

BACK - SUPERMAN I

Image 1 - Start

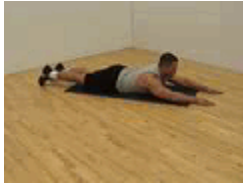
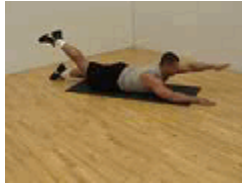


Image 2 - End



Starting Position: - Lie with your stomach on an exercise matt and keep your back straight.

Movement: - Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up off of the matt. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0
Set 3	12		0

BACK - BALL BRIDGE

Image 1 - Start



Image 2 - End



Starting Position: - Position your upper back on an exercise ball and place your feet flat on the floor.

Movement: - Exhale as you raise your hips up to a level position by squeezing your buttocks and lower back. Hold this position as long as you can. Repeat as required

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0
Set 3	12		0

BACK - BACK EXTENSIONS

Image 1 - Start

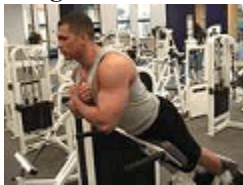


Image 2 - End



Starting Position: Adjust the machine so that the pads are against your lower abs. Cross your arms over your chest and bend at the waist, allowing your upper body to hang down. Movement: Exhale as you slowly pull your upper body back up to an upright position. Inhale as you slowly return your body back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0
Set 3	12		0

ABS - CRUNCHES

Image 1 - Start



Image 2 - End



Starting Position: Start flat on your back. Bend your knees and hips. Place your feet flat on the floor. Cross your arms over your chest, with each hand touching the opposite shoulder. - Movement: - Exhale as you curl up slowly pulling your head, neck, shoulders and upper back off the floor. Keep your lower back on the floor throughout the exercise. At the upper limit of this movement, "crunch" or squeeze the abdominal muscles by holding the position for 1 - 2 seconds. Slowly release the curling motion, and inhale as you return to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0

Set 2 at

Set 3 at

ABS - TWISTING CRUNCHES

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back and raise your bent knees in the air, with your hands at your ears.
Movement: Exhale as you bring your left knee towards your right elbow by twisting your trunk. Then inhale as you slowly lower yourself back to the starting position. Now exhale as you bring your right knee towards your left elbow, and then inhale as you lower yourself back to the starting position. Remember to squeeze your abs, and repeat as required.

Set Name Reps / Time Weight / Level

Set 1 at

Set 2 at

Set 3 at