



a perfect fit gym™ a perfect fit slide & glide™
PATENT PENDING PATENT PENDING

www.natstotalefit.com

Abdominal Toning Routine

For all of the below actions, be sure to keep your head flat on the floor or to place a pillow or rolled up towel under your neck to insure that you do not cause unnecessary injury to your neck.



Stand with your feet shoulder width apart. Place a handle in each hand. Decide which side you would like to work first. Pull the opposite arm towards your chest and rotate so your palm is facing forward as illustrated. Keep your opposite arm close to your side. Lean to the side bringing your arm up about 1 inch to create more resistance. Slowly release and repeat. Continue for desired number of repetitions and repeat for other side.

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 lift your lower back off the mat bringing your feet toward your head and keeping your legs straight. Hold for about 5 seconds and release. Repeat for the desired number of repetitions.



Shorten your handles and place one in each hand. Slightly lean back while keeping your back straight and head up. Hold for 3 seconds and slowly release. Repeat.



a perfect fit gym™  a perfect fit slide & glide™
PATENT PENDING PATENT PENDING

www.natstotalefit.com



Lay flat on your back and reach upward with a handle in each hand. While reaching up, slowly tilt your pelvic upward. Be sure to no arch your back, but to keep a flat back. Hold for 3 seconds and release. Repeat.

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.

Lay flat on your back. Place a handle on each foot and lift so your legs and body are at a 90 degree angle. Slowly spread your legs apart as illustrated stopping at a comfortable level. Slowly bring legs back together and repeat.

