

Dates: _____
 Week #: _____

Training Journal

Before using your fitness journal, read 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="checkbox"/> No <input type="checkbox"/>	swimming	30	1 mile	Card-4x4 w/ Pearlized Ball	15 Reps	15 Reps	15 Reps
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"/>							



Bally Total Fitness®

Pearlized Weighted Ball

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
 Before use, check for wear or damage to the Pearlized Weighted Ball. 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.

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 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

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ARM CURL Muscles Utilized: Biceps

		<p>Begin with your feet shoulder distance apart, holding the Weighted Ball in both hands. Your arms should be straight, extended out in front of you at shoulder height, with your palms facing up.</p> <p>Start by bending your elbows, bring your hands straight up, ending at a 90 degree angle.</p> <p>Finish by lowering the weight back down, so your arms are extended straight out, with your palms facing up.</p> <p>Begin with 10-15 repetitions. Repeat.</p>
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KNEE SQUEEZE SIT-UP Muscles Utilized: Abdominals

	<p>Begin by lying on your back (a mat may be used for cushion). Place the Weighted Ball between your knees, squeezing your knees and inner thighs to hold it in place. Cross your arms over your chest.</p> <p>Keeping your feet flat on the floor, lift your upper body to the seated position.</p> <p>Finish by slowly lowering your upper back down to the starting position.</p> <p>Begin with 10-15 repetitions. Repeat.</p>
	


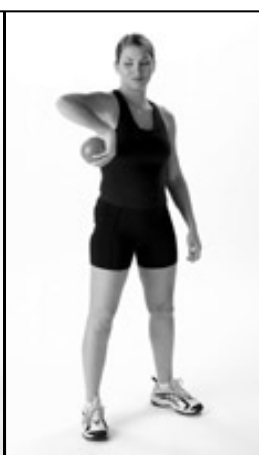
ARM EXTENSIONS Muscles Utilized: Triceps

		<p>Begin with your feet shoulder distance apart, hold the Weighted Ball in both hands above your head with arms extended.</p> <p>Start by bending your elbows, lowering your hands back behind your head.</p> <p>Finish by raising the weight back to the starting position with arms extended above the head.</p> <p>Begin with 10-15 repetitions. Repeat.</p>
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PULLOVER SIT-UP Muscles Utilized: Abdominals, Pectorals

	<p>Begin on the floor in the seated position (a mat may be used for cushion). With both hands, hold the ball close to your chest.</p> <p>Start by lowering your upper body down to the floor. In the same motion, slowly bring the Weighted Ball up from your chest, to just above your head.</p> <p>Finish by lifting your upper body to the seated position, while bringing the ball from above your head, slowly back to your chest.</p> <p>Begin with 10-15 repetitions. Repeat.</p>
	

SHOULDER PULL Muscles Utilized: Deltoid

		<p>Begin with your feet shoulder distance apart. Hold the Weighted Ball in one hand, with your palm facing up. Place your arm at your side slightly behind your back at hip level.</p> <p>Focus on keeping the ball along your side, lifting it straight up to chest level.</p> <p>Finish by lowering, the Weighted Ball to hip level.</p> <p>Begin with 10-15 repetitions. Switch sides & repeat.</p>
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BACKBENDING STRETCH Muscles Utilized: Upper Back and Lower Back

	<p>Begin by lying on your back (a mat may be used for cushion). Place the Weighted Ball along the spinal column just below your shoulder blades. Relax your shoulders and extend the arms out straight, resting them on the floor. Inhale, hold for a few seconds then slowly exhale.</p> <p>Repeating this exercise after moving the ball up or down the spinal column, will give a deeper core stretch.</p>
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