

"With my ONE active range, you'll have everything you need to get yourself FIT and IN SHAPE. I'm Michelle Bridges, YOUR personal Trainer!"

*Michelle Bridges*



## ABS-SOLUTION KIT WORKOUT CHART

### BEGINNERS TO INTERMEDIATE

#### 1. Basic Crunch

START



FINISH



Sitting with knees bent, place Ball firmly against lower back with arms folded across chest. Squeeze abdominals and lean back into Ball, hold for 10 secs and release. Repeat 1-3 times. Increase intensity by leaning back as far as possible.

#### 2. Straight Arm Crunch

START



FINISH



See Exercise 1. However, reach arms at chest height. As you lower your torso raise your arms overhead. Repeat 1-3 times.

#### 3. Core Kick

START



FINISH



Begin with Ball firmly against lower back, knees bent and arms folded across chest. Lean back as far as possible and hold abdominals firm. In this position slowly extend 1 leg, squeeze your quad (thigh) at the top of the movement and return. Change sides. Repeat 5-10 times.

#### 4. Transverse Hold

START



FINISH



Place ball under hips, hands by your side and raise legs to ceiling. Pull abdominals in and keep body as still as possible. Hold for 15-30 secs and repeat 3 times. When stability is achieved, add Resistance Band to exercise and hold legs wide 15-30 secs.

#### 5. Alternating Bicycle

START



FINISH



Place ball under hips, hands by your side, bend knees at 45 degrees and hold abs firm. Slowly lower 1 foot to the floor (or as far as comfortable) and return to starting position. Change sides. Repeat 5-10 times.

#### 6. Bridge with Leg Lift

START



FINISH



Lay on back with legs bent, place ball between knees. Raise hips off floor by squeezing your buttocks and keep a straight line between your knees, hips and shoulders. Once at the top of the movement straighten your right leg and return back to floor. Change sides and then lower hips to floor and relax. Repeat 5-10 times.

#### 7. Quad Extension

START



FINISH



Place the resistance band under the heel of one foot and around the ankle of the other. Slowly lift foot off floor and squeeze quad (thigh). Repeat 5-10 times and change sides.

#### 8. Oblique Pull

START



FINISH



Place Ball firmly against lower back, squeeze abdominals and lean back with arms forward at chest height. In this position, pull your right elbow backward and twist torso to the right as far as you can. Change sides. Repeat 5-10 times.

#### 9. Cobra

START



FINISH

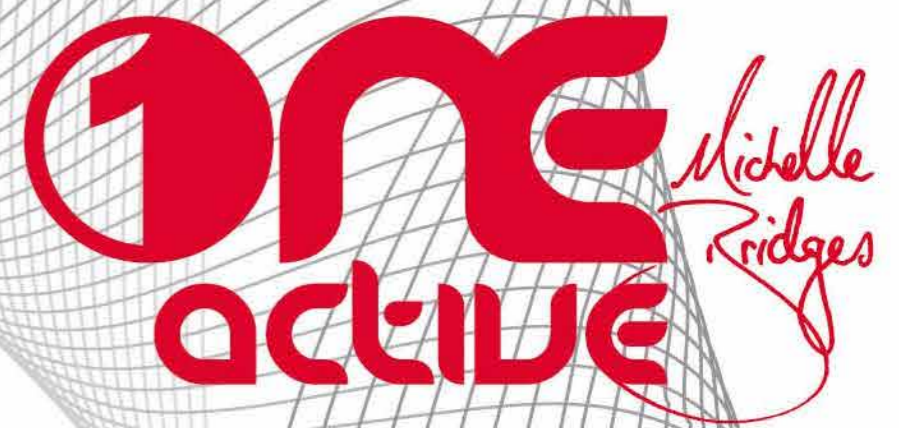


Lay face down with arms extended and forearms on the Ball. Roll backward and lift torso off the floor, squeeze your lower back and pull shoulders back and down. Slowly return to starting position. Repeat 8-12 times.



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## ABS-SOLUTION KIT WORKOUT CHART

### INTERMEDIATE TO ADVANCED

#### 1. V Arm Crunch

START



FINISH

Place Ball firmly against lower back, arms forward at chest height. Squeeze abs and lean back into Ball as far as possible. At the same time, raise arms overhead and out into a V shape. Hold for 10 secs and return. Repeat 8-12 times.

#### 2. Straight Arm Rotation

START



FINISH

Place Ball firmly against lower back, with arms at chest height, lean backward into Ball and hold abs firm. In this position pull right arm back and rotate torso to the right. Change Sides. Repeat 8-12 times.

#### 3. Swimmer

START



FINISH

Place Ball firmly against lower back, with arms at chest height, lean backward into Ball and hold abs firm. In this position perform alternating straight arm raise, reaching as far overhead as possible. Repeat 8-12 times.

#### 4. Straight Leg Hold

START



FINISH

Place Ball under hips, hands by your side and raise legs to ceiling. Pull abdominals in and keep body as still as possible. Whilst holding position firm, lower one leg toward floor and hold at the bottom for 10 secs. Change sides. Repeat 8-12 times.

#### 5. Oblique Reach

START



FINISH

Place Ball under hips, hands by your side and raise legs to ceiling. Pull abdominals in and keep body as still as possible. Whilst holding firm, reach one arm up toward opposite foot. Change sides. Repeat 8-12 times.

#### 6. Side Crunch and Lift

START



FINISH

Stand with legs shoulder width apart, Ball over head and Resistance Band around ankles. Slowly lean over to right side, squeeze obliques by closing gap between your ribs and hips. At the same time, lift right leg out to side. Repeat 8-12 times and change sides.

#### 7. Glute Squeeze

START



FINISH

Stand with legs shoulder width apart, Ball over head and Resistance Band around ankles. Pull abs in, stand tall and lower Ball to chest height. At the same time, squeeze right buttock and extend right leg behind. Repeat 8-12 times and change sides.

#### 8. Inner Thigh Sweep

START



FINISH

Stand tall with abs firm, legs shoulder width apart and Resistance Band around ankles. Imagine you're going to kick a soccer ball and sweep right leg across body by squeezing your inner thigh. Repeat 8-12 times and change sides.

#### 9. Superman

START



FINISH

On all fours with back straight, knees in line with hips and wrists in line with shoulders. Place Ball under right knee. Keep right hip & knee stable by holding abs firm. Slowly extend left leg behind body and hold. If stable, extend right arm and hold. Return to starting position. Repeat 8-12 times and change sides.

## 10 MINUTE WORKOUTS

**Do you only have 10 minutes?** It's more than enough time to target your problem areas and achieve results. Each workout is designed to target a different part of your core, with different intensity options available. Choose a workout that suits your strength and your goal.

#### AB BLAST

A quick and intense workout that is designed to target your abs. Perform each exercise for 60 seconds with a 30 second rest.

1. V Arm Crunch
2. Straight Arm Rotation
3. Swimmer
4. Core Kick
5. Alternating Bicycle
6. Oblique Reach
7. Straight Leg Hold

#### BALANCED CORE

A more gentle and complete core workout, including exercises for the abdominals, lower back and hips. Perform each exercise for 30 seconds with a 45 second rest.

1. Basic Crunch
2. Oblique Pull
3. Transverse Hold
4. Bridge with Leg Lift
5. Cobra
6. Superman

#### GORGEOUS LEGS

A super workout designed to lift your butt and tone your thighs in less than 10 minutes. Perform each exercise for 60 seconds with a 30 second rest.

1. Transverse Hold (with Resistance Band)
2. Bridge with Leg Lift
3. Quad Extension
4. Superman (leg extension only)
5. Side Crunch and Lift
6. Glute Squeeze
7. Inner Thigh Sweep