

Dates: _____
 Week #: _____

Training Journal

Before using your fitness journal, read the copy 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="checkbox"/> No <input type="checkbox"/>	Walking	30	2 miles	Squats w/ Slimmer Belt	25 Reps	25 Reps	25 Reps
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			STRENGTH 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			STRENGTH 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			STRENGTH 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			STRENGTH 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®

Slimmer Belt with Hot & Cold Therapy Gel Pack

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
 Before use, check for wear or damage to the Slimmer Belt and Hot & Cold Pack. 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.

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

SIDE STRETCH Muscles Utilized: Abdominals and Lower Back

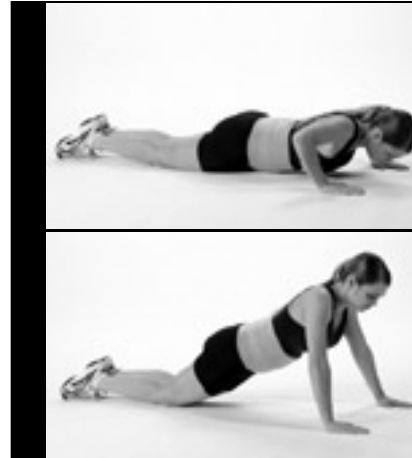


Begin with your feet shoulder distance apart, Slimmer Belt firmly fastened around your waist. Grasp hands together, extending arms straight over your head.

Start by bending from the waist, leaning to one side. Hold the stretch for 3-5 seconds, then return to standing position.

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

KNEE ASSISTED PUSH-UP Muscles Utilized: Deltoids



Begin by lying on your stomach (a mat may be used for cushion), Slimmer Belt firmly fastened around your waist. Place both hands on the floor, preparing to support your body weight.

Focus on keeping your head, neck and spinal column aligned throughout the exercise. Keeping your knees planted on the floor, push up from the floor with your arms, raising your body to a 45 degree angle.

Finish by slowly lowering yourself to the floor.

Begin with 10-15 repetitions. Repeat.

SIT-UPS Muscles Utilized: Abdominals



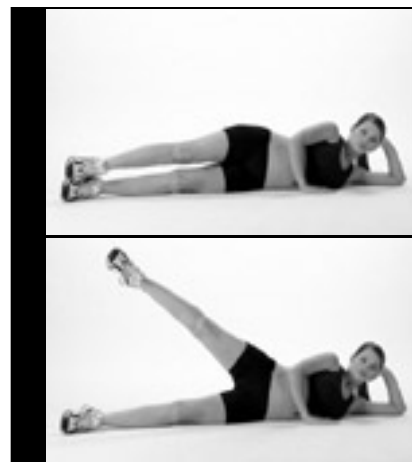
Begin by lying on your back, Slimmer Belt firmly fastened around your waist (a mat may be used for cushion). Lay both arms at your sides, palms down.

Keeping your feet flat on the floor, lift your upper body to a 45 degree angle, reaching with your arms.

Finish by slowly lowering your upper body and arms to the floor.

Begin with 10-15 repetitions. Repeat.

SIDE LEG RAISE Muscles Utilized: Outer Thighs, Abdominals and Hips



Begin by lying on your left side, Slimmer Belt firmly fastened around your waist (a mat may be used for cushion). Place your right hand in front of your chest, palm facing down, and use your left hand to support your head. Both legs should be extended straight, right leg on top of the left leg.

Raise the right leg straight up to a comfortable 45 degree angle.

Finish by slowly lowering the right leg back down to your left leg.

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

BICYCLE OBLIQUE TWIST Muscles Utilized: Abdominals and Obliques



Begin by lying on your back, Slimmer Belt firmly fastened around your waist (a mat may be used for cushion). Place both hands behind your head for support, and lift your knees up, bending from your waist to a 90 degree angle.

Start by lifting your upper body off the floor to a 45 degree angle. Rotate from the abdominals, reaching your right elbow across your body to meet your left knee.

Finish by switching side, rotating your left elbow over to meet your right knee.

Begin with 10-15 repetitions. Repeat.

SQUATS Muscles Utilized: Thighs, Abdominals and Buttocks



Begin standing up straight placing both feet together. Bend at your knees to a comfortable stance, and keep both arms straight out at shoulder height, Slimmer Belt firmly fastened around your waist.

Slowly squat down. Do not let your knees bend over your toes. Hold for 3-5 seconds, then return to standing position.

Begin with 10-15 repetitions. Repeat.