

Muscle Group: Abdominal

Machine Exercise: Ab Curl



Pull out the handle for adjustment of the weight



Pull the handle to adjust the feet platform.



Pull the handle to adjust the seat height. Position it so that the pad touches the chest while seated.



Sit up straight with the pad on your chest and the feet strapped in on the platform



Bend forward with your body using your abdominal muscles.



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Pull out the handle for adjustment of the weight.



Sit on the seat and pull down the shoulder pads.



Hold the shoulder pads firmly against the body and keep your feet on the platform.



Pull the shoulder pads downwards with your body, while flexing your abdominals.

Muscle Group: Abdominal

Machine Exercise: Leg Raises



Stand in front of the machine with your back against the back pad.



Use the step to stand up with your back against the back pad and your arms and elbow resting on the arm pads.



Lift your feet off the steps and keep them hanging straight downwards



Pull your legs up towards a 90° angle with the body while flexing your abdominals.



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Setting up the machine:



Pull the pin for seat height adjustment. Position the seat height so that the chest pad is aligned with your chest.

The Exercise



Sit down on the ab machine placing your feet on the ground or platform provided and grab the top handles. Keep your back straight. This will be your starting position.



Crunch your upper torso downwards. Breathe out as you perform this movement. Be sure to use a slow and controlled motion. Concentrate on using your abs to move the weight while relaxing your legs and feet. After a second pause, slowly return to the starting position as you breathe in.

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Free Weight Exercise

Yoga Mat Sit Up



Lie down on the floor placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

BOSU Ball Sit Up



Lie down on a BOSU Ball placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

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Free Weight Exercise

Exercise Ball Sit Up



Lie down on a stability ball placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

Exercise Ball Jackknife



Place your lower shins on top of an exercise ball. The upper body should be in a push-up type of position being supported by your two extended arms in front of you.



While keeping your back completely straight and the upper body stationary, pull your knees in towards your, allowing the ball to roll forward under your ankles.



Muscle Group: Abdominal

Free Weight Exercise

Exercise Ball Torso Rotation



Lie on an exercise ball with your shoulder blades pressed against the spherical surface of the ball. Extend your arms straight out in front of you.



Rotate your torso to one side, keeping your eyes on your hands as you move. Now, rotate back to the opposite direction.