

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	Ass. Curls w/ Dual Tubing	15 Reps	12 Reps	10 Reps
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®

Dual Resistance Tubing

FITNESS GUIDE

WARNING: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
Before use, check for wear or damage to the Dual Resistance Tubing. 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

CAUTION

- 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.
- Keep tubing tightly held close together and fixed firmly onto your feet.

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.

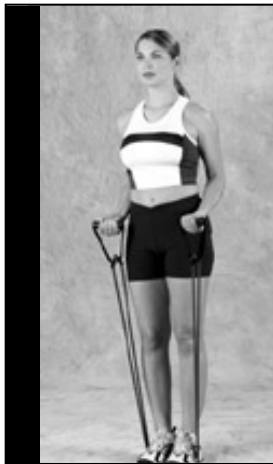


CAUTION: To prevent unplanned release always keep both tubes secure under the middle of the shoe.



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

ARM CURLS: Muscles Utilized: Biceps



Begin with a Dual Resistance Tubing handle in each hand, both feet standing on the center of the two cords, your palms facing up, hands at your sides hip height.

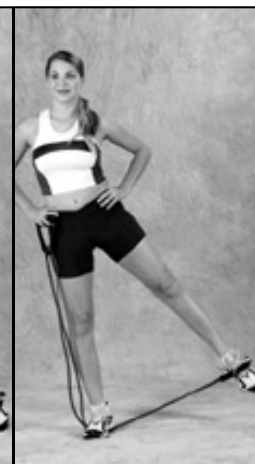
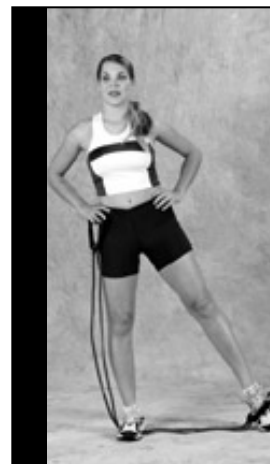
Start by pulling up on the handles to chest height.

CAUTION: Be sure both tubes are side by side and firmly held under the shoes **BEFORE** pulling up.

Finish by lowering the handles back down to hip height.

Begin with 10-15 repetitions. Repeat.

OUTER THIGH STRETCH Muscles Utilized: Outer Thighs



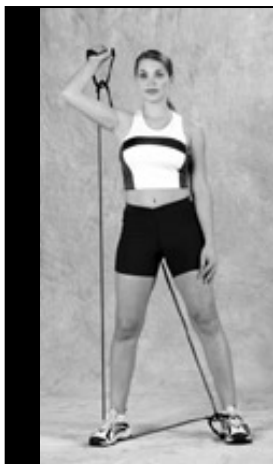
Begin by securing one handle around your left foot, stepping on both cords with your right foot, holding the free handle in your right hand, placing both hands on your hips.

Start by shifting all of your weight to your right foot, slowly lift your left foot out and up off the floor (keeping your hips square to the floor) at a 45 degree angle and hold for 4 seconds.

Finish by slowly lowering your left foot back down to the floor.

Begin with 10-15 repetitions. Repeat.

ARM EXTENSION Muscles Utilized: Triceps



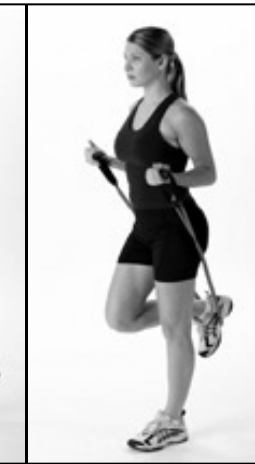
Begin by securing one handle around your left foot, stepping on one cord with your right foot. Holding the free handle in your right hand, pull the cords behind you just above the shoulder, with your palm facing up, left hand at your side.

Start by pushing the right handle straight up, until the arm is fully extended.

Finish by lowering the handles back down to the starting position.

Begin with 10-15 repetitions. Repeat.

HIP EXTENSION Muscles Utilized: Hip, Outer Thigh and Buttocks



Begin with a Dual Resistance Tubing handle in each hand, place both cords under your right foot, shifting all of your weight to the left foot. Keep your right foot extended pulling it straight back off the ground.

Start by lifting your right foot up, bending at the knee to a 90 degree angle.

Finish by extending the right foot back down to the starting position.

Begin with 10-15 repetitions. Repeat.

BICYCLE EXTENSIONS Muscles Utilized: Quadriceps and Buttocks



Begin by lying on your back (a mat may be used for cushion) placing one Dual Resistance Tube around each foot, gripping the handles and pulling them up to your chest, palms facing in. Raise your left knee until it is directly above your left hip, keep your right foot extended and both feet flexed at all times.

Start by raising your right knee to hip level while straightening your left knee.

Finish by raising your knee to hip level while straightening your right leg.

Begin with 10-15 repetitions. Repeat.

ABDOMINAL LEG RAISES Muscles Utilized: Abdominals



Begin by lying on your back (a mat may be used for cushion). With a Dual Resistance Tubing handle in each hand, place the center of both cords around the bottom of your feet, gripping the handles and pulling them up to your chest with your palms facing in.

Start by slowly raising both legs off the floor to a 45 degree angle. Keep your legs fully extended, hold for 4 seconds.

Finish by slowly lowering both legs down to the floor.

Begin with 10-15 repetitions. Repeat.

CAUTION: Be sure both tubes are side by side and firmly held in the middle of the shoes **BEFORE** pulling up.