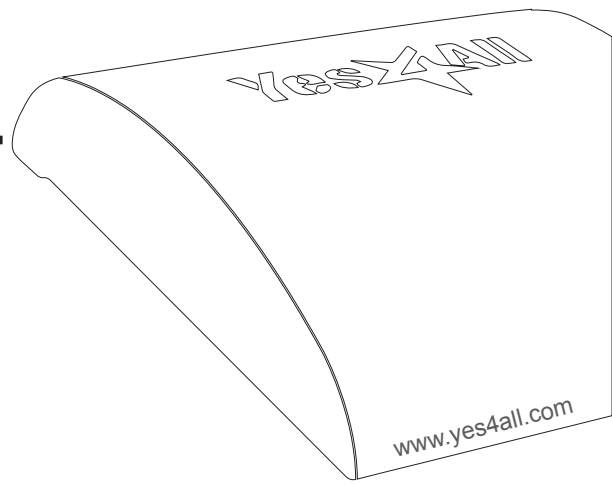


Yes4All AB MAT



PACKAGE INCLUDES:
1x Ab Mat

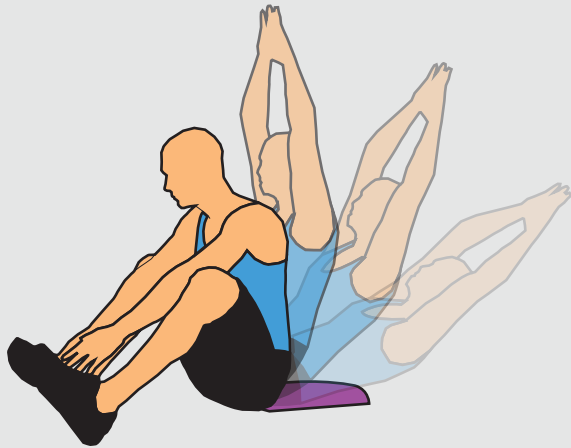
HOW TO USE:

Exercise Guidelines

- Take 5 to 10 minutes to warm up and cool down properly.
- Plan to start slowly and boost your activity level gradually.
- Complete 2-4 sets of 10-15 repetitions of each exercise selected.
- Should have 5-10 second rest between each set.

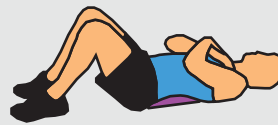
Please always consult with your doctor or physician before beginning this or any other exercise program.

SIT-UPS



- Sit on the ground and put the edge of the AbMat under your bottom. Place your feet together and your hand on the top of your feet.
- Lay back down until your shoulder blades touch the ground
- Sit back up until you touch your feet. That's one rep. Repeat.

BASIC CRUNCHES

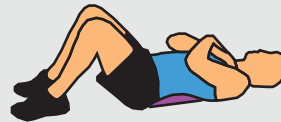


Bend your knees and keep your feet flat on the floor. Cross your arms in front of your chest.



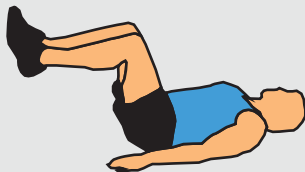
Lift your shoulder off the ground using your ab muscles and pause at the peak to feel the burn. Keep that position for 15-30 seconds (or more). Exhale and contract your ab as you go up.

Note: Keep looking up the ceiling to make sure you do not tuck in your chin to your chest.

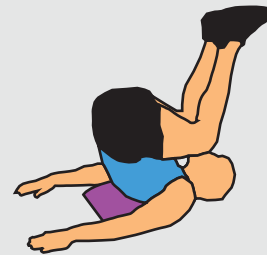


Ease back down slowly as you inhale. Control all the way down using your ab muscles. Return to starting position and repeat.

REVERSE CRUNCHES

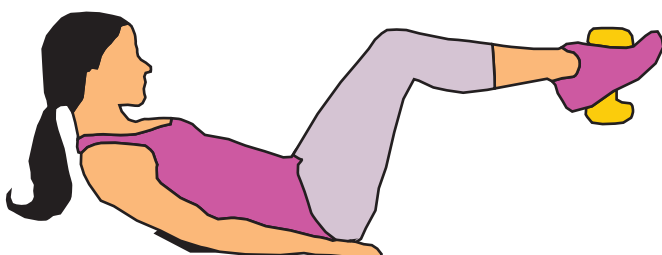


Put your hands with palms down at your sides. Lift your feet off the floor and bend your knees at a 90 degree angle.



Push upward with both feet at the same time, pressing your heels toward the ceiling. Lift your hips off the ground, using your ab. Return to the starting position and repeat.

Note: Use your ab muscles to lift your hips. Do not push down with your hands, back or head. If you feel overexercised, return to do basic crunches to build more strength first.



ADVANCED LEG CRUNCHES

- Lie down on your back with knees bent and a dumbbell between your feet. Place your hands, palms down, beneath your sitting bones.

- Focus on your ab. Use your ab to bring your knees in toward your chest while lifting your hips, head and shoulder slightly. Return to the starting position and repeat.

ENJOY YOUR WORKOUT AND DON'T FORGET TO LEAVE US FEEDBACK!