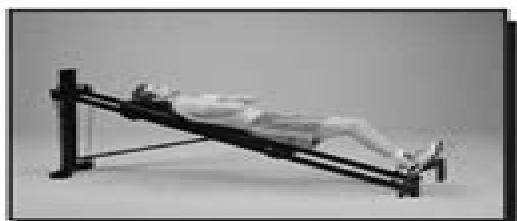


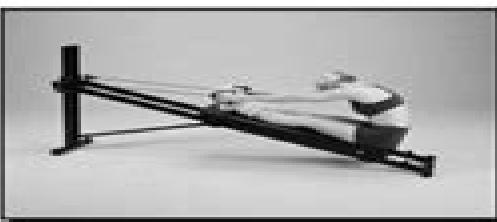
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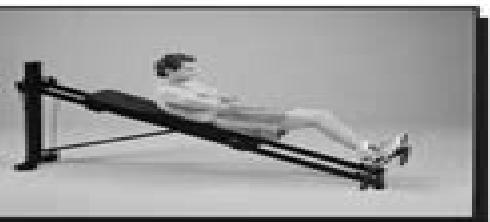
#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach velcro accessories.
Start in the Squat position (#5) on the glideboard.
Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your back should remain on the glideboard. Lay back in the original position and repeat.



#7 Stretchber:
Unhook arm pulley cable.
Grasp pulley handles.
Slide the glideboard up until it is at the bottom of the height adjustment column.
Put your legs on the glideboard. Keep your arms, legs and back straight. Slowly bend at the waist and stretch forward. Hold the stretch for at least 5 seconds.
Pull up to rest. Do not bend elbows. Do not bounce. Repeat.



Muscle Strength Extension:
Upper and Lower Abdominals



CIRCUIT TRAINING PROGRAM CHART*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

*Circuit Training can be performed in any order.

**Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.
See exercises on page 8.

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