



# ULTIMATE BODY PRESS

## Fast Abs Pack

### FOR YOUR SAFETY:

It is the users responsibility to choose a secure location and properly install the Fast Abs using the instructions provide. Carefully examine your installation to ensure that it is securely fastened in place before attempting use.

Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this device, discontinue use and consult your physician immediately.

### Parts List

- 1 x Door Anchor
- 1 x Velcro Utility Anchor
- 2 x Velcro Ankle Straps with Neoprene Padding
- 4 x Carabiners
- 6 x Elastic Bands (Red - Light, Blue - Medium, Green - Heavy)

### INSTALLATION

The Fast Abs Pack can be used with either the door anchor or velcro utility anchor. Choose either the door or utility anchor and follow the corresponding steps for installation.

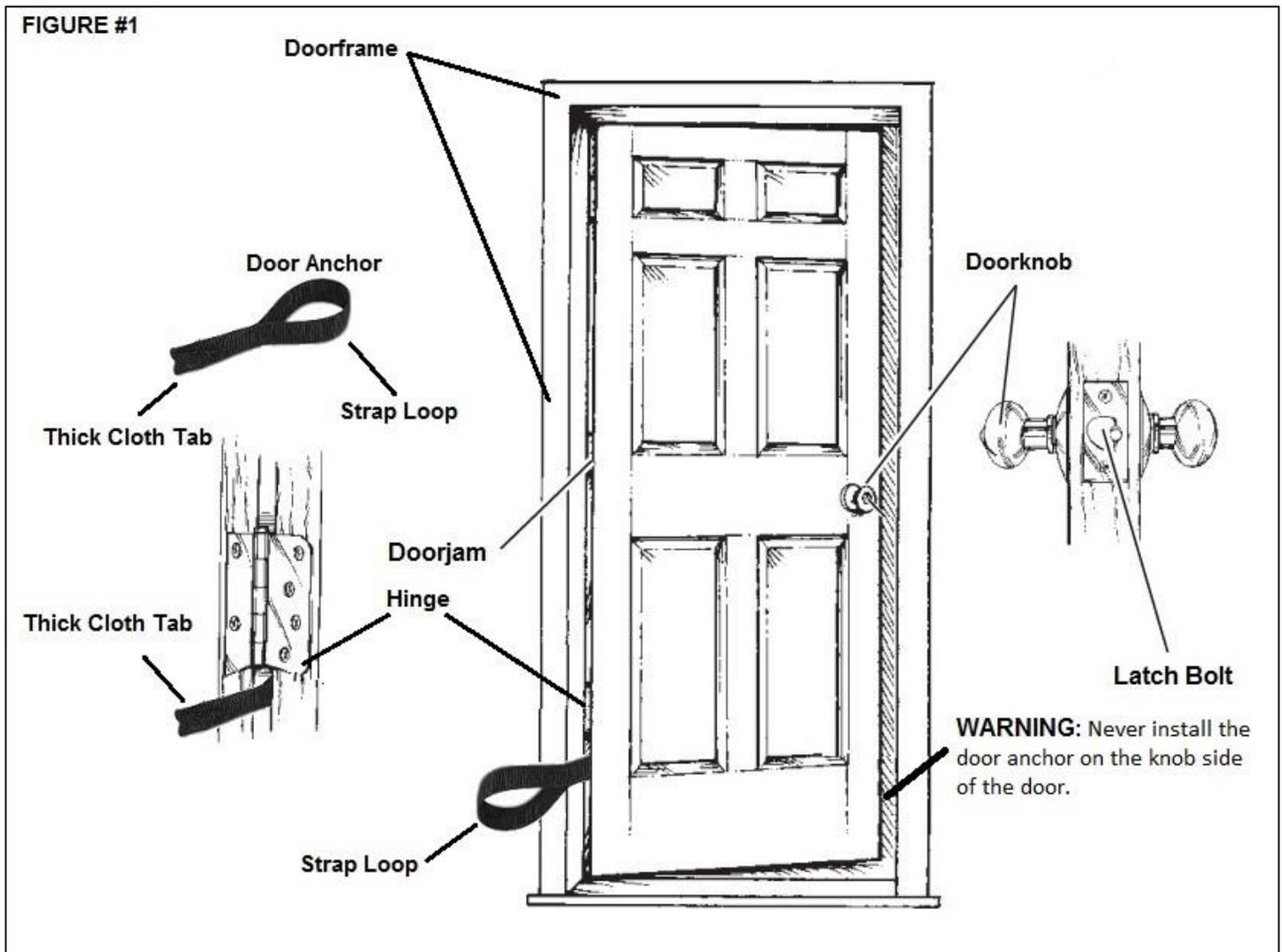
#### Installing Velcro Utility Anchor

1. The velcro utility anchor can be attached to any secure anchor point like a fence post or weight bench. Never attach the velcro utility anchor to a moving point.
2. Wrap the velcro portion of the utility anchor around the anchor point and overlap as much velcro as possible. We recommend at least 4 inches of velcro overlap for a secure installation.
3. It is the user's responsibility to choose a secure location and properly install the anchor
4. Before using the anchor, test your installation by tugging on the strap.

#### Installing Door Anchor (SEE FIGURE #1)

1. Slide the thick cloth tab of the door anchor between your door and the door frame on the hinge side just below the lowest hinge. **WARNING:** Improper installation of the door anchor could cause it to slip from the door jamb. **Never install the door anchor on the knob side of the door.**

2. While holding the door anchor strap in place, close the door on the strap. If installed correctly the door anchor strap will be securely wedged between the door and the door frame with the thick cloth tab of the door anchor fully exposed on the opposite side of the door.
3. Make sure that your door is fully closed and the latch bolt is engaged then tug firmly on the strap loop to ensure that the door anchor is securely installed.



### Fast Abs Elastic Band Assembly and Setup:

1. Once you have installed and tested either the utility anchor or door anchor to your chosen anchor point, attach two carabiners to the anchor loop.
2. Attach one elastic band to each carabiner. Start by using the red bands. You can increase the resistance level by using the heavier bands or attaching multiple bands to each carabiner.
3. Attach the other loose end of each elastic band to the padded ankle straps using the remaining two carabiners.

## **EXERCISE INSTRUCTION - THESE TWO EXERCISES WILL ROCK YOUR WORLD!!!**

### **Mountain Climbers**

1. Now that the Fast Abs are fully assembled and attached to your anchor point, stand facing away from the anchor point and attach one ankle strap to each of your ankles. The ankle straps should be attached loosely so that either end of the neoprene padding is touching but does not overlap.
2. Stand at a distance away from the door so there is no slack in the elastic band.
3. Get into a plank position or push up position.
4. Bring one knee forward underneath your body towards your chest.
5. Return the starting position and repeat with the other leg.

### **Lateral Speed Skater**

1. With the Fast Abs fully assembled and attached to your anchor point, stand facing towards the anchor point and attach one ankle strap to each of your ankles.
2. Turn to your right a quarter turn so that your left foot is closer to the anchor point.
3. Stand at a distance away from the door so there is no slack in the elastic band.
4. Lift your right foot and take a wide step sideways.
5. Bring your left next to your right. You can either plant your left foot next to your right or for more difficulty hold the left foot off the ground next to the right for 2 seconds in an isometric hold before returning the left foot to the starting point.
6. Return you right foot to the starting position and repeat for desired number of repetitions.
7. Perform the exercise on the opposite side by turning back to your left one half turn so your right foot is now closer to the door and repeat the exercise.

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