

Dates: _____
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	Tricep Ext. w/ Figure 8 Band	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"/>							



Lifebelt Total Body Exerciser

FITNESS GUIDE

! CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
Before use, check for wear or damage to the Lifebelt Total Body Exerciser. 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. **IMPORTANT:** This is not a toy. Keep out of reach of children.

Return to: Sports & Leisure Customer Service,
4 Executive Plaza, Yonkers, NY 10701

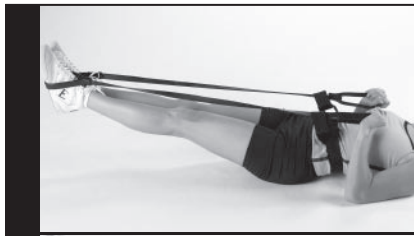
- ! IMPORTANT**
- Exercises should be done in a slow and controlled manner.
 - Always consult a physician before performing any physical activity.
 - Drink plenty of fluids before, during and after exercising.
 - Wear sneakers or Exercise in Bare Feet. **DO NOT USE WITH SOCKS ONLY.**

- 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.

- ! WARNING:** To prevent unplanned release always keep both bands secure under the middle of the shoe.
- If bands move during exercises - stop and put the tubing back to the middle (or instep) of the sneaker.

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

ABDOMINAL LEG LIFTS Muscles Utilized: Abdominals



Begin by lying on your back (a mat may be used for cushion) with your legs raised off the floor, with resistance band loops wrapped securely around the feet. Elbows resting on the floor with arms at a 90 degree angle, hold a resistance band loop in each hand.

Start by raising legs up to a 45 degree angle.

Finish by lowering your your legs back to the starting position.

Begin with 10-15 repetitions. Repeat.



BACK LEG EXTENSION Muscles Utilized: Glutes



Begin on your hands and knees. Extend your right leg straight out behind you.

Start by bringing the right knee down to the floor switching your weight to the right side.

Finish by extending the left leg out behind you.

Begin with 10-15 repetitions. Repeat.



HAMSTRING STRETCH Muscles Utilized: Hamstring



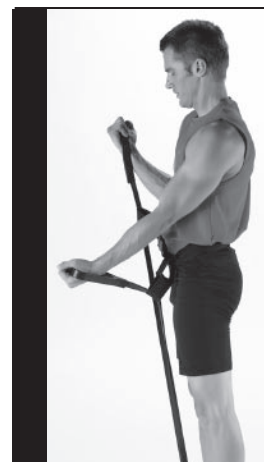
Begin by lying on your back (a mat may be used for cushion) with your left leg bent and foot resting flat on the floor. Extend your right leg straight up with foot flexed. Hold the resistance band with both hands.

Start by gently pulling down on the resistance band until you feel a stretch in your right hamstring.

Finish by releasing the tension in the resistance band.

Switch legs and repeat.

BICEP CURL Muscles Utilized: Biceps



Begin standing with the resistance band loops around your feet and hands. Right arm bent with your palm facing your shoulder. Left arm extended.

Start by lowering the right arm down to your side and lifting the left arm up to the shoulder.

Finish by returning the arms to the starting position.

Begin with 10-15 repetitions. Repeat.



LEG EXTENSIONS Muscles Utilized: Quadriceps and buttocks



Begin by lying on your back (a mat may be used for cushion) with the right leg extended flat on the floor. Raise your left leg off the floor at a 90 degree angle. Hold a resistance band loop with each hand securely behind the head.

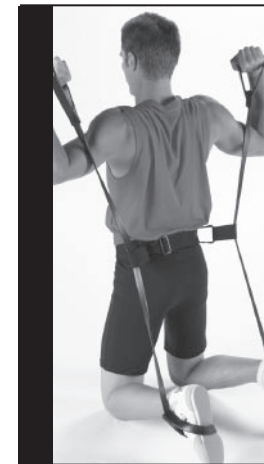
Start by pushing out and up with the leg until it is extended out to a 45 degree angle.

Finish by lowering your leg back to the starting position.

Begin with 10-15 repetitions. Repeat.



SHOULDER PRESS Muscles Utilized: Shoulders



Begin on your knees with resistance bands loops around your feet and hands. Arms to the side at a 90 degree angle with your palms facing up.

Start by pushing up with your arms until they are fully extended.

Finish by lowering your arms back to the starting position.

Begin with 10-15 repetitions. Repeat.

