

Dates: _____
Week #: _____

Training Journal



Bally Total Fitness®

Talking Jump Rope

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
Before use, check for wear or damage to the Talking Jump Rope. 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.
- ALWAYS check around you to avoid onlookers from being hit with the swinging rope.

INSTRUCTIONS

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

Before using your fitness journal, stroke capitals 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	20	1 mile	Jump Rope	15 Jumps	15 Jumps	15 Jumps
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"/>							

BASIC JUMP Muscles Utilized: Upper and Lower Legs



Begin by setting your Talking workout monitor to zero. Next grasp the handles in both hands, relaxing your arms at your sides. The center of the rope should be almost touching the floor, behind your feet.

Start by swinging the rope with both hands up and over your head to the front. When the rope travels past your abdominals, jump straight up and over the rope.

Continue the jump rope exercise for 10-15 jumps, then rest. As you feel more comfortable, increase your rope speed and repetitions.

Listen to the Talking Jump Rope for important facts about your workout and your progress.

CRISS CROSS Muscles Utilized: Upper and Lower Legs



Begin by setting your Talking workout monitor to zero. Grasp the handles in both hands, relaxing your arms at your sides. The center of the rope should be almost touching the floor, behind your feet.

Start by swinging the rope with both hands up and over your head to the front. When the rope is traveling from your head to your feet, quickly cross your arms and jump straight up over the rope.

As the rope comes back around, uncross your arms and continue the jump.

Continue the jump rope exercise for 10-15 jumps, then rest. As you feel more comfortable, increase your rope speed and repetitions.

REVERSE BASIC JUMP Muscles Utilized: Upper and Lower Legs

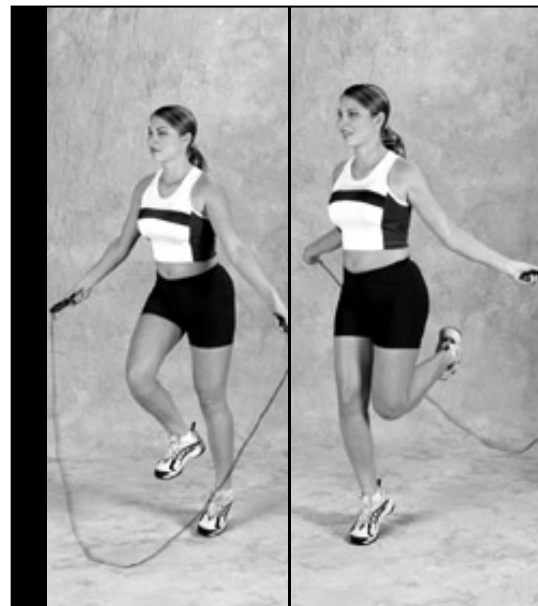


Begin by setting your Talking workout monitor to zero. Then grasp the handles in both hands, relaxing your arms at your sides. The center of the rope should be almost touching the floor, in front of your feet.

Check around you for adequate distance from onlookers. Start by swinging the rope with both hands up and over your head to the back. When the rope travels past your lower back, jump straight up and over the rope.

Continue the jump rope exercise for 10-15 jumps, then rest. As you feel more comfortable, increase your rope speed and repetitions.

STRIDE JUMP Muscles Utilized: Upper and Lower Legs



Begin by setting your Talking workout monitor to zero. Grasp the handles in both hands, relaxing them at your sides. The center of the rope should be almost touching the floor, behind your feet. Lift one leg, bending at the knee to a 90 degree angle.

Start by swinging the rope with both hands up and over your head to the front. When the rope travels past your abdominals, jump straight up into the air and switch legs, letting the rope pass through the switch.

Continue the jump rope exercise for 10-15 jumps, then rest. As you feel more comfortable, increase your rope speed and repetitions.