

ULTIMATE CORE TRAINER WORKOUT GUIDE

WARNINGS & GUIDELINES Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect any ball for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

Perform each exercise 10–15 times based on your fitness level.

CRUNCHES/CURLS WITH PELVIC TILTS

ABS, CORE

- Lay upper back across middle of ball.
- Begin with upper body on ball, hips toward floor.
- Place hands behind head with elbows out to sides.
- Squeeze abs, rotating hips and pelvis up and curling upper body forward.
- Return to starting position, slowly lowering hips and pelvis down toward ground.
- Perform desired number of reps.



FIGURE 8's

ABS, CORE

- Sit in the center of ball and lean back with upper body to engage abs.
- Place hands together in center of body.
- Draw figure "8" pattern in front of body. Move hands up to right shoulder, cross body down to left hip, then up to left shoulder and cross body again to right hip.
- Keep abs contracted at all times.
- Repeat this sequence.



SIDE-LYING CURLS

LOWER BACK

- Lie across ball on left side.
- Extend legs straight out and balance on feet. If this is too challenging at first, begin by resting on knee on ground for balance.
- Place hands behind head, top elbow pointing to sky, bottom elbow to floor.
- For starting position, allow body to hang toward floor.
- Lift upper body toward sky (bring top elbow toward top hip).
- Slowly release back to starting position and allow abs to stretch.
- Perform desired number of reps on left and on right.



HAMSTRING CURLS

LEGS, GLUTES, HIPS, CORE

- Lie on the floor with arms beside you and calves in the middle of the ball.
- Lift your backside up without arching your back (keep your abdominals tight for support).
- With hips still raised, bend your knees and roll the ball toward you with your feet until they are flat on top of the ball.
- Slowly return to the starting position.
- Perform desired number of reps.



LOWER BACK EXTENSION

BACK/CORE

- Position the ball under your hips and lower torso with your knees straight and legs about shoulder-width apart.
- Position your hands behind your head with fingers laced in a traditional sit-up position and slowly roll down the ball.
- Carefully straighten your back, lifting your upper body off the ball so just your lower abs are touching the ball. Squeeze your glutes and lower back to complete this movement. Make sure your body is in alignment (i.e., head, neck, shoulders and back are in a straight line). Hold for 3 seconds.
- Slowly return to the starting position.
- Perform desired number of reps.



ELEVATED PUSH-UPS

ARMS, CHEST, SHOULDERS

- Lie face down on the ball and walk your hands forward until the ball is under your thighs, shins, or the tops of your feet. The farther down your legs the ball is, the harder the exercise.
- With your legs parallel to the floor, place your hands directly beneath your shoulders.
- Inhale and bend your arms until your face is a few inches off the floor.
- Hold this position for 2 to 3 seconds. Keep your abs and glute muscles tight.
- Exhale and push back up to the starting position, keeping your body parallel to the floor.
- Perform desired number of reps.



GLUTE BRIDGE

GLUTES, HIPS, LEGS, BACK

- Lie on the floor and place the ball near your feet. Your back should be flat against the floor, with your head forward and shoulders relaxed. Your hands should be next to the body lying flat on the floor with palms down.
- Place your feet flat onto the middle of the ball. Your feet should be together with your legs bent at a 45-degree angle. You can place the ball against a wall to prevent rolling.
- Squeeze your glute muscles and lift your hips off the floor toward the ceiling. Exhale as you lift your hips. Pause for 1 to 3 seconds.
- Slowly inhale as you return to the starting position.
- Perform desired number of reps.



PULL-INS

CORE, LEGS

- Place your hands on the floor with your hands directly under your shoulders. Place your shins in the middle of the ball.
- Tighten all muscles and hold the body like a plank. While keeping your core tight and back flat, pull the stability ball towards your chest by bending the knees.
- The ball will roll from the shins to ankles as your abs do the work.
- Hold for 1 second and roll the ball out until your legs return to starting position.
- Perform desired number of reps.



BALL CRUNCH WITH 3-WAY ROTATIONS

CORE

- Lie with ball under lower back and knees directly over ankles; feet on floor, hip-width apart.
- Extend back over center curve of ball and lightly place fingers behind head.
- Draw in belly button and crunch upper body forward and up towards ceiling being careful not to pull on your neck. Return to starting position.
- Crunch up again, rotating upper body to one side, then return to center. Repeat same move, this time rotating to opposite side.
- Perform desired number of reps.



WALL SQUAT

GLUTES, LEGS

- With back facing wall, stand with feet shoulder-width apart, and position the ball between lower back and wall.
- Shift weight onto heels, and press back into ball. Gently roll the ball down the wall by bending knees until thighs are parallel to the floor. Knees should be kept over the ankles.
- Gently press against ball and carefully straighten legs, moving back into the starting position.
- Perform desired number of reps.



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