

Dates: \_\_\_\_\_  
Week #: \_\_\_\_\_

# Training Journal

Before using your fitness journal, make copies for future use.

Today's Focus: Upper Body  Lower Body  Abs

**DAY 1:**

| CARDIO WORKOUT   |          |         |          | AB TRAINING  |             |             |             |
|--|----------|---------|----------|--------------|-------------|-------------|-------------|
| Warmup?  | Activity | Minutes | Distance | Exercise     | Set 1       | Set 2       | Set 3       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> | swimming | 20      | 1 mile   | Twins Crunch | 15 crunches | 15 crunches | 10 crunches |
| Stretching?  |          |         |          |              |             |             |             |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |              |             |             |             |
| Cool Down?   |          |         |          |              |             |             |             |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |              |             |             |             |

Today's Focus: Upper Body  Lower Body  Abs

**DAY 2:**

| CARDIO WORKOUT   |          |         |          | AB TRAINING |       |       |       |
|--|----------|---------|----------|-------------|-------|-------|-------|
| Warmup?  | Activity | Minutes | Distance | Exercise    | Set 1 | Set 2 | Set 3 |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Stretching?  |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Cool Down?   |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |

Today's Focus: Upper Body  Lower Body  Abs

**DAY 3:**

| CARDIO WORKOUT   |          |         |          | AB TRAINING |       |       |       |
|--|----------|---------|----------|-------------|-------|-------|-------|
| Warmup?  | Activity | Minutes | Distance | Exercise    | Set 1 | Set 2 | Set 3 |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Stretching?  |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Cool Down?   |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |

Today's Focus: Upper Body  Lower Body  Abs

**DAY 4:**

| CARDIO WORKOUT   |          |         |          | AB TRAINING |       |       |       |
|--|----------|---------|----------|-------------|-------|-------|-------|
| Warmup?  | Activity | Minutes | Distance | Exercise    | Set 1 | Set 2 | Set 3 |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Stretching?  |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Cool Down?   |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |

Today's Focus: Upper Body  Lower Body  Abs

**DAY 5:**

| CARDIO WORKOUT   |          |         |          | AB TRAINING |       |       |       |
|--|----------|---------|----------|-------------|-------|-------|-------|
| Warmup?  | Activity | Minutes | Distance | Exercise    | Set 1 | Set 2 | Set 3 |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Stretching?  |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |
| Cool Down?   |          |         |          |             |       |       |       |
| Yes <input type="checkbox"/> No <input type="checkbox"/> |          |         |          |             |       |       |       |



Bally Total Fitness®

# Inflatable Ab Toner

## FITNESS GUIDE

**CAUTION READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT**  
Before use, check for wear or damage to the Inflatable Ad Toner. If your product is worn or damaged, do not use. You may return it to our Customer Service Department and we will send you a replacement product. This is not a toy. Keep out of reach of children.  
Return to: Sports & Leisure Customer Service,  
4 Executive Plaza, Yonkers, NY 10701

### IMPORTANT

- Exercises should be done in a slow and controlled manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

### INSTRUCTIONS

- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform the movements with confidence. Then begin exercising with product.
- Perform 1–2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30–60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetitions and slowly work your way up to desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

Canada: StarCase Canada, Inc., 2616 Sheridan Garden Dr., Oakville, Ontario L6J 7Z2  
United Kingdom: StarCase (UK) Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK  
United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

### **INCLINE BICYCLE** Muscles Utilized: Abdominals and Obliques



Begin by lying on your back with your head downward, hands at your side for stability, and both legs straight out extending off the Inflatable Ab Toner.

Start by bringing your right knee up to your chest, while contracting your abdominal muscles. Keep your left leg extended and suspended in the air.

Finish by switching legs, bring your left knee in to the chest and extend the right.

Begin with 10-15 repetitions. Repeat.

### **INCLINE PELVIC THRUST** Muscles Utilized: Abdominals and Buttocks



Begin by lying on your back with both legs securely over the top edge of the Ab Toner, positioning the knees on the edge, both arms at your side with your palms facing down.

Start by lifting your hips so your thighs and spine align. Contract the abdominal muscles hold for 5 seconds.

Finish by slowly lowering your hips to the floor.

Begin with 10-15 repetitions. Repeat.

### **INCLINE CRUNCH** Muscles Utilized: Abdominals



Begin by lying on your back with your head downward, place your hands behind your head for stability, and both legs over the top of the Inflatable Ab Toner, with your feet flat on the floor.

Lift your upper body, while contracting your abdominal muscles, to a 90 degree angle, moving to a seated position.

Finish by slowly lowering your upper body to the base of the Ab Toner.

Begin with 10-15 repetitions. Repeat.

### **PUSH-UPS** Muscles Utilized: Abdominals, Chest and Upper Arms



Begin by lying on your stomach with your head at the top of the Ab Toner. Place both hands on each side, next to your shoulders.

Focus on keeping your head, neck and spinal column aligned throughout the exercise. Bending from your knees, push up from the Ab Toner, raising your body to a 45 degree angle.

Finish by slowly lowering yourself back down.

Begin with 10-15 repetitions. Repeat.

### **INCLINE CURL-UPS** Muscles Utilized: Abdominals



Begin by lying on your back with your shoulders at the top of the Ab Toner, place your hands at your side for stability, bring both legs up to your chest.

Extend both legs out at a 90 degree angle, while contracting your abdominal muscles, hold for 3 seconds at the fully extended position.

Finish by slowly bringing your legs back in to the chest.

Begin with 10-15 repetitions. Repeat.

### **SCISSOR KICKS** Muscles Utilized: Abdominals and Quadriceps



Begin by sitting on the Ab Toner with your left leg over the top edge of the Ab Toner and your left foot flat on the ground, place your hands behind you on the floor for support and stability. Extend the right leg out.

Keeping your abdominals contracted, raise your right leg to a 45 degree angle.

Finish by slowly lowering your right leg down.

Begin with 10-15 repetitions. Switch sides and repeat.