

AB MAT



 **DAY1**  
FITNESS

100% SATISFACTION  
GUARANTEED!

# AB MAT

To use the abdominal mat, place it under the lumbar spine with the higher portion at your lower back. This position creates the perfect environment for the abdominals to move through their full range of motion. It allows for the extension needed in the lumbar spine and the anterior tilt in the pelvis, thereby giving the abdominal muscles what they yearn for - full range, elongation, and forceful contraction.

## EXERCISES:

### SIT UPS

**1** Laying flat on your back atop the abdominal mat, bend the knees about 45° with heels on the floor. The feet should not be held down or anchored and the knees are spread apart to further reduce the use of the hip flexors.

**2** To get used to the movement on your mat it is best to begin with your hands between your legs. This will help you find the proper form from the beginning. This exercise is to place maximum load on your ab muscles. Engage your core and make the movement originate from your rib cage, being careful not to throw your head or shoulders forward.

### SIT UPS WITH A TWIST

**1** follow instructions for doing a sit up in previous exercise. When you lift your torso up, bend to the right until your left elbow touches your right knee. Return to starting position and execute movement on the opposite side.

## SIDE CRUNCHES

**1** Laying on your side, place the mat under your lumbar region. With legs stacked bend your knees, and place your upper hand behind your head for support. Exhale and contract your oblique muscles to lift your upper body. Pause and hold the crunch before lowering to starting position. Flip to the opposite side and repeat

## REVERSE CRUNCHES

**1** Layin on the mat with it placed under your lower back. Legs fully extended and arms to your side. Bring your legs up to a 90 degree angle with feet together. Inhale and move your legs towards the torso as you roll your pelvis backwards and raise your hips off the floor while simultaneously lifting your shoulder blades off the floor. Use your abs to lift your head and shoulders. Slowly lower to start position. Repeat