

Ultimate Abs Ball WORKOUT GUIDE

DX-1057N



WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect any tubes, balls, etc. for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

CRUNCHES/CURLS WITH PELVIC TILTS

- Lay upper back across middle of ball
- Begin with upper body on ball, hips toward floor
- Place hands behind head with elbows out to sides
- Squeeze abs, rotating hips and pelvis up and curling upper body forward
- Return to starting position, slowly lowering hips and pelvis down toward ground



ABS/ENTIRE CORE

CRUNCHES/CURLS WITH ROTATION

- Lay across ball so middle of back is on ball
- Place hands behind head with elbows out to sides
- Squeeze hips and curl upper body forward, twisting right shoulder toward left hip
- Slowly lower upper body back to starting position
- Repeat twisting left shoulder toward right hip



OBLIQUES

FIGURE "8's"

- Sit in center of ball and lean back with upper body to engage abs
- Place hands together and draw figure "8" pattern in front of body
- Begin with hands in center of body
- Move hands up to right shoulder, cross body down to left hip, then up to left shoulder and cross body again to right hip
- Repeat this sequence
- Keep abs contracted at all times



ABS/ENTIRE CORE

SIDE-LYING CURLS

- Lay across ball on left side
- Extend legs straight out and balance on feet. If this is too challenging at first, begin by resting one knee on ground for balance
- Place hands behind head, top elbow pointing to sky, bottom elbow to floor
- For starting position, allow body to hang toward floor
- Lift upper body toward sky (bring top elbow toward top hip)
- Slowly release back to starting position and allow abs to stretch
- Complete one full set on left, follow by one full set on right



OBLIQUES

ONE ARM, ONE LEG RAISE

- Lie across ball on stomach
- Bend knees to a 90 degree angle and place forearms on ground
- Lift right leg straight behind you, at same time extend left arm in front
- Tighten abs, lower back and lower body
- Slowly release back to starting position. Repeat lifting left leg and right arm



LOWER BACK/CORE

LAT ROLL

- Kneel behind ball and place hands on it
- Keeping abs tight, slowly roll ball forward
- Continue rolling forward until forearms are on ball with elbows directly under shoulders and body in a kneeling plank position
- Slowly roll back to starting position and repeat



ABS/LOWER BACK/ENTIRE CORE