

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	30	1 mile	Twist Board w/ ball	10 twists	15 twists	20 twists
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®

Talking Twist Board

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
Before use, check for wear or damage to the Talking Twist Board. 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

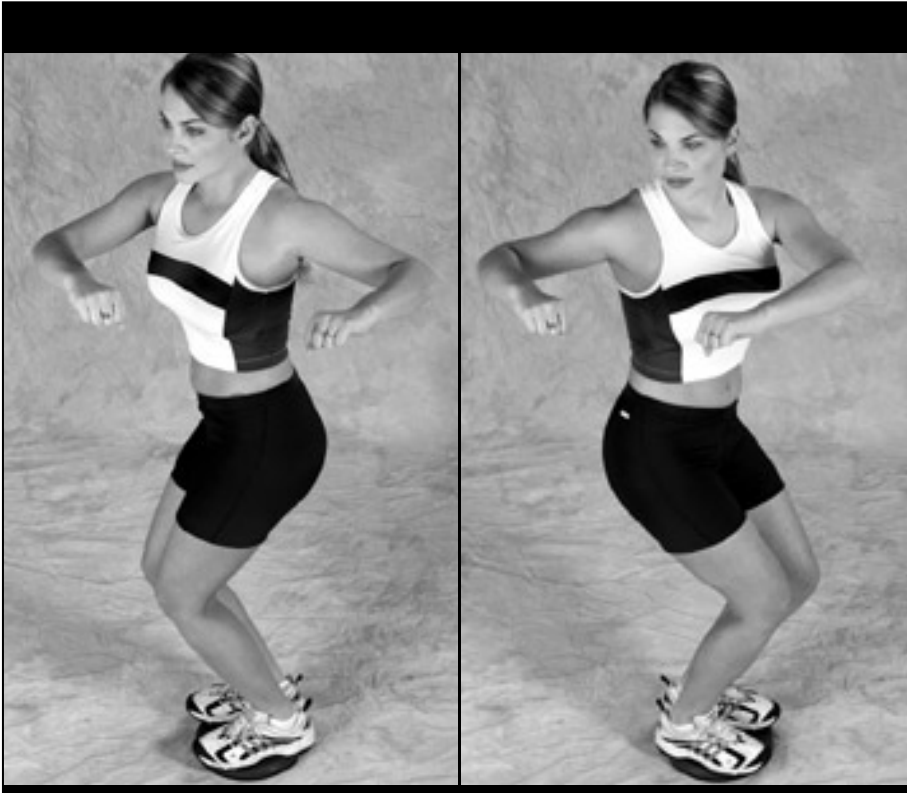
- Exercises should be done in a slow and controlled manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.
- Wear sneakers or Exercise in Bare Feet. DO NOT USE WITH SOCKS ONLY.

INSTRUCTIONS

- Before you begin, imitate and practice all exercises WITHOUT using product until you are able to perform the movements with confidence. Then begin to exercise with the 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

OBLIQUE TWIST Muscles Utilized: Obliques and Abdominal



Begin by placing both feet together on the Twist Board, bend at your knees to a comfortable stance. Keep both arms up and bent with elbows out.

Start by twisting from the waist to the left and then back to the right. Your knees should go in the opposite direction of your upper body and arms. Begin with slow and small controlled movements, this will help you get used to the Twist Board and establish your balance.

As you become more comfortable with the movements, you may increase the range and speed of each movement.

Begin with 10-15 repetitions. Repeat.

Listen to the Talking Twist Board for important facts about your workout and your progress.

OBLIQUE TWIST WITH BALL Muscles Utilized: Obliques and Deltoids

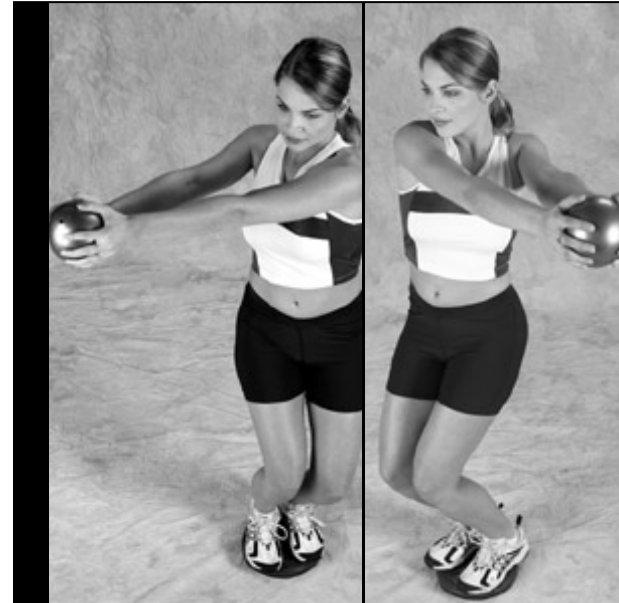


Begin by placing both feet together on the Twist Board, bend at the knees to a comfortable stance. Keep both arms up and bent with your elbows out. Hold the weighted ball with both hands firmly against your chest.

Twist torso in either direction at 45 degrees. Hold your form for two seconds and then switch direction.

Begin with 10-15 repetitions. Repeat.

ADVANCED OBLIQUE TWIST WITH BALL Muscles Utilized: Obliques and Deltoids



Begin by placing both feet together on the Twist Board, bend at the knees to a comfortable stance. Hold the weighted ball with both hands, extending your arms out straight at shoulder height.

Twist torso in either direction at 45 degrees. Hold your form for two seconds and repeat the movement.

Begin with 10-15 repetitions. Repeat.