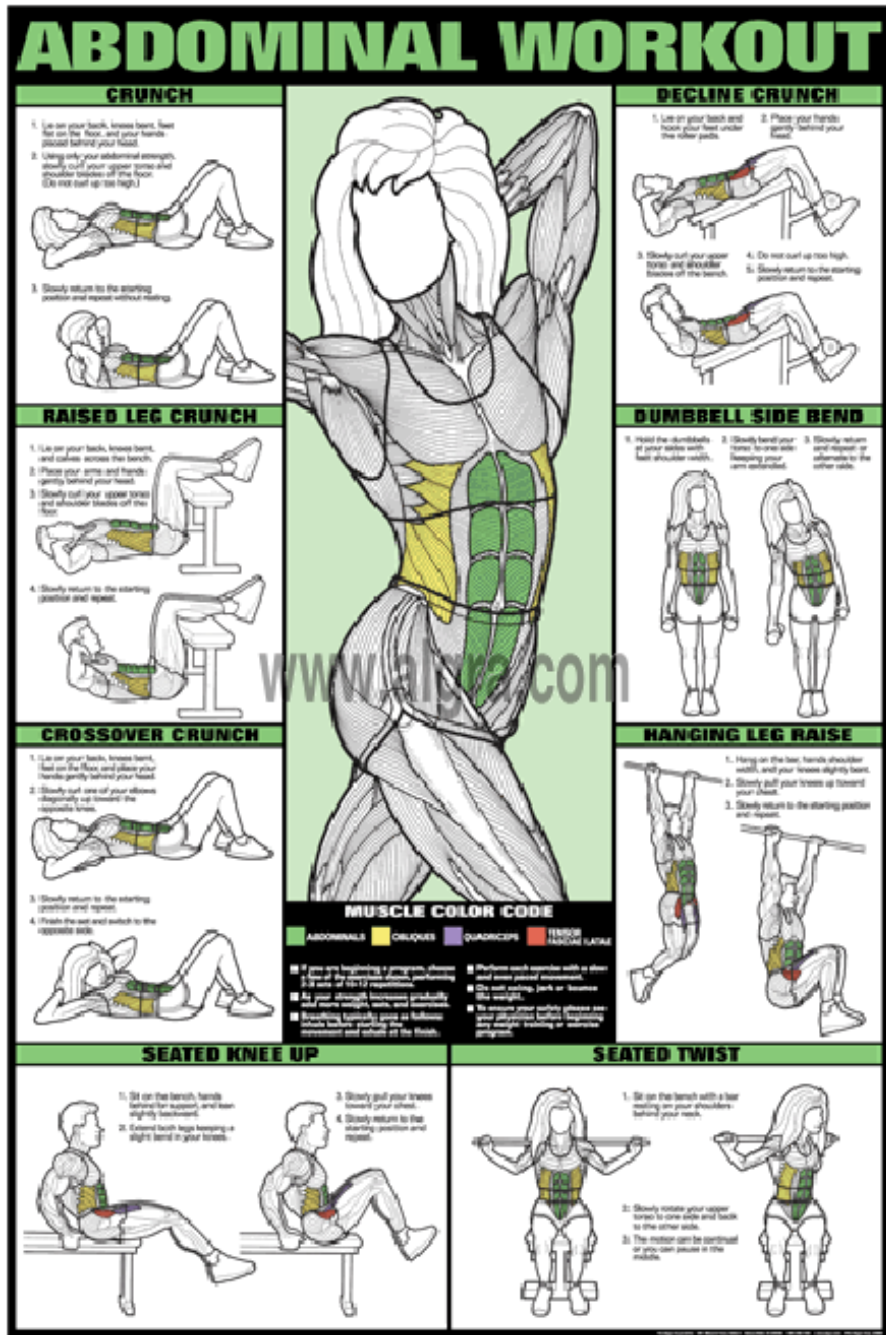


Female Abdominal Workout Chart– BA077

<p>Description</p>	<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>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <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 shoulders towards 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 raise your feet under the roller pads. 2. Place your hands gently behind your head. 3. Slowly curl your upper torso and shoulders towards the starting position of 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 raise your feet towards the ceiling. 2. Place your arms and hands gently behind your head. 3. Slowly curl your upper torso and shoulders towards 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 feet shoulder width. 2. Slowly bend your torso to one side, keeping your arms straight. 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 abdominals towards the other side. 3. Slowly return to the starting position and repeat. 4. Switch the side and repeat on 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 curl your torso up toward your chest. 3. Slowly return to the starting position and repeat. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> ABDOMINALS OBLIQUES QUADRICEPS TENSOR FASCIAE LATAE <p>SEATED KNEE UP</p> <ol style="list-style-type: none"> 1. Sit on the bench, hands behind your ears, and lean slightly backwards. 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>SEATED TWIST</p> <ol style="list-style-type: none"> 1. Sit on the bench with a bar resting on 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 are in the middle.