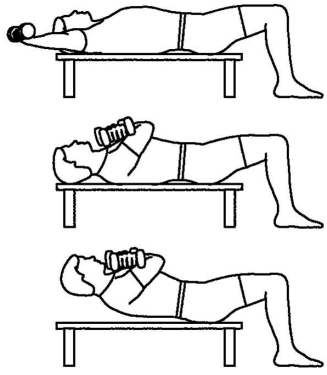
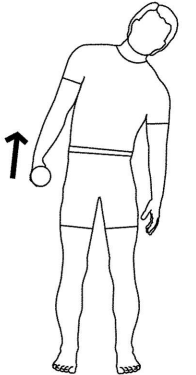


Comment:

This is just a few of the many Ab exercise available.

<p>DB front cross curl up</p>  <ul style="list-style-type: none"> • Lie on back on bench. • Hold weights in hands, arms above head. • Lift arms up and across body. • Slightly lift upper body off bench. • Lower body and return arms to start position. • Repeat. <p><u>Special Instructions:</u></p> <p>Add weight if you want to increase the challenge. If your bench is long enough put both feet on the bench, this will help to avoid stress on your lower back.</p> <p>Perform 3 sets of 10 Repetitions, once every other day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>DB trunk sidebend</p>  <ul style="list-style-type: none"> • Stand, holding weight in left hand. • Bend to right. • Return to start position and repeat. • Repeat sets with weight in right hand and bending to left. <p>Perform 3 sets of 10 Repetitions, once every other day.</p> <p>Use 0 Lbs. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
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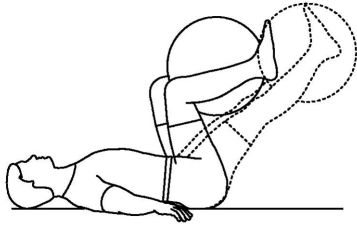
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Ball leg press

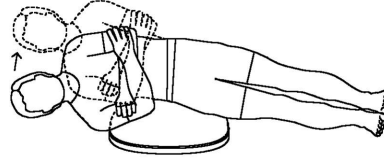


- Lie on back.
- Bend knees and grasp ball between ankles.
- Tighten abdominal muscles, lift ball up to chest.
- Straighten knees, lifting ball.
- Lower to chest and lower to floor.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Bosu sidebend



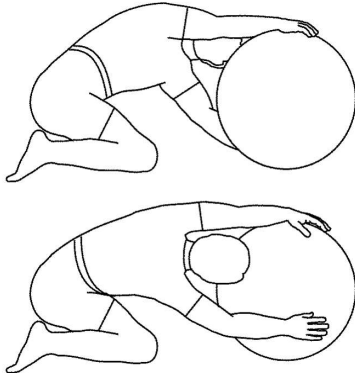
- Lie on side with waist at top of BOSU, legs on floor, straight and together, upper body resting on floor.
- Cross arms over chest and raise upper body upward until body is straight.
- Lower and repeat.

Special Instructions:

You can spread your legs for more stability.
Perform 5 sets of 1 Minute, once a day.

Use BOSU.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Kneel and twist with ball

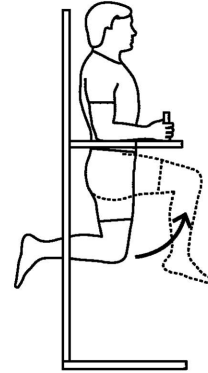


- Kneel with buttocks on heels and hands on side of ball.
- Twist to right, rolling the ball.
- Twist to left, rolling the ball.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Roman chair bent lift



- Position body between arm holds of chair.
- Place arms on grips.
- Tighten upper body muscles and slightly lift legs of floor by pushing down with shoulders.
- Keep knees bent and lift thighs upward, bending at waist.
- Lower legs and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Roman Chair.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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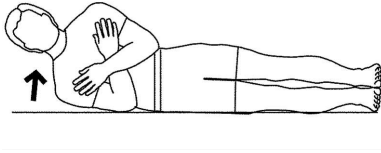
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Side liftup

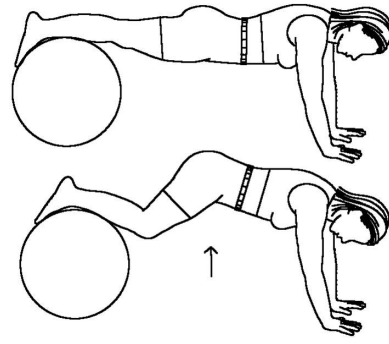


- Lie on side.
- Cross arms over chest.
- Lift shoulders up.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Down crunch on ball

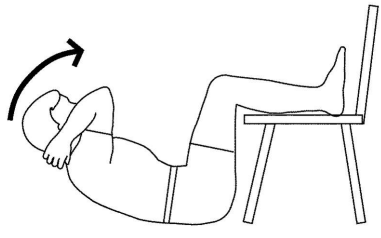


- Begin in push-up position with lower legs on ball as shown.
- Bend hips and knees to bring ball forward, keeping trunk straight.
- Return to start position and repeat.

Perform 5 sets of 1 Minute, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Leg up crunch

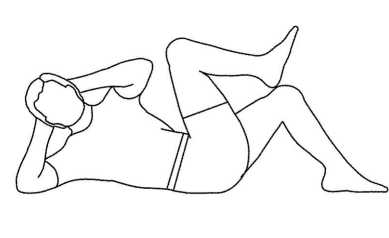


- Lie on back with knees bent, and hands clasped behind neck.
- Position legs up over chair.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Diagonal crunch



- Lie on back with knees bent, and hands clasped behind neck.
- Raise left shoulder up and raise right knee up, twist until they touch.
- Lower and repeat with right shoulder and left knee.

Special Instructions:

If this bothers your lower back than instead of crossing over just bring the same knee and elbow up this will keep the twisting out of your back.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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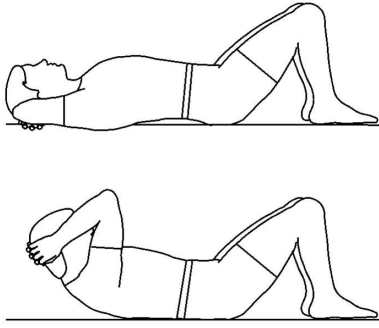
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Crunch



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Special Instructions:

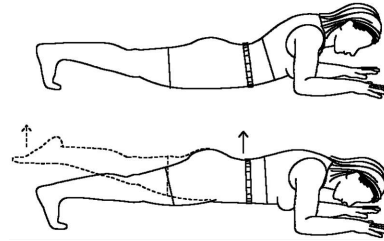
If your neck hurts while executing this exercise put a small soft ball under your chin, this will keep your head from going back and forth (chicken dance).

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Alternating leg prone plank



- Lie face down, upper body supported on elbows with forearms on floor as shown.
- Tighten up abdominal muscles and lift hips and legs up until trunk is straight, in a push up like position.
- Raise left leg upward and lower.
- Raise right leg upward and lower.
- Repeat.

Special Instructions:

Keep both feet on the floor to begin with until your core, Abs and lower back, are strong enough to lift a leg. Also very important...Do not sway your back as soon in this picture. You hips should be slight elevated so your hips are equal to or above your heels. This will keep the exercise out of your lower back.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 1 Second.

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