

Date: _____
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			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>	walking	20	2 miles	Plank Crunch w/ Ab Tightener	15 crunches	15 crunches	15 crunches
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 2:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 3:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 4:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 5:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							



Bally Total Fitness®

Ab Tightener II

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
Before use, check for wear or damage to the Ab Tightener II. 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 a desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

CAUTION: Release your grip on the handles SLOWLY when in the seated position with the Tightener very compressed.

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

SEATED ABDOMINAL CRUNCH Muscles Utilized: Abdominals



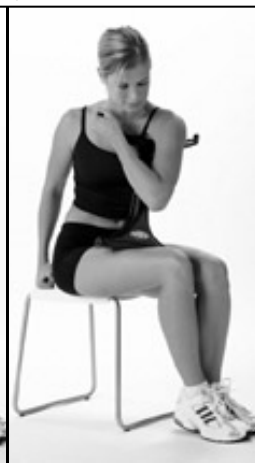
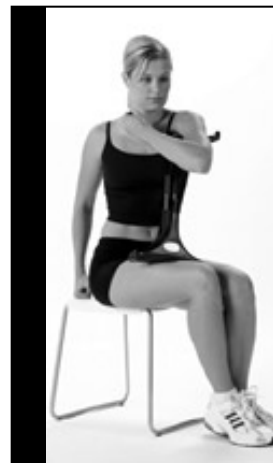
Begin by sitting in a comfortable chair, knees together, feet flat on the floor, head, neck and spine aligned. Place the base of the Ab Tightener II on your thighs, grip the hand grips with both hands.

Start by SLOWLY bending from the waist, pushing down towards your knees.

Finish by SLOWLY raising your upper body back to the seated position.

Begin with 10-15 repetitions. Repeat.

ADVANCED OBLIQUE TWIST Muscles Utilized: Abdominals and Obliques



Begin by sitting in a comfortable chair, knees together, feet flat on the floor, head, neck and spine aligned. Place the base of the Ab Tightener II on your thighs. Tuck the left grip under your left arm, place your left hand on the right grip. Right arm should be at your side.

Start by SLOWLY bending and rotating from your waist, pushing down towards your knees and bringing your left shoulder towards your right knee.

Finish by SLOWLY raising your upper body back to the seated position.

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

SEATED OBLIQUE TWIST Muscles Utilized: Oblique Abdominals



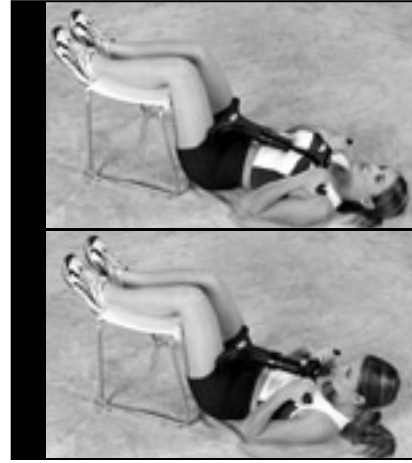
Begin by sitting in a comfortable chair, knees together, feet flat on the floor, head, neck and spine aligned. Place the base of the Ab Tightener II on your thighs, grip the hand grips with both hands.

Start by SLOWLY bending and rotating from the waist, pushing down towards your knees and bringing your left shoulder towards your right knee.

Finish by SLOWLY raising your upper body back to the seated position.

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

CHAIR CURL-UPS Muscles Utilized: Abdominals



Begin by lying on your back (a mat may be used for cushion), place both legs up on to a comfortable chair, knees should be bent at no more than a 90 degree angle, head, neck and spine aligned. Place the base of the Ab Tightener II on your thighs, grip the hand grips with both hands.

Start by SLOWLY lifting your upper body towards your knees, squeeze down on the Ab Tightener, hold for 4 seconds.

Finish by SLOWLY lowering your upper body down to the floor.

Begin with 10-15 repetitions. Repeat.

FLOOR CRUNCH Muscles Utilized: Abdominals



Begin by lying on your back (a mat may be used for cushion), knees together, feet flat on the floor, head, neck and spine aligned. Place the base of the Ab Tightener II on your thighs, grip the hand grips with both hands.

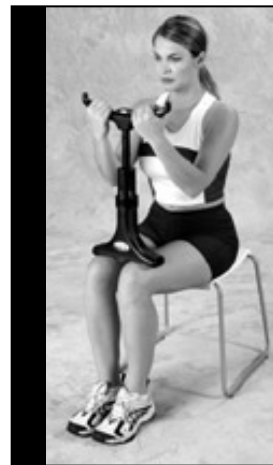
Keeping your feet flat on the floor, lift your upper body towards your knees, squeeze down on the Ab Tightener.

Finish by SLOWLY lowering your upper body back down to the floor.

Begin with 10-15 repetitions. Repeat.



SEATED PULL DOWN CRUNCH Muscles Utilized: Abdominals



Begin by sitting in a comfortable chair, knees together, feet flat on the floor, head, neck and spine aligned. Place the base of the Ab Tightener II just above your knees, grip the hand grips with both hands, palms facing towards you.

Start by SLOWLY pulling the hand grips straight down towards the base of the Ab Tightener, keeping the Ab Tightener parallel with your upper body.

Finish by SLOWLY releasing the tension, raising the hand grip back up to the starting position.

CAUTION: To prevent unit from springing forward, SLOWLY release the Tightener.

Begin with 10-15 repetitions. Repeat.