

SCRUNCH®

PARTS: SCRUNCH



ACCESSORY IN USE



ATTACHMENT INSTRUCTIONS

TO BEGIN INSTALLATION: Make sure the folding foot holder is in the lowered position or removed. Stand on one side of the unit facing the tower. **NOTE:** The SCRUNCH® accessory has attachment knobs on both sides that connect the SCRUNCH to the rails. **STEP 1.** Hold the SCRUNCH, with the curved bar facing the

tower, over the upper rails. **STEP 2.** Tilt the SCRUNCH down on the right side and fit the right pin into the hole. **STEP 3.** Pull out the retractable knob and lower the left side of the SCRUNCH until it is aligned with the hole on the rail and release the knob securing the pin in place.

STEP 4. Make sure the SCRUNCH is securely attached before use.

NOTE: The SCRUNCH can be attached at the bottom of the rails.

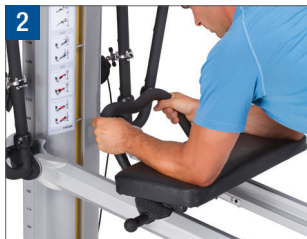
SEE REVERSE SIDE for tips on how to get on and off the machine with the SCRUNCH attached and proper technique when performing SCRUNCH exercises.



SCRUNCH®

HOW TO GET ON AND OFF THE SCRUNCH

STEP 1. Kneel on the glideboard with hands placed firmly on the rails. **STEP 2.** Lean forward and place forearms on the padded platform and grasp the SCRUNCH bar, placing your upper body weight on the SCRUNCH accessory.



PROPER POSITIONING AND TECHNIQUE

SHOULDER POSITIONING. Lean forward with shoulders positioned directly over elbows. Rest elbows on the padded platform. Contract your shoulders and chest to lift the chest away from the SCRUNCH accessory.



BACK & HEAD POSITIONING. Lift abdominals prior to movement with head slightly facing down.



SCRUNCH EXERCISE PROGRESSIONS (BEGINNER TO ADVANCED)

PROGRESSION 1 - SCRUNCH ON TOP RAIL.

Knees at top of glideboard.



PROGRESSION 2 - SCRUNCH ON TOP RAIL.

Legs straight with toes on glideboard then tuck knees to chest without touching the glideboard.



PROGRESSION 3 - SCRUNCH ON TOP RAIL.

Single leg, other leg extended. To modify, do single leg kneeling.



PROGRESSION 1 - SCRUNCH ON BOTTOM RAIL.

Toes at top of glideboard.



PROGRESSION 2 - SCRUNCH ON BOTTOM RAIL.

Single leg, other leg extended, tuck knee to chest without touching the glideboard.

