

Coach Hammer's 5-10-20™ Plan

The Training Program

Workout Number _____

Date: _____

	C1	C2	C3
1. Sit-up			
2. Reverse Ab Crunch			
3. Side Crunch			
4. Erector Crunch			

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Make copies of these charts as needed.

A. First 5 Workouts

Perform 1 circuit (C) of 5 repetitions per exercise without rest.

B. Next 10 Workouts

One (1) circuit of 10 reps per exercise without rest.

C. Next 20 Workouts

One (1) circuit of 20 reps per exercise without rest.

D. Next 5 Workouts

Two (2) circuits of 5 reps per exercise with 15 seconds of rest between circuits.

E. Next 10 Workouts

Two (2) circuits of 10 reps per exercise with 20 seconds of rest between circuits.

F. Next 20 Workouts

Two (2) circuits of 20 reps per exercise with 30 seconds of rest between circuits.

G. Next 5 Workouts

Three (3) circuits of 5 reps per exercise with 15 seconds of rest between circuits.

H. Next 10 Workouts

Three (3) circuits of 10 reps per exercise with 20 seconds of rest between circuits.

I. Next 20 Workouts

Three (3) circuits of 20 reps per exercise with 30 seconds of rest between circuits.

*** Important: When starting your program, use the arm positioning that enables you to do the initial five repetitions, and do not switch until the next 105 workouts.**

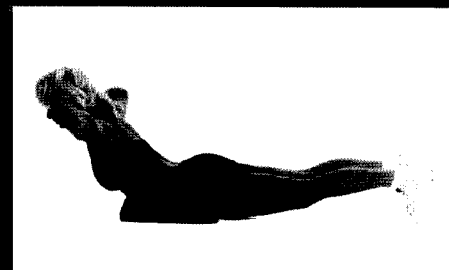
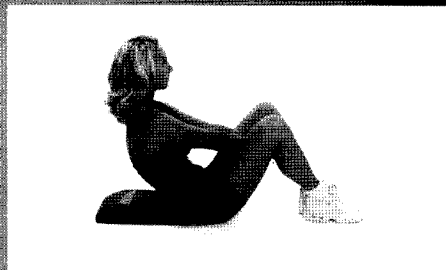
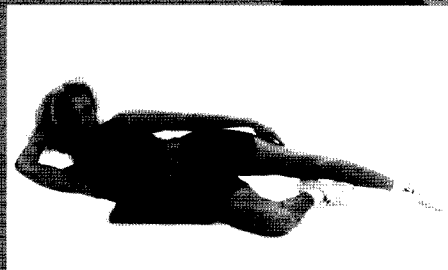
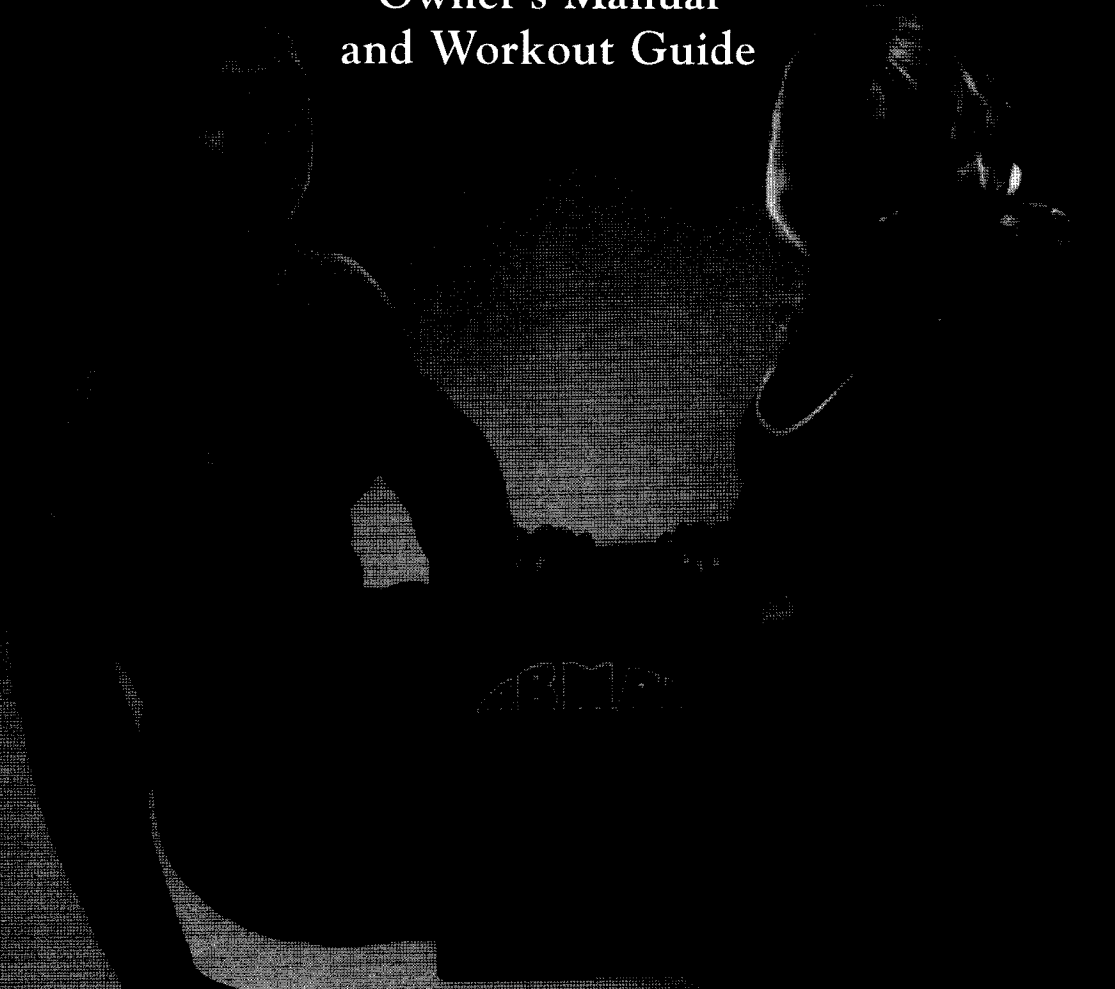
Making it Easier

If you are unable to perform a sit-up without securing your feet or legs, we recommend that you start from a sitting position with the torso curled and slowly lean back (while maintaining a curled posture of the torso) to approximately the 30 degree angle of elevation and return to the sitting position.

**** Important: Remember to allow 24-48 hours of rest between workouts.**

ABSOLUTE ABDOMINAL TRAINING

Owner's Manual
and Workout Guide



The most effective abdominal tool on the market!

BODY CORE
ULTIMATE CORE TRAINING

Your AB Revolution begins now! We thank you for choosing the **ABMAT™** and look forward to helping you fulfill your commitment to getting fit and obtaining healthy, strong abs. Please read this instructional guide thoroughly to make sure your **ABMAT™** experience is safe and successful.

Please Read Prior To Starting Any Exercise Program

WARNING: As with any exercise program, consult your health professional before beginning your **ABMAT™** workout program. Your health is our primary concern. All exercise carries some element of risk. To reduce risk, please consult your personal physician to see if you require a complete physical exam. This is especially important if you are a male over 40 years of age, a female over 50, have never exercised before, are pregnant, have a chronic illness, a history of high blood pressure, heart disease, diabetes, prior chest discomfort, are under the care of a physician and/or taking prescription medications, smoke, or have problems with your back, joints or muscles. Stop exercising immediately and call your doctor if you experience any of these warning signs of overexertion: pain or tightness in your chest, irregular heart beat, severe and/or prolonged shortness of breath, dizziness, nausea, or feeling faint.

In no way is this workout guide intended to be used as a substitute for medical counseling. If you are healthy, begin to gradually increase your activity level. Always use care when exercising and stop at the first sign of pain. See a doctor about restarting your exercise program. Even with medical clearance, the risk associated with exercise can never be reduced to zero.

Getting Started

Always Remember To Exercise Smart

- 1) Always wear appropriate clothing, including athletic shoes, when exercising.
- 2) Warm up before each workout with about 5 minutes of full body, low impact aerobics.
- 3) After completing your warm up, stretch your shoulders, arms, torso and legs with slow and even movement. Do not bounce when stretching.
- 4) Breathe normally throughout the workout.
- 5) Perform the exercises with slow and controlled movement throughout the full range of motion.
- 6) Supplement your program with a type of aerobic exercise such as: Walking, Jogging, Swimming, Dancing or Bike Riding.
- 7) Always drink plenty of water before, during and after your workouts.
- 8) Exercise only on a flat, even surface.
- 9) Please keep all children away from the **ABMAT™** during use.
- 10) Rest 24 to 48 hours between each workout.

First, identify which **ABMAT™** position (logo up or down) is most comfortable for you while doing sit-ups. Next, familiarize yourself with each exercise using the proper form. Proper form is critical! The "beginner" arm position is ideal for learning proper sit-up form because it encourages the proper "rolling" technique. Once you understand the proper form, enjoy the 5-10-20™ plan!

Remember to be Patient and Consistent! Health and fitness should become a lifestyle and reaching your goals takes a little time! It will not happen over night!



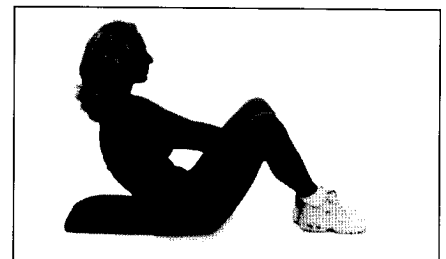
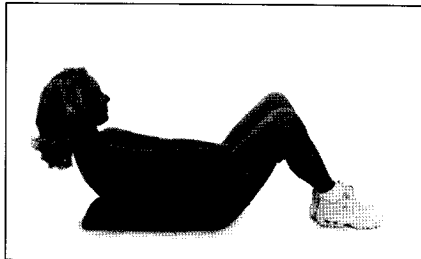
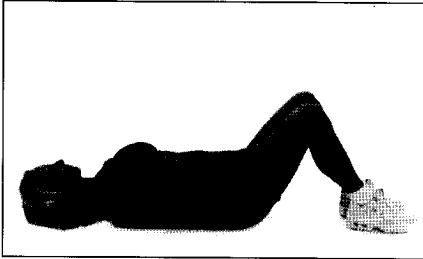
THE ABMAT

SIT-UP

Abdominal Rectus

Start with the basics

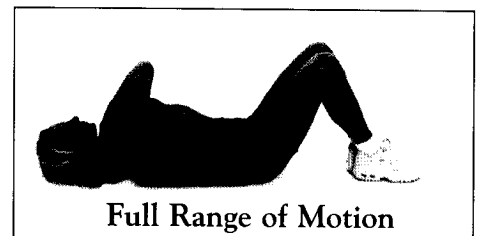
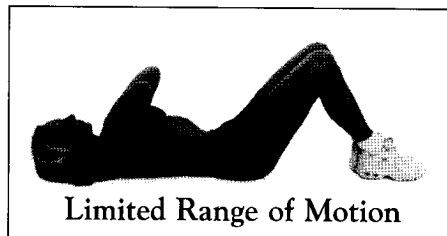
Laying on the ABMAT™ - Begin with the ABMAT™ positioned comfortably supporting your lower back, arching slowly over it, stretching as you lay back. Your knees should be bent as shown and separated enough to be able to pull your hands through them easily.



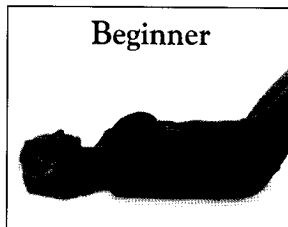
EXERCISE TIP

Learn to roll up over the ABMAT™ contracting the abdominal muscles. When doing sit-ups, roll your shoulders forward, and curl into the up position. Many times, people use their abdominals to a shallow point (targeting mostly the upper abs) and then incorporate their hip flexors to complete the sit-up. Also, be careful not to use your head or arms to build momentum. You will notice an immediate difference when curling up. When doing erector crunches, slowly roll your lower body up and then down. Be careful not to use your legs (muscles or momentum) while doing the repetitions.

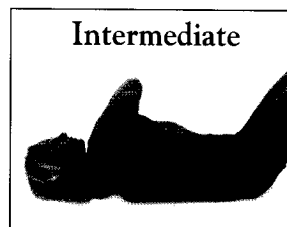
FULL EXTENSION COMPARISON



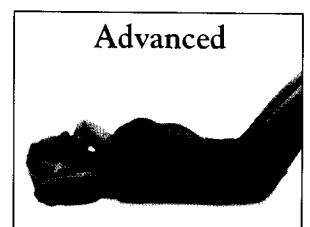
ARM POSITIONS



Hands Through
Legs



Hands Against
Chest



Hands Behind Head

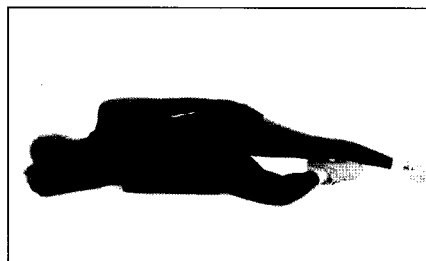
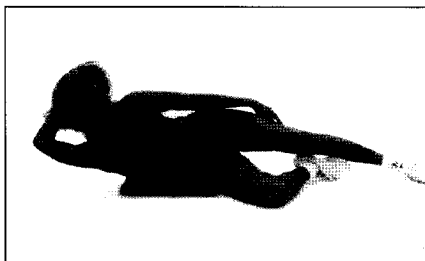
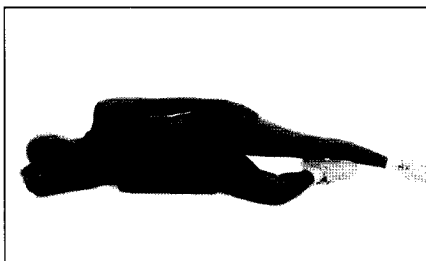
When doing a Sit-up with the ABMAT™ we recommend that you begin with the hands between the legs. This will allow your body to learn the new movement correctly. It is also the easiest of the three methods. If you need to add resistance, place your hands on your chest or behind your head. If you decide to place your hands behind your head, be careful not to begin the movement by starting momentum with your elbows.

TM EXERCISES

SIDE CRUNCH

External Obliques

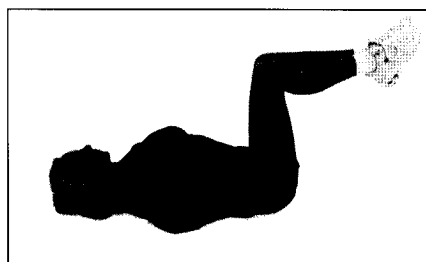
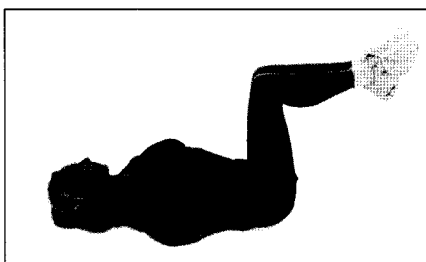
Laying down on your side, position the ABMAT™ comfortably in your lumbar region. You should feel a slight stretch on your side opposite the ABMAT™ while you lay over it. Tuck your bottom ankle under your knee of the top leg. You can place your bottom hand under your head or use it to assist you. Pull up over the ABMAT™, and go back down slowly to complete the repetition.



REVERSE CRUNCH

Lower Abdominals

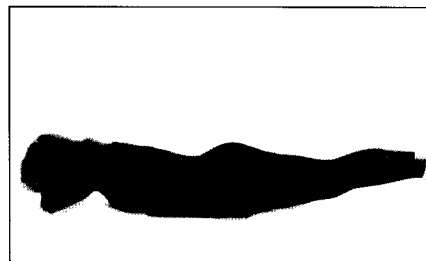
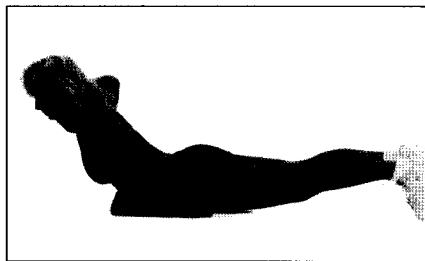
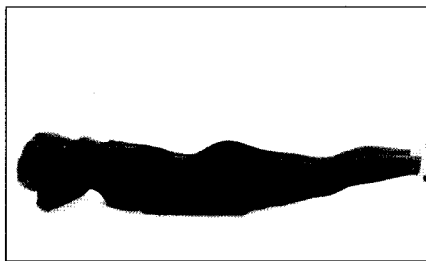
Place your hands behind your head or at your sides if that feels more comfortable. With your knees bent, roll your hips back over the ABMAT™. Do not use your legs to throw you back over the mat. Keep in mind that you are lifting the entire weight of your legs and hips with the lower section of your abdominals. If this is too difficult, you can simply do the lower section of the movement.



ERECTOR CRUNCH

Lower Back Erectors

Lay face down on the ABMAT™ with the flat end resting right under your waist line. With your hands behind your head or extended out in front of you, slowly arch your back, raising your upper body. Slowly come back down. Repeat until you have completed your target repetitions.



WARNING: Before starting any new exercise program, consult your physician. If at any time during exercise you feel dizzy, faint, or experience pain, slow down and stop. Do not continue the exercise program until you consult with your physician.

Limited Warranty

The manufacturer warrants that under normal residential use all parts on this **ABMAT™** are free from defects in materials or workmanship for a period of one (1) year from the date of the original purchase. This warranty is valid only for the original owner of this product. It does not cover product damage attributable to misuse, neglect, accidents, unauthorized alterations or repairs, vandalism, or usage for commercial or rental purposes.

The retailer's obligation under this warranty is limited to replacing the defective part(s). The retailer may also elect to repair or replace the product at one of its authorized service centers. Unauthorized repair will invalidate this warranty.

Except for other written warranties issued by the manufacturer or retailer to new products or parts, no other express warranty is given or authorized by the manufacturer or retailer. The retailer disclaims any implied warranty of merchantability or fitness for a particular purpose for any period beyond the express warranty. No agent or retailer has the authority to modify this warranty in any respect.

The manufacturer or retailer may not be held liable for indirect or consequential damages arising out of the use or performance of this product. These include but are not necessarily limited to – loss of use of the product; loss of time, enjoyment, or revenue; inconvenience; installation or removal costs; or other incidental or consequential damages.

Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights; you may also have other rights which vary from state to state.

REGISTRATION CARD

Mail to: Body Core™
30 Commerce Drive, Lebanon IL 62254
Toll-free: (888) 330-7080

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Date of Purchase: _____

Where did you Purchase? (check one)

Store _____ Online Television Gym/Clinic