



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

www.natstotalefit.com

Abs



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.



Lie flat on your back while placing your arms under your head as illustrated. Bend your base leg at the knee and place your foot flat on the floor off the end of your board. Extend your working leg outward keeping a slight bend at the knee. Slowly bring 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.



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.



a perfect fit gym.™  a perfect fit slide & glide.™

www.natstotalefit.com

