

# AB WHEEL



 **DAY1**  
FITNESS

**100% SATISFACTION  
GUARANTEED!**

# AB WHEEL

## AB WHEEL PLANK

- 1 This is one of the best exercises for beginners just learning how to use an ab wheel. Start on all fours and grasp the ab wheel with both hands, palms facing down. Push your torso up into high plank position, body in straight line, be sure not to arch your back. Tighten your core and hold for 30-60 seconds. Repeat. Master the plank before moving on to the following exercises.

## AB ROLL OUT

- 1 Start on all fours and place your knees on a mat or towel for extra comfort. Grasp the ab wheel with both hands, shoulders placed over your hands. Knees are hip-width apart.
- 2 With pelvis rotated in and tailbone tucked, squeeze your abs to engage your core as tight as possible. Slowly and in a controlled motion, lean your upper body forward as you roll the wheel out as far as you can while keeping your back in a straight line parallel to the floor. Pull back up with your core. Beginners should roll out to a 2 count out and a 2 count back. As you perfect the move and build strength lengthen the count out to 3 or 4, making sure that it is the same count out as it is back, pausing for a moment at the end of the movement. Do not come all the way back to starting position as this releases the tension on your core.
- 3 Each out and back is one rep, try for 10 to 25 reps as you build. Master this movement and then proceed with the following exercise moves.

## DIAGONAL ROLL

- 1 Start on all fours. Grasp the ab wheel with both hands, shoulders placed over your hands. Knees are hip-width apart. Roll out slowly in front of you to 12:00 o'clock and come bac 2/3 to start position. (Do not roll all the way back up). Toes will rise off the floor and be at a 90 degree angle to knees as you roll out. Then roll down diagonally towards 2:00 o'clock and back up. On your next rollout toll diagonally towards 10:00 o'clock. Repeat

## STANDING AB WHEEL ROLL-OUT

- 1 Standing upright with your feet together, bend from the waist and grasp the ab wheel with both hands. With back straight and abs engaged, roll the wheel out until your arms are extended in front of you and your body is straightening out. Do not pause and roll the wheel back towards your feet while maintaining your straight back. Bend your hips to return to start position.