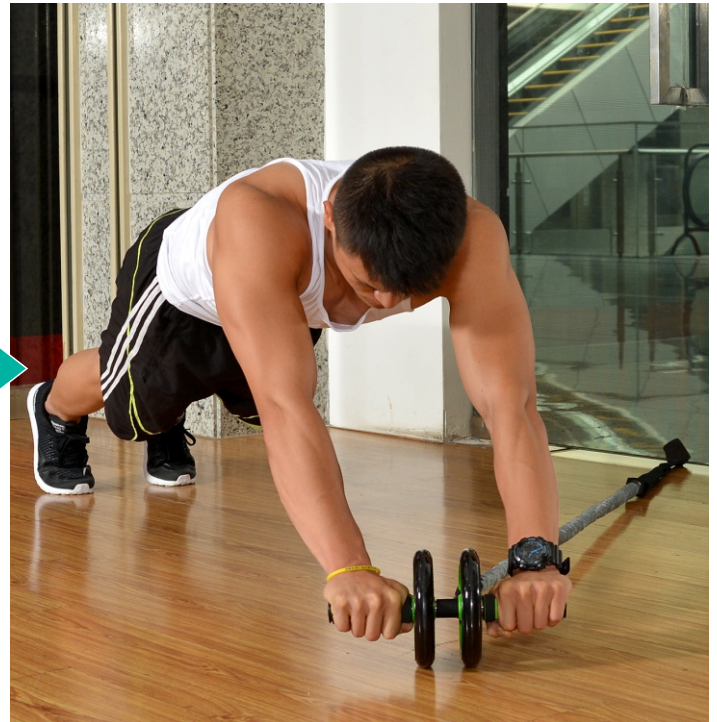
7 Front Stretch & Push up

- A. Tie one end of the band on the roller handle and attach the other end at ankle height.
- B. Place the ab roller on ground beneath your shoulder, keep arms straight.
- C. 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.
- D. Hold for seconds, and slowly return to starting position.
- D. Repeat for desired number of reps.



8 Resisted Diagonal Rollouts

- A. Tie one end of the band on the roller handle and attach the other end at ankle height.
- B. Place the ab roller on ground in front of you, keep body straight and shoulders paralleled to the band.
- C. Slowly roll toward the front and the right as far as you can without your body touching the ground. Return to starting position and then switch a side and do the same.
- D. Repeat for desired number of reps.



9 Single Leg Squat Rollouts

- A. Tie one end of the band to the ab roller and attach the other end at your ankle height.
- B. Place the roller on the ground in your front, keeping one foot on ground and lifting the other. Keep arms straight, back straight.
- C. Slowly roll the roller toward the front as far as you can without your body touching the ground.
- D. Then return to starting position.
- D. Repeat for desired number of reps.



10 Resisted Roll-Ins

- A. Tie one end of the band to the ab roller and attach the other end at your ankle height.
- B. Kneel on ground, place the roller beneath your head. Keep arms straight, back straight, head facing the ground.
- C. Slowly roll the roller back to your knees. Hold for seconds, then return to starting position.
- D. Repeat for desired number of reps.



Part 1. Daily Workouts – Bands Only

For Abs

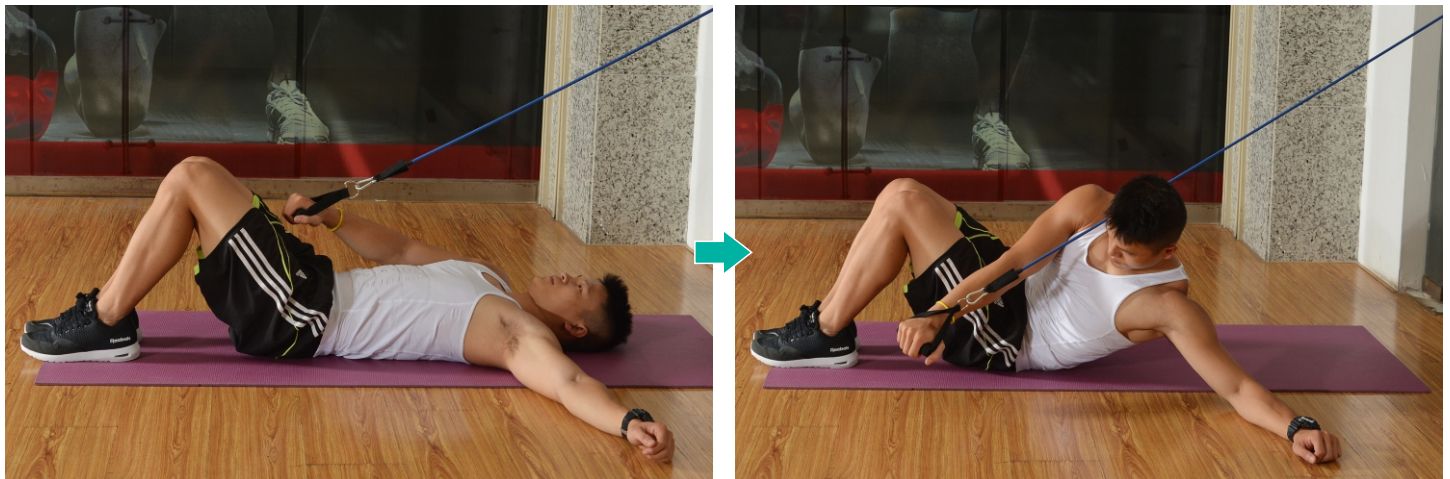
1 Band Crunch

- A. Secure the band at shank height, lie down on your back and hold the handles with your arms extended above your knees, palms facing down.
- B. Exhale and roll your shoulder plates from up the floor while stretching the band, holding for 1s. Keep your arms extended throughout.
- C. Inhale and slowly lower yourself back down.
- D. Repeat for 12 reps.



2 Band Twisting Crunch

- A. Secure the band at shank height, lie down on your back and hold one handle with your hand on the same side, on top of your belly, palm facing down.
- B. Exhale and roll your shoulder plate from up the floor while stretching the band towards your other side, holding for 1s. Keep your arm extended throughout.
- C. Inhale and slowly lower yourself back down.



3 Band Twisting Crunch - Kneeling

- A. Secure the band at head height, kneel down on the floor and hold one handle with your hand near its shoulder, elbow bent.
- B. Exhale and tilt your upper body forward and rotate it while stretching the band towards your other side's knee, holding for 1s. Keep the angle in your elbow constant throughout.
- C. Inhale and slowly raise yourself back up.



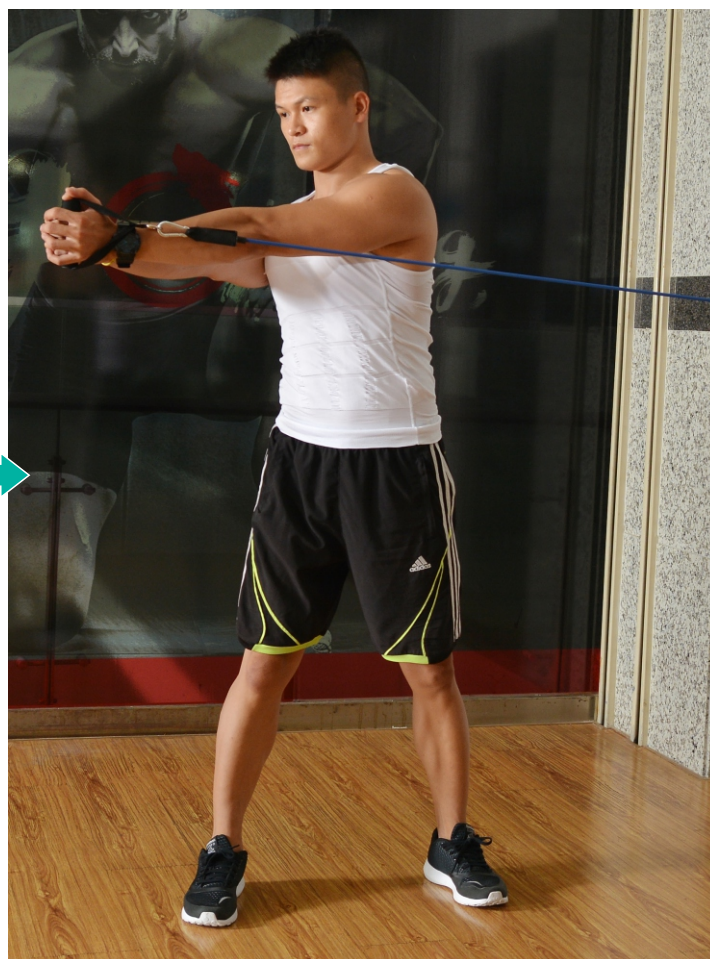
4 Band Trunk Rotation

- A. Secure the band at chest height, stand up and grab both handles with your hands in front of your abdomen, elbows at 90 degree angles.
- B. Exhale and rotate your upper body towards your left. Inhale and slowly return to your starting position. Then go to the right side and return.
- C. Keep the angles in your elbows constant throughout.



5 Band Trunk Rotation - Arms Extended

- A. Secure the band at chest height, stand up and grab both handles with your hands, arms extended out in front of your abdomen.
- B. Exhale and rotate your upper body towards your left. Inhale and slowly return to your starting position. Then go to the right side and return.
- C. Keep your arms extended out in front of you throughout.



6 Band Trunk Rotation - Arms Extended; Low to High

- A. Secure the band at feet height, stand up and grab both handles with your hands, arms extended out in front of your hips.
- B. Exhale and rotate your upper body towards your left while bringing your hands up. Inhale and slowly return to your starting position. Then go to the right side and return.
- C. Keep your arms extended out in throughout.



7 Band Side Bend

- A. Secure the band over your head, stand up sideways and grab both handles with your hands, arms extended up on top of your head.
- B. Exhale and tilt your upper body to your left. Inhale and slowly bring it back. Then go to your right side and then return to your starting position.
- C. Keep your arms extended out above your head throughout.



For Back

1 Band Row - Standing; Low

- A. Secure the band at feet height, stand up and hold the handles with your hands, arms extended in front of your hips, palms facing each other.
- B. Exhale and pull the handles back towards your abdomen. Inhale and allow them to slowly return after a short pause.
- C. Keep your back straight and still throughout.



2 Band Row - Standing; Low; One Arm

- A. Secure the band at feet height, stand up with your upper body bent forward and grab one handle with your hand, arm extended in front of your knee, palm facing down.
- B. Exhale and pull the handle back towards your abdomen. Inhale and allow it to slowly return after a short pause.
- C. Keep your back straight and still throughout.



3 Band Row - Seated; High

- A. Secure the band above your head, sit down and grab both handles high in front of your head, arms extended and palms facing each other.
- B. Exhale and pull the handles back towards your abdomen. Inhale and allow them to slowly return after a short pause.
- C. Keep your back straight and still throughout.



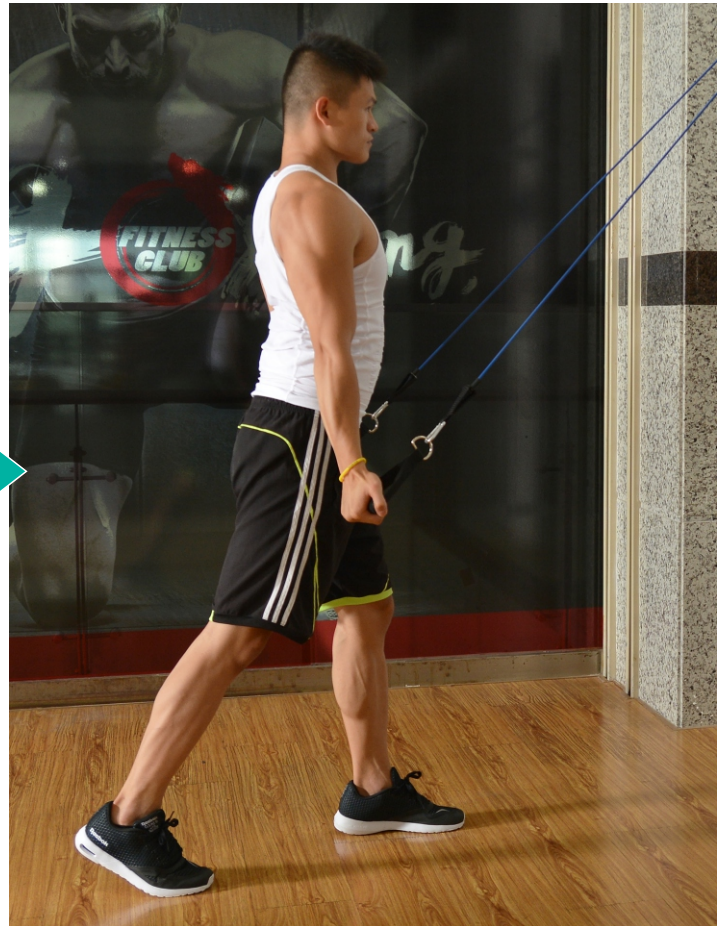
4 Band Back Fly - Standing

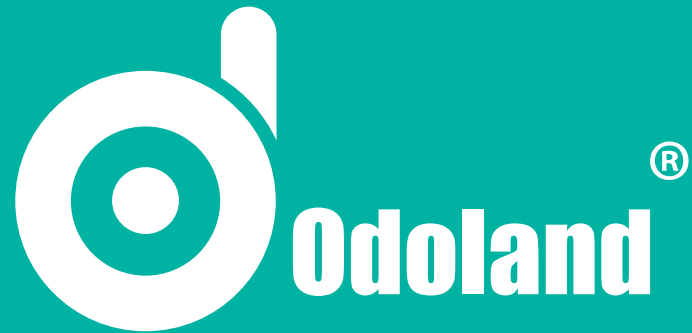
- A. Secure the band at chest height, stand up and grab both handles with your hands, arms extended in front of your chest, palms facing each other.
- B. Exhale and pull the handles back by moving your arms to each side of your body. Inhale and allow them to slowly return after a short pause.
- C. Keep your back and arms straight throughout.



5 Band Pull down - Arms Extended

- A. Secure the band over your head, stand up and grab both handles with your hands in front of your head, arms extended and palms facing each other.
- B. Exhale and pull the handles down towards each side of your body. Inhale and allow them to slowly return after a short pause.
- C. Breathe out while pulling and breathe in while returning to starting position.





If you have any questions or good ideas, please click the link (www.iodoland.com) or send email to our customer service (cs@iodoland.com).