



# Ab Exerciser

## Fitness Guide

### INSTRUCTIONS

- For increased muscular strength, all exercises may be repeated 8 to 15 times, depending on your fitness level. As you progress, some of the stretches may be held for longer periods of time.
- The last two repetitions should be difficult, but attainable.
- It is vital that you maintain a straight spine and that the abdominal muscles are contracted.
- Always move slowly and with control and remember to breathe deeply while exercising.

### CRUNCH Muscles Utilized: Abdominals



Lay on the floor with knees bent. Place feet in "stirrups" around the balls of your feet. Pull bar up and place horizontally across your upper thighs. Place hands behind your head. Slowly raise your torso, contracting your abdominal muscles. Hold and release, returning to start position with back flat on the floor. Repeat for 8 - 15 repetitions.

### OBLIQUE CRUNCH Muscles Utilized: Obliques



Lay on the floor with knees bent. Place feet in "stirrups" around the balls of your feet. Pull bar up and place horizontally across your upper thighs. Place hands behind your head. Slowly raise your body twisting torso to one side, contracting your abdominal muscles. Hold and release, returning to start position with back flat on the floor. Repeat for 8 - 15 repetitions.

### ADVANCED CRUNCH Muscles Utilized: Abdominals



Lay on the floor with knees bent. Place feet in "stirrups" around the balls of your feet. Pull bar up and place horizontally across your upper thighs. Extend arms out in front of you. Slowly raise your torso contracting your abdominal muscles. Hold and release, returning to start position with back flat on the floor. Repeat for 8 - 15 repetitions.