

Male Abdominal Workout Chart– BA076

Description	<p>◆ Fitness buffs who have a facility or home gym will find this Abdominal Workout Poster a fundamental necessity. Anyone in search of accurate education, specifically for their users, should be using Bruce Algra's fitness posters. This Abdominal Workout Poster includes a detailed illustration of 8 of the most effective abdominal exercises. Algra has highlighted the abdominal and oblique muscle groups for easy identification and education.</p>
Details	<p>1. Dimension: 24" x 36"</p> <p>2. Material: gloss paper laminated with clear polyester both sides</p>
Image	<p>ABDOMINAL WORKOUT</p> <p>CRUNCH</p> <ol style="list-style-type: none"> 1. Lie on your back, knees bent, feet flat on the floor, and your hands placed behind your head. 2. Using only your abdominal strength, slowly curl your upper torso and shoulder blades off the floor. (Do not curl up too high.) 3. Slowly return to the starting position and repeat without resting. <p>DECLINE CRUNCH</p> <ol style="list-style-type: none"> 1. Lie on your back and hook your feet under the roller pads. 2. Place your hands gently behind your head. 3. Slowly curl your upper torso and shoulder blades off the bench. 4. Do not curl up too high. 5. Slowly return to the starting position and repeat. <p>RAISED LEG CRUNCH</p> <ol style="list-style-type: none"> 1. Lie on your back, knees bent, and ankles under the bench. 2. Place your arms and hands gently behind your head. 3. Slowly curl your upper torso and shoulder blades off the floor. 4. Slowly return to the starting position and repeat. <p>DUMBBELL SIDE BEND</p> <ol style="list-style-type: none"> 1. Hold the dumbbells at your sides with both shoulder width. 2. Slowly bend your torso to one side keeping your arms extended. 3. Slowly return and repeat on the other side. <p>CROSSOVER CRUNCH</p> <ol style="list-style-type: none"> 1. Lie on your back, knees bent, feet on the floor, and place your hands gently behind your head. 2. Slowly curl one of your elbows diagonally up toward the opposite knee. 3. Slowly return to the starting position and repeat. 4. Switch the arm and switch to the opposite side. <p>HANGING LEG RAISE</p> <ol style="list-style-type: none"> 1. Hang on the bar, hands shoulder width, and your knees slightly bent. 2. Slowly pull your knees up toward your chest. 3. Slowly return to the starting position and repeat. <p>SEATED TWIST</p> <ol style="list-style-type: none"> 1. Sit on the bench with a bar across your shoulders behind your neck. 2. Slowly rotate your upper torso to one side and back to the other side. 3. The motion can be continued as long as you can twist in the motion. <p>SEATED KNEE UP</p> <ol style="list-style-type: none"> 1. Sit on the bench, hands behind for support and feet slightly bent. 2. Extend both legs, keeping a slight bend in your knees. 3. Slowly pull your knees toward your chest. 4. Slowly return to the starting position and repeat. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> ABDOMINALS (Green) OBLIQUES (Yellow) QUADRICEPS (Grey) TRICEPS/TORSO BARS (Red) <p>■ Perform each exercise with a slow and steady motion. ■ Do not stretch, jerk, or bounce the weight. ■ To ensure your safety, please use your discretion before beginning any weight training or exercise program. ■ If you are beginning a weight training program, start with 25 sets of 12-15. ■ Use your complete body movement, especially with some weight, and use slow, controlled movements. ■ Breathing: Breathe in on the lowering and hold in on the lifting.</p>