



AB Doer 360™



Frequently Asked Questions

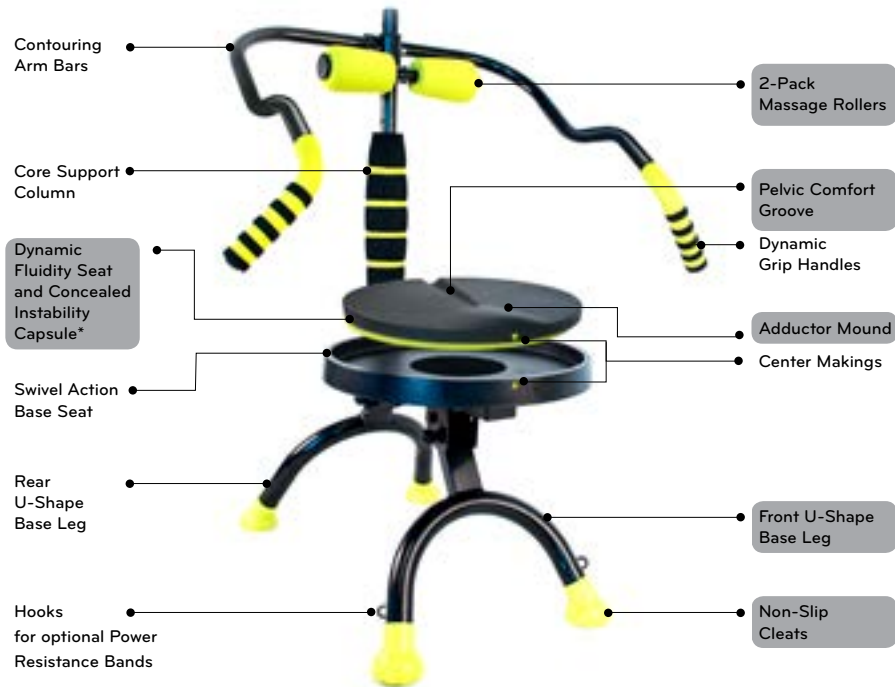
Q: What's new for AB Doer 360™?

A: Over its 20-year evolution, AB-DOer™ technology has always improved itself from previous versions, and now the AB Doer 360™ is in a class of its own. The AB Doer 360™ has many new and exciting features including 1) the Dynamic Fluidity Seat, with the 'concealed' yet highly active 'Instability Capsule,' which offers "Active Seating" motion – engages core and pelvic muscles for best results! 2) The Dual-Foam Massage Roller System – provides a rolling massage up and down your back while you're exercising! 3) The Comfort Groove was designed to release pressure off your body when seated so you can exercise safely and comfortably. 4) The Abductor Grip supports your inner and outer thighs to streamline twisting and pivoting actions. Please see illustration for some of the other featured items; instructional DVDs and Accessories not shown. For information, instruction and motivation go to: <https://www.facebook.com/ABDoer360/>

Q: What is the maximum user weight on the AB Doer 360™?

A: The AB Doer 360™ is designed to accommodate users of up to 300 lbs (136 kgs).

NEW FEATURES



* Removable Feature

Q: I'm not sure if the AB Doer 360™ is sold in my country. How can I know where to purchase this product?

A: Please click on the web link (www.thaneinc.com) to navigate to your country or to locate a distributor in your country that may also be of assistance to you.

Q: Does the AB Doer 360™ require assembly? Do I need any tools?

A: AB Doer 360™ requires a simple assembly process that's demonstrated, step-by-step on the "Let's Get Started" portion of the DVD that comes with your AB Doer 360™; or click on this link to download: <https://www.youtube.com/watch?v=BFMM3LbiPn8>

Q: How big is the AB Doer 360™ and how much does it weigh?

A: The AB Doer 360™ is no larger than an office chair. Its condensed size allows you to position your AB Doer 360™ anywhere in your home, apartment or office. AB Doer 360™ overall weight is 25 lbs (11.2 kgs) and is easily transported or stored, especially when it's in its fold-down position; demonstrated in the Let's Get Started portion of the main DVD and inside the User Manual.

Q: How do I use AB Doer 360™?

A: We encourage you to always refer to the AB Doer 360™ User Manual and DVD routines. This is where John Abdo, and many of our other Pro Doers explain the exercises, routines, intensity levels, duration, eating guidelines and lifestyle habits. You can also visit our Facebook site at (<http://www.facebook.com/ABDoer360/>) for more information.

Q: I think I'm too short to use AB Doer 360™. How would I know?

A: Regarding height for the overall units, the seat for the AB Doer 360™ is higher than other versions as the Dynamic Fluidity Seat offers a much thicker cushion to sit on top of. One of the standard rules for using any AB-DOer™ model is to be able to place your feet firmly onto the floor while you're seated. If all or parts of your feet cannot touch the floor then you cannot assume a firm stable stance to support your body. If you cannot place both feet securely onto the floor then it is recommended that you don't use this product. Additionally, it's important to have your upper body secured when using the AB Doer 360™ by being able to firmly hold onto the Contouring Arm Bars. Finally, the AB Doer 360™ has multiple adjustment options. Tall or short, wide or narrow, everybody can make personalized adjustments and still have consistently great workouts.

Q: I'm 6'4". Am I too tall to use AB Doer 360™?

A: The AB Doer 360™ is suitable for various heights by simply elevating the position of the Contouring Arm Bars. This is a simple and quick adjustment that you will find instructions for in the User Manual while John Abdo details it during the Let's Get Started portion of the main DVD. Additionally, to increase the height taller people enjoy the AB Doer 360™ by simply raising the Contouring Arm Bars to the overhead position.

Q: I'm in my 60's and not interested in having a six-pack. I just want to get fit, have a flexible back and be more energetic. Losing some excess weight would be nice but I don't want to kill myself doing it. My question is this, when using the AB Doer 360™ are there special exercises or routines that suit my age and objectives?

A: Yes, AB Doer 360™ is customizable for everybody, especially those who are in their 60's, and beyond. AB Doer 360™ inventor, John Abdo, is 62 years young, and he explains proper use, duration and frequency and how you can increase back and spinal flexibility. Also peruse our website which offers a wealth of information, instruction and motivation that's always being updated to help you get fit and stay fit. <https://www.facebook.com/ABDoer360/>

You should also consider purchasing the 6-Pack Massage Roller System that offers the Free Core Mobility routine on DVD.

Please note that it's recommended you seek the opinion of a qualified medical authority before attempting to implement any of these suggestions.

Q: I had back surgery last year and am proud to say that I recovered well. But in the process I gained a lot of fat on my midsection and stopped doing aerobic exercise altogether. I also feel stiff and need to improve my flexibility. Before I decide to purchase it, I just want to make sure this product is safe for me to use?

A: Thank you for writing and congratulations on your recovery; we know that wasn't easy for you. Please first check with your doctor or therapist to determine what he/she recommends. AB Doer 360™ was designed to activate muscles, burn calories and provide an exhilarating back massage. You should also consider purchasing the 6-Pack Massage Roller System that offers the Core Mobility routine on DVD.

Q: Can you please explain how the foam massage rollers on the AB Doer 360™ work? I have to admit that this is the feature I love the most.

A: The provided "Dual-Foam" roller rolls up and down the mid-to-upper region of your back while you're exercising on the AB Doer 360™. To cover a larger region, and provide a wider massaging area across your back, the '6-Pack' massage roller accessory starts its massaging actions at your lower back and travels all the way up your spine between your shoulder blades. It's a wonderful feeling to receive a massage while you're exercising.

The 6-Pack Massage Roller System is a must-have accessory for your AB Doer 360™. This popular item is sold separately and includes the Core Mobility DVD routine.

Please refer to the 'Core Mobility' DVD for specific instructions.



Please note the 6-Pack Massage Roller System is not recommended for use during fast paced ABDOBICS™ motions or aerobic routines. Rather, this popular accessory is best used for massaging larger regions on your back as demonstrated in the 'Core mobility' DVD routine.

Q: How do I position the Contouring Arm Bars?

A: The Contouring Arm Bars are designed to freely rotate upward and downward. This dynamic feature allows all users to position their arms, and shoulders, into different positions that add exercising versatility by targeting different muscles from different angles.

Q: AB Doer 360™ Maintenance & Care: Squeaky noises.

A: Please refer to the first portion of your DVD; 'Let's Get Started', to learn proper use, maintenance and care. Many users typically notice that the noise will go away after several hours of use while some new units may need a certain 'break in' period. Usually any squeaky sound can be easily eliminated by carefully lubricating oil on the coil inside the foam enclosure for the Core Support Column. Wipe off any excess lubricant. Here's what one customer wrote about resolving the same issue:

"Thank you for your suggestion and directions on oiling the unit. Instead of using the popular WD-40 I used Gunk Heavy Duty Spray Lubricant that contains TEFLON. I'm keeping this for future maintenance updates on my AB-Doer. This oil doesn't have the lingering smell that WD-40 has. It's straw-like tube extends into all areas of the unit were there might be some squeaking. It works like a champ and I recommend it for anybody having this same issue."

Q: The Insert Pins fall out on occasion. How can I address this?

A: After the Insert Pins have been securely positioned, you can simply wrap a piece of tape around the pointed end of the Pin that will prevent it from retracting back through the hole. For other maintenance and care instructions, please refer to the first portion of your DVD; 'Let's Get Started'.

Q: DVDs, Accessories & Spare Parts:

A: You can find what you're looking for by clicking the link below:
<http://accessories.getabdoer360.com>

Q: Return Request and/or Parts Replacement:

A: In order to accurately assist you we need you to provide us your original Order and Customer information with proof-of-purchase. Once we receive this information we will follow up with you.

Q: Customer purchased a second-hand (used) unit

A: Please note that 'used' or second-hand units, purchased from a third party, are not recommended to purchase and are not covered by warranty. Also many of these units have been manufactured and sold by other companies deeming them unfit and/or unsafe for use. Please use your own discretion if you decide to buy and use any of these units.

Q: Are the Power Rods that purchased with the AB Doer Twist™ model applicable to the AB Doer 360™?

A: Yes, the Power Rods are the same.



Q: Tension Bands: which band is stronger, the black color or lime green color?

A: The Black color bands offer more resistance than the green color bands.

Q: I'm always pressed for time. So I have to ask how often and for how long do I have to use AB Doer 360™ to see great results?

A: Amazingly, and one of the many reasons for its global popularity, is that the AB Doer 360™ Fitness System provides benefits quickly. The main reason is the "Multi-Directional™" applications that combines muscle activation with calorie burning exercises, all at the same time. This reduces workout time periods while enhancing the benefits.

Q: My DVD Player is not working; can I access the ABDOBIC™ workout videos on-line?

A: Yes, all ABDOBIC™ video routines for many AB-DOer™ versions, including the all-new AB Doer 360™ can be accessed through these links.
ABDOBICS DVD – FREE Instructional Workouts
Let's Get Started
<https://www.youtube.com/watch?v=BFMM3LbiPn8>
Beginner ABDOBIC
<https://WWW.youtube.com/watch?v=MglBBLuluZw>
Intermediate ABDOBIC
<https://www.youtube.com/watch?v=8wTa25a7y6M>
Advanced ABDOBIC
<https://www.youtube.com/watch?v=vLF9pKemvHY>

Q: How does the AB Doer 360™ help relieve the stiffness in my back?

A: One of the unique and effective features on the AB Doer 360™ is the patented Core Support Column that uniquely offers Multi-Direction™ Technology. When holding onto the arm bars AB Doer 360™ offers guidance as you move your body in multiple directions that may help to loosen up stiff and stubborn muscles.

Please note that it's recommended you seek the opinion of a qualified medical authority before attempting to implement any of these suggestions.

Q: My back muscles are very inflexible. I have difficulties with such activities like gardening or golf. This stiffness is limiting what I can do throughout the course of my day. I think AB Doer 360™ can help me but can you tell me more?

A: AB-DOer™ offers patented 'Multi-Directional™ Training' technology that's centered around the complete functionality of your spinal column. You simply start from a comfortably seated upright position then engage the muscles in and surrounding your torso and spinal column, and freely move in all directions. By performing these multi-directional motions you activate waistline, core and back muscles that condition flexibility, relieve stress and tension, and energize your back and body.

Specific for back and spinal mobility, John Abdo developed the 'Core Mobility' DVD routine that's provided FREE with the purchase of the '6-Pack Massage Roller System'. When performing 'Core Mobility' you can expect improvements in stress reduction and flexibility, and feel energized.

Finally, AB Doer 360™ is great to use to Warm-up and/or Cool-down.

Q: I was sold as soon as I saw the double headed massage roller on the new AB Doer 360™. It looked so good in the commercial I actually felt it rubbing my back from just watching it in action. However, I always thought massage was a post-activity practice. So how can getting a massage while I'm exercising help me?

A: Stiff and inflexible muscles and joints can make it challenging to perform at your best. The rubbing action of the Dual-Foam massage roller traveling up and down your back can help loosen your muscles. Many athletes have the bonus of having their coaches and trainers massage them before and during training and competition to keep them limber and energized. The Dual-Foam Massage Roller system allows you to exercise on the AB Doer 360™ while getting massaged 'at the same time'. You will notice your capacity to exercise enhanced through this unique combination.

In addition, John Abdo designed the 6-Pack Massage Roller system that massages a much larger region of your back and spinal column. The 6-Pack Massage Roller system is sold separately and includes the Core Mobility DVD routine.

Q: Now that I own my own AB Doer 360™ should I stop performing my other abdominal exercises like crunches and sit-ups?

A: You don't have to overload yourself with too much exercise outside of your AB Doer 360™ to accomplish great results. AB Doer 360™ Fitness System is designed as a total body system that focuses on your core-abdominal region. Performing other exercises is common for many Doers, and often recommended, especially when you're not able to access your AB Doer 360™. Sit-ups, crunches and leg lifts, to name a few, are terrific exercises that you can perform on occasion. This will help add diversity to your routines and prevent boredom. The AB Doer 360™ should remain a staple fitness system in your menu of activities so, yes, go ahead and enjoy many of the other options available to the fitness lifestyle.

Q: I own an older version of the AB-DOer™ with its DVD routines. Can I use the DVD routines from an older AB-DOer™ on the new AB Doer 360™ version?

A: Yes! You can use any of the former routines on any AB-DOer™ version. Please note however that due to technological upgrades integrated in each version, some restrictions may apply. Experiment to ascertain which motions you can and cannot perform and simply replace with motions you can.

Q: I want to purchase two AB Doer 360™ units, one for me and the other for my husband. Will we get two of everything?

A: YES, each AB Doer 360™ unit, along with all of the advertised components, and any of the optional items you purchased, will be packaged and delivered separately. So you and your husband will receive two individual AB Doer 360™ units containing exactly what you ordered. Now you and your husband can be referred to as 'Dueling Doers!'

Q: What does it mean that the AB Doer 360™ is a total midsection machine?

A: Because of its "Award Winning" patented design, the AB Doer 360™ allows you to condition your midsection muscles from one comfortable seated location. The AB Doer 360™'s unique "Award Winning patented design" allows you to move your body forward, rearward, side-to-side and in circular directions targeting your midsection and spinal muscles.

Q: What exactly is ABDOBICS™, and what does it do?

A: The AB-DOer is the only machine in the world that offers ABDOBICS™, which represents Abdominal Aerobics™. ABDOBICS are exclusive exercises and routines that are specially designed to activate the core region of your body. Additionally, in comparison to conventional abdominal exercises that are performed for (let's say) 20 repetitions, like crunches, sit-ups and leg lifts, you can perform AB-DOer sessions for longer durations, like 20 or 30 minutes; designed to activate muscles and burn calories. Please refer to any one of the ABDOBICS DVD routines for further explanation and instructions.

Q: I'm not a fitness person, nor am I in good shape. I just want to exercise enough to feel and look better. Can AB Doer 360™ help me?

A: The AB Doer 360™ was invented for everybody. The main focus for the 360-degree functionality that's integrated into this technology is to position your body in a comfortable seated upright position that uniquely allows you to exercise the muscles of your spinal column and midsection muscles, while also conditioning the pelvic region and legs. AB-DOer™ has been available on the marketplace for over 20-years now, is clinically proven, and has millions of users worldwide. So if you want to get into shape, with a safe, fun, and challenging system, the AB Doer 360™ is a system you will truly enjoy and benefit from. For more information or to place your order: <http://getabdoer360.com>

Q: When should I use the Core Mobility back and spinal conditioning routine on my AB Doer 360™?

A: John Abdo suggests that you apply the Core Mobility routine every time you need to loosen up stiff, sore, achy muscles, or want to improve your flexibility. Great to use before and after any activities like golfing or playing tennis, gardening, exercising or performing household chores. Core Mobility is a flexibility and de-stressing routine.

Please note: the 6-Pack Massage Roller system is not recommended for use during fast-paced ABDOBIC™ motions or aerobic routines. Rather, this popular accessory is best utilized FOR ITS STRETCHING AND RELAXING BENEFITS. PLEASE REFER THE TO 'CORE MOBILITY' DVD FOR SPECIFIC INSTRUCTIONS.

Q: What types of foods can you eat while using the AB Doer 360™ Fitness System cause I'm struggling on what meals to eat?

A: John Abdo has developed a success-proven easy, quick and convenient system that allows all Doers to eat healthy, well-balanced meals that taste good. This eating plan is called John Abdo's Do N.O.T. Diet™, as NOT represents Nutritional Organizing Technique™. This eating plan is listed in the User Manual that came with your new AB Doer 360™ Fitness System while video demonstrations are posted on your AbDo-er360 Facebook site. Do N.O.T. Diet is simple to understand and follow.

DISCLAIMER: PLEASE CHECK WITH A LICENSED MEDICAL AUTHORITY BEFORE MAKING ANY DECISIONS OR IMPLEMENTING ANY CHANGES IN YOUR LIFE, INCLUDING THE USE OF ANY EATING PLAN, PILL OR SUPPLEMENT, EXERCISE OR LIFESTYLE CHANGE. No copying, transferring or any duplication, in part or in whole, is permissible unless agreed to in writing by the parties of this site. Penalties for such violations will be enforced to the fullest extent of the law. © 2017, Thane IP Limited. All Rights Reserved.

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AB Doer 360 Accessories

<http://accessories.getabdoer360.com>

AB Doer 360 Facebook Community

<https://www.facebook.com/ABDoer360/>

Customer Service: USA

Ph: 800-676-1604

E: CustomerCareUSA@Thane.com

Hours of operation: Monday-Friday 8:30a – 8:00p EST

PLEASE NOTE:

AB-DOer™ technology has been in the worldwide marketplace for over 20 years. Previously asked and answered questions, customer inquires and comments, tips and instructions, are regularly posted on YOUR FREE AB Doer 360 Facebook Community Site (<https://www.facebook.com/ABDoer360/>) along with actual video demonstration and explanations, to keep you educated, motivated and confident about using your AB-DOer™.

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Distributed by:

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