

# Shape-up: STOMACH & MIDSECTION

## PRE-EXERCISE WARM-UP

Always warm up your entire body with some form of mild, rhythmic exercise before working on specific muscles.

Some pre-exercise warm-up suggestions:

- Jog lightly for 5 to 8 minutes, or
- Do 50 four-count jumping jacks, or
- Jump rope for 5 to 8 minutes

For best results, combine this shape-up routine with a complete fitness program including correct nutrition and aerobic exercise. This routine will help to firm and tone these areas.

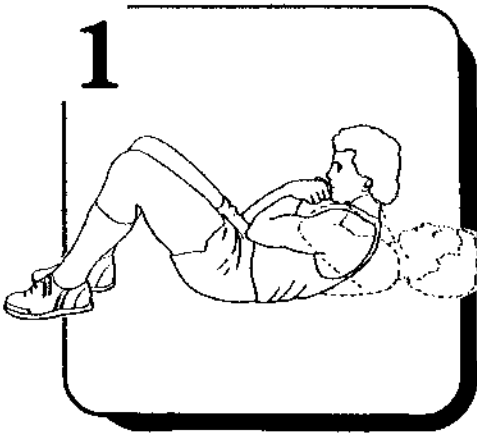
## DIRECTIONS FOR EXERCISES

1. Do the exercises in the order shown.
2. Perform these exercises 4 - 7 times a week, evenly spaced.
3. Study the position of each figure carefully before performing each exercise.
4. Perform all movements smoothly, never jerk or bounce from one position to another.
5. Unless otherwise indicated, when an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to other side.
6. Begin by performing 5 - 10 repetitions of each exercise. Progress up to 20 gradually. (See Training Schedule).

## TRAINING TIPS

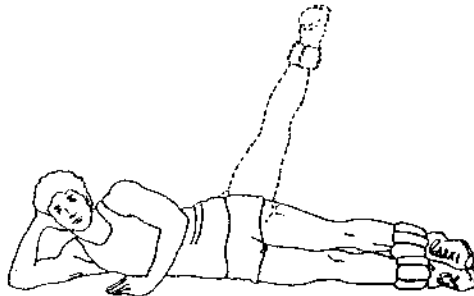
1. CHECK WITH YOUR HEALTH-CARE PROFESSIONAL BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM.
2. Exhale when performing the strenuous phase of each motion. Inhale while returning to starting position.
3. Protect your lower back from strain by tightening abdominal muscles and flattening low back area.
4. Begin by resting for a minute or two between exercises. As you get stronger, gradually eliminate all rest between exercises. (See Training Schedule)
5. If you experience any pain in the back, knee, or hip, discontinue **immediately** and seek professional help.

# 1



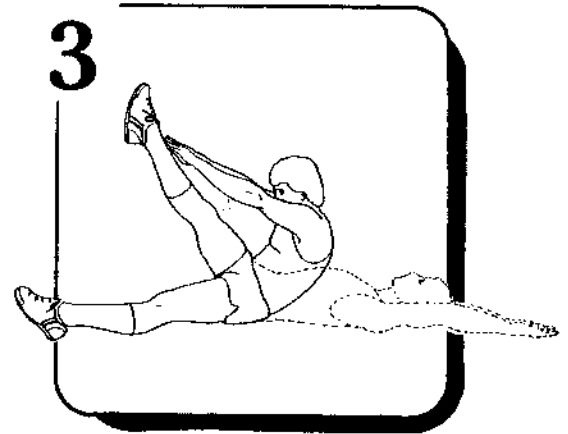
Tuck chin to chest and curl upper body toward knees. Keep low back flat on floor. Hold two counts.

# 2



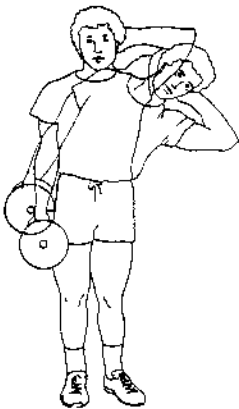
Sweep top leg upward as far as possible. Can be done without weights

# 3



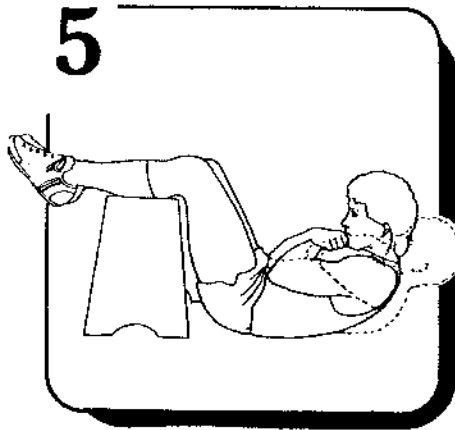
Bring straight leg up to meet both hands. Alternate legs.

# 4



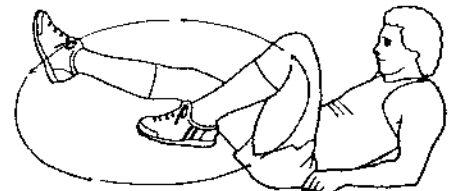
Starting with erect posture, bend to side as far as possible. Keep weighted arm straight.

# 5



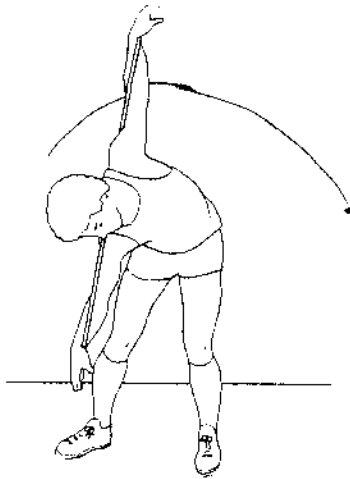
Tuck chin to chest, then keeping low back flat on floor, curl upper body toward knees.

# 6



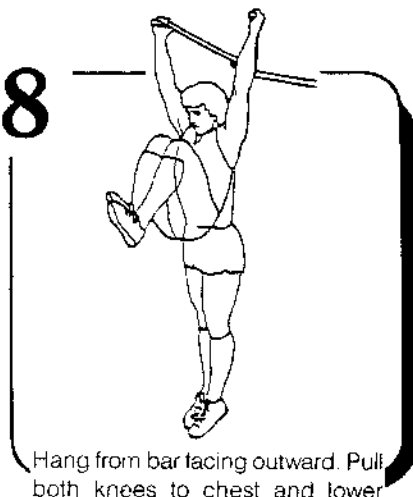
Move legs as if bicycling until fatigued.

7



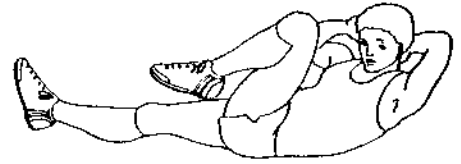
With knees slightly bent and torso at 45 degrees, alternate twisting right to left.

8



Hang from bar facing outward. Pull both knees to chest and lower slowly.

9



With upper body curled, touch elbows to opposite knees while pumping legs in and out.

**TRAINING SCHEDULE**

Week	1	2	3	4	5	6	7	8	9	10
Repetition	5	8	10	15	15	20	20	20	20	20
Rest between exercises	1	1	1.5	1.5	1	1.5	1	45	30	15
	[ ..... minutes ..... ]						[ ..... seconds ..... ]			

- On exercises 2 and 4 complete all repetitions to one side 1st and repeat to other side.
- On exercises 3, 7, 8, 9 perform movement to one side of body and immediately perform movement to other side. This constitutes 1 repetition.
- On exercise 6 reaching point of fatigue is equal to the required number of repetitions.
- After Week 10 continue Week 10 workout.

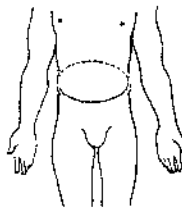
**MEASUREMENT**

- Measure only once a month.
- You may reach plateaus along the way to your goal. Do not be discouraged, it is normal. Stick with it.
- The following diagram shows where to measure:

Current Measurements  
(inches)

Waist \_\_\_\_\_

weight \_\_\_\_\_



My goal  
(inches)

Waist \_\_\_\_\_

weight \_\_\_\_\_

Month	1	2	3	4	5	6	7	8	9	10	11	12
Waist												
Weight												

RECOMMENDATIONS:

COMPLIMENTS OF:

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