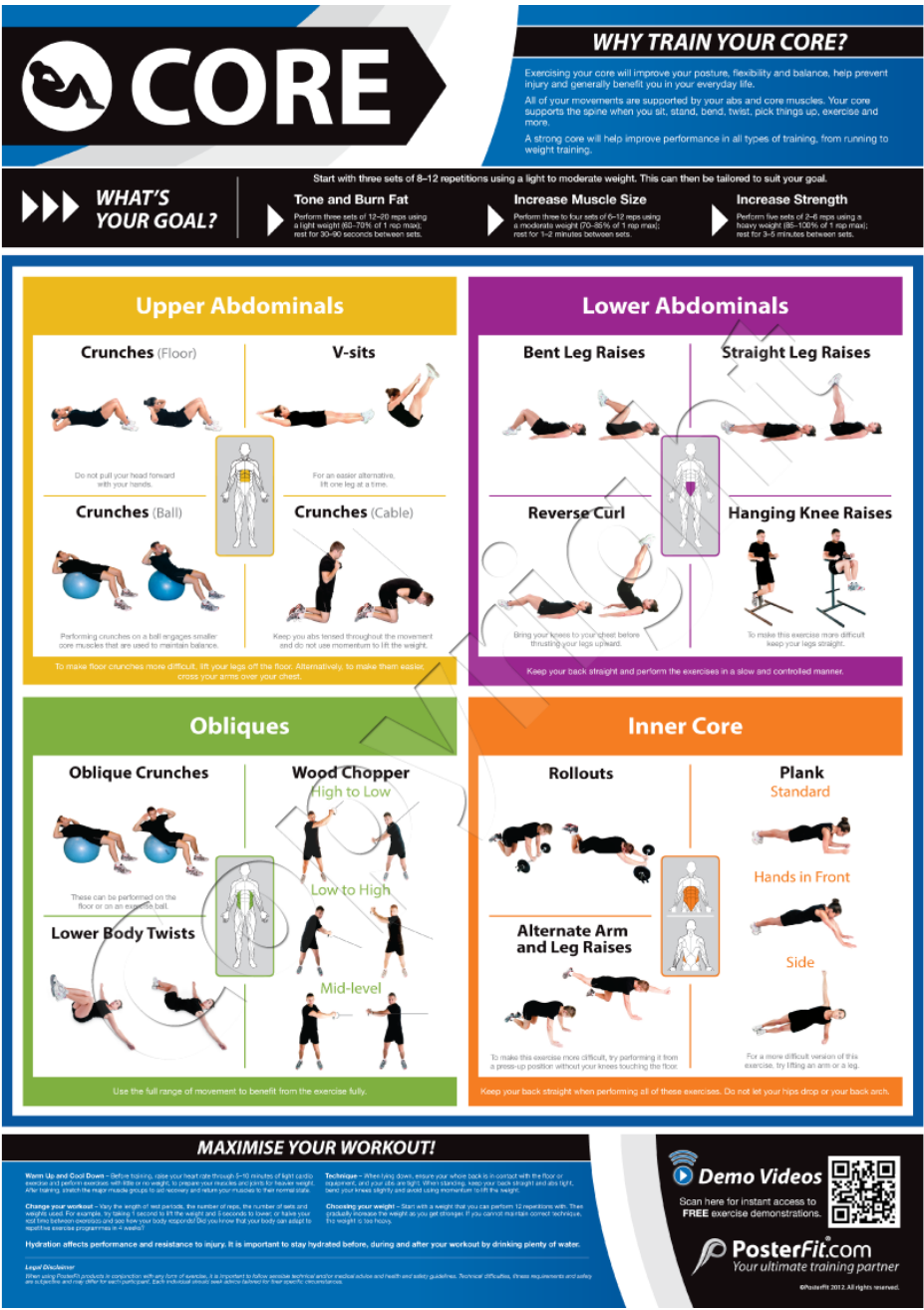


Core Exercise Chart– PT008

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Core Exercise poster is a fantastic reference point for gym users of all abilities, providing an extensive range of abs and core exercises, training tips and advice. ◆ The chart identifies the everyday benefits of training your core and highlights how training this part of your body can be tailored to suit different goals. ◆ Exercises included: Crunches, V-sits, Lower Body Twists, Wood Chopper, Rollouts, Planks, Alternate Arm and Leg Raises
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
<p>Image</p>	 <p>WHY TRAIN YOUR CORE?</p> <p>Exercising your core will improve your posture, flexibility and balance, help prevent injury and generally benefit you in your everyday life. All of your movements are supported by your abs and core muscles. Your core supports the spine when you sit, stand, bend, twist, pick things up, exercise and more. A strong core will help improve performance in all types of training, from running to weight training.</p> <p>WHAT'S YOUR GOAL?</p> <ul style="list-style-type: none"> Tone and Burn Fat: Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal. Perform three sets of 12-20 reps using a light weight (60-70% of 1 rep max); rest for 30-90 seconds between sets. Increase Muscle Size: Perform three to five sets of 6-12 reps using a moderate weight (70-80% of 1 rep max); rest for 1-2 minutes between sets. Increase Strength: Perform five sets of 2-4 reps using a heavy weight (80-100% of 1 rep max); rest for 3-5 minutes between sets. <p>Upper Abdominals</p> <ul style="list-style-type: none"> Crunches (Floor): Do not pull your head forward with your hands. Crunches (Ball): Performing crunches on a ball engages smaller core muscles that are used to maintain balance. To make floor crunches more difficult, lift your legs off the floor. Alternatively, to make them easier, cross your arms over your chest. V-sits: For an easier alternative, lift one leg at a time. Crunches (Cable): Keep your abs tensed throughout the movement and do not use momentum to lift the weight. <p>Lower Abdominals</p> <ul style="list-style-type: none"> Bent Leg Raises: Bring your knees to your chest before straightening your legs out. Straight Leg Raises: To make this exercise more difficult, keep your legs straight. Reverse Curl: Keep your back straight and perform the exercises in a slow and controlled manner. Hanging Knee Raises: <p>Obliques</p> <ul style="list-style-type: none"> Oblique Crunches: These can be performed on the floor or on an exercise ball. Wood Chopper: High to Low, Low to High, Mid-level. Lower Body Twists: Use the full range of movement to benefit from the exercise fully. <p>Inner Core</p> <ul style="list-style-type: none"> Rollouts: To make this exercise more difficult, try performing it from a press-up position without your knees touching the floor. Plank Standard: Hands in Front, Side. Alternate Arm and Leg Raises: Keep your back straight when performing all of these exercises. Do not let your hips drop or your back arch. <p>MAXIMISE YOUR WORKOUT!</p> <p>Warm Up and Cool Down: Before training, use your heart rate through 5-10 minutes of light cardio exercise to prepare your body for the workout. After the workout, use your heart rate to monitor recovery. Stretch the major muscle groups to aid recovery and return your muscles to their normal state.</p> <p>Change your workload: Vary the weight or the number of reps, the number of sets and the rest time. For example, by taking 1 second to lift the weight and 3 seconds to lower it, you can increase the intensity of the workout and reduce the risk of injury.</p> <p>Hydration affects performance and resistance to injury. It is important to stay hydrated during, during and after your workout by drinking plenty of water.</p> <p>Legal Disclaimer: When using PosterFit products in conjunction with any form of exercise, it is important to follow exercise, medicine and/or medical advice and/or health and safety guidelines. Technical difficulties, fitness requirements and safety are the user's own responsibility. Each individual should consult their doctor for specific recommendations.</p> <p>Technique: When you stand, ensure your whole back is in contact with the floor or mat. When you squat, ensure your feet are on the floor and your back is straight. When you lift, ensure your knees are straight and your feet are on the floor. When you sit, ensure your feet are on the floor and your back is straight.</p> <p>Choosing your weight: Start with a weight that you can perform 10 repetitions with. Then gradually increase the weight as you get stronger. If you cannot lift the correct technique, the weight is too heavy.</p> <p>Demo Videos Scan here for instant access to FREE exercise demonstrations.</p> <p>PosterFit.com Your ultimate training partner</p> <p>©PosterFit 2012. All rights reserved.</p>