



NUTRITION & AEROBIC TRAINING SERVICE

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Abdominal Toning Ideas

NOTE: When toning with the NATS Total E Fit, the possibilities are endless. These are just a few ideas to get you started.



Lie flat on your back and extend your arms above your head. Bend your base leg and place your foot at the end of the mat. Extend your working leg out keeping a slight bend at the knee. Slowly lift your working leg and crunch like you are going to touch your toes stopping at a comfortable level. Slowly release and repeat for desired number of repetitions on each leg.



your knee toward your chest and twist so that you are touching opposite knee to elbow. Release and repeat for the desired number of repetitions on each leg.



Attach your long tubing with handles to your board at the holes located on the sides at the front of your board. Adjust to the desired length and then push the ball in tight to hold the tubing in place. Next, pull on the tubing below the handle to ensure that the handle will not slip. (To adjust the length again, you will simply pull on the tubing above the handle to release the ball and then adjust and repeat the steps.) Repeat for each side.



Sit at about the center of the board. Bend your knees and place feet flat at the end of the board. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. Slowly sit back about 4-5 inches. Hold for about 5 seconds and then sit up while pulling abs tight. Repeat for the desired number of repetitions.



Sit at about the center of the board. Bend your knees and place feet flat at the end of the board. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. Slowly sit back about 4-5 inches. Next, touch your opposite knee to elbow as illustrated. Repeat for the desired number of repetitions with each leg.



Bend your knees and place feet flat at the end of the board. Lie flat on your back. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. Place your hands behind your head.

Slowly crunch forward as though you are going to do a sit up stopping about a third of the way up. Hold for about 5 seconds and slowly release. Repeat for the desired number of repetitions.



Bend your knees and place feet flat at the end of the board. Lie flat on your back. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward.

Extend your arms above your head keeping a slight bend at the elbow. Slowly crunch forward being sure to keep your arms and head in line. Hold for about 5 seconds and slowly release. Repeat for the desired number of repetitions.



Lie flat on your back. Bend your knees and place feet flat at the end of the board. With one handle in each hand, pull toward shoulders with palms facing up. Open arms so that palms are facing forward. Place your hands behind your head. Slowly crunch forward touching opposite

knee to elbow. Release and repeat for the desired number of repetitions on each leg.



Lie flat on your back. Bend one knee and place foot flat at the end of the board. Extend the opposite foot outward keeping elevated with a slight bend at the knee. With one handle in each hand, pull toward shoulders with palms facing up. Open

arms so that palms are facing forward. Place your hands behind your head. Slowly crunch forward touching opposite knee to elbow. Release and repeat for the desired number of repetitions on each leg.



Move your handles to the second hole on each side of your board. Lie flat on your back. Place your feet into your handles. Extend your legs upward as illustrated being sure to keep a slight bend at the knees. With your hands behind your head, slowly crunch up. Hold for about 5 seconds and release. Repeat for the desired number of repetitions.



Lie flat on your back. Place your feet into your handles. Extend your legs upward as illustrated being sure to keep a slight bend at the knees. With your hands behind your head, slowly crunch up. Release while spreading your legs apart at the same time. Repeat by crunching and moving legs together for the desired number of repetitions.



Lie flat on your back. Place your feet into your handles. Extend your legs outward keeping a slight bend in the knees. Slowly bring your opposite knee to elbow alternating at each movement. Repeat for the desired number of repetitions.