

## 30 DYNAMIC EXERCISES TO UNLEASH THE POWER OF YOUR CORE.

**1 Chest Press** - Beginning with Bodyblade chest high, drive Bodyblade in a push/pull motion matching the pulse of the blade. Vary this exercise by moving high, low, or through a range of motion. Emphasis will vary as you change from high to low for upper or lower chest. This is a good overall strength/endurance exercise.

**8 Lunging Rotational Ab Crunch High** - Start position shoulder high, lunging and rotating to the side of the front foot to work the core, hips, inner thighs, and the shoulders.

**14 Forward Ab Hip and Thigh** - Flexing forward unlocks the pelvis emphasizing more rotational stability throughout the trunk, gluts, thighs and upper extremities.

**21 Jab** - The jab will challenge the entire trunk and shoulder complex. Great for postural muscles, the abs and thighs.

**27 Throwing Sequence - COCK PHASE** - Single leg moving through a throwing motion for balance, quickness, core and extremity strengthening. A total body connection. Train the shoulder where stability is important.

**29 Back Extension** - Move Bodyblade around from left to right hand, or use in center with both hands to challenge the entire upper back, shoulders, arms and abs. A major core burner and postural trainer.

**2 Kneeling Chest Press** - Kneeling position will focus more on the core muscles and the deep hip rotators. As with the Chest Press, this is a great upper body exercise.

**9 Lunging Rotational Ab Crunch Low** - Lunge wide or lunge narrow stance, lowering Bodyblade will add more lats and intensify the ab workout.

**15 Lunging Ab Hip and Thigh** - Adding to the Ab Hip and Thigh challenge, greater balance training, deep core stability and lower extremity control due to rotational forces created in the transverse plane.

**22 Lunging Upper Cut** - Feel the power development for the shoulders, arms, upper and lower back, plus the entire core. Stance will promote lower body stability and balance training.

**27 Throwing Sequence - MID STANCE** - Lunging stance forward motion, force production in core, chest and shoulders.

**30 Alternating All 4's** - Increase strength, balance, power, and muscle endurance throughout the lower body back, abs, arms, and shoulders. Great in rehab, great in personal training.

**3 Pec Deck** - Position the Bodyblade(s) vertically with the narrow edge facing you. Move the Blade left and right in front of your body. As with any pec deck or pec fly movement, moving high, middle or low will work more upper, middle/center, or lower pec's. For a greater challenge, try these in traditional bench positions lying on your back, inclined or declined 45 degrees.

**10 Half Kneeling Ab Crunch** - Half kneeling position will require additional transverse stabilization during your abdominal workout. Alternate right/left half kneeling stance to add difficulty and emphasize the core muscles, shoulders, and back.

**16 Lunging Transverse Ab Hip and Thigh** - Orient the Bodyblade vertically as in the Ab Hip and Thigh. Now rotate clockwise or counter clockwise up to 45 degrees for a core crunching total body challenge. Adding rotation in this exercise simply turns up the challenge.

**23 Lateral Raise** - Total upper body connection. Major emphasis to the upper back, pecs, deltoids, biceps, and triceps. Moving through a range of motion will provide greater stability to the trunk in various positions.

**27 Throwing Sequence - FINISH** - Lunging stance forward motion, force reduction throughout the entire back, rear shoulder and lower body. Excellent for throwing athletes and a challenging strength move.

**28 Golf Sequence - ADDRESS POSITION** - Moving through the golf swing, stopping in stages throughout the take away for greater core emphasis and club head speed.

**4 Back and Shoulder Reach** - Hold Bodyblade so you can see the decal (flat edge). Raise over head and assume a wide stance. Slightly unlock the pelvis with an anterior pelvic tilt (slight hollow in back). This will enhance the entire trunk and extremities with great attention to the deep and superficial postural muscles. Add a little variety by rotating left and right or laterally flexing from side to side.

**11 Tricep Push** - Drive Bodyblade at a 45 degree angle to the floor (toward the corner of the room) and challenge the triceps, mid back and abdominal muscles. Rotate Bodyblade 45 degrees in your grip (flex will move away/toward your body parallel to the floor) to change the direction of force and draw intense training to the upper abs (90 degree Tricep Push).

**17 Half Kneeling Ab Hip and Thigh** - Half Kneeling reduces the leg muscles effectiveness requiring greater abdominal stability and control. This also intensifies the strength and endurance training in the upper extremities.

**23 Lateral Raise** - Total upper body connection. Major emphasis to the upper back, pecs, deltoids, biceps, and triceps. Moving through a range of motion will provide greater stability to the trunk in various positions.

**28 Golf Sequence - ADDRESS POSITION** - Moving through the golf swing, stopping in stages throughout the take away for greater core emphasis and club head speed.

**5 Lunging Back and Shoulder Reach** - Adding a lunge will increase balance demand and lower body connection. Bringing the front and rear foot more in line (Lunging Narrow Stance) will further increase balance.

**11 Tricep Push** - Drive Bodyblade at a 45 degree angle to the floor (toward the corner of the room) and challenge the triceps, mid back and abdominal muscles. Rotate Bodyblade 45 degrees in your grip (flex will move away/toward your body parallel to the floor) to change the direction of force and draw intense training to the upper abs (90 degree Tricep Push).

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**6 Ab Crunch** - Position Bodyblade so the flex of the blade will bend toward the floor and up toward the ceiling. When holding the blade in front of your body, you should see the narrow edge. Maintaining this position, moving high, or low will challenge lower abs, upper abs and lats. Try moving through a range of motion for advanced training.

**12 Bicep/Tricep Curl** - Begin in a 90 degree elbow flexed position. Training biceps, triceps, shoulders and core muscles. Add more extension to elbows or move slowly through a range of motion for a greater challenge and coordinated exercise. The greater the distance from body, the greater the core muscles work to help keep your balance.

**19 Half Kneeling Bicep/Tricep Curl** - Working the upper body and core in half kneeling will add instability for improved balance, core power training and strength.

**25 Floor Crunch INTERMEDIATE** - Rotate Bodyblade to move up toward ceiling and down toward the floor for a higher degree of difficulty. Assume a partial crunch position with heels lightly touching floor for greater support. Increase the challenge by raising feet off the floor. Strengthen chest, back, shoulders arms and Abs.

**25 Floor Crunch BASIC** - Assume a partial crunch position with heels lightly touching floor for greater support. Increase the challenge by raising feet off the floor. Strengthen chest, back, shoulders, arms and abs.

**25 Rotational Floor Crunch ADVANCED** - Greater emphasis on oblique muscles. Assume a partial crunch position with heels lightly touching floor for greater support. Increase the challenge by raising feet off the floor. Strengthen chest, back, shoulders arms and Abs.

**7 Transverse Ab Crunch** - Position Bodyblade so the flex of the blade will bend toward the floor and up toward the ceiling. Rotate handle (clockwise or counterclockwise) so Bodyblade is at a 45 degree angle to the floor. This will enhance the challenge to your core muscles.

**13 Ab Hip and Thigh** - A supreme challenge to all the muscle groups. Abs, chest, back, shoulders, hips, upper and lower extremities contribute to this exercise.

**20 Half Kneeling Jab** - Increase lateral stability. Power train the hips, inner thighs, lower core, and strengthen the upper extremities.

**25 Rotational Floor Crunch ADVANCED** - Greater emphasis on oblique muscles. Assume a partial crunch position with heels lightly touching floor for greater support. Increase the challenge by raising feet off the floor. Strengthen chest, back, shoulders arms and Abs.

**28 Golf Sequence - CONTACT ZONE** - Returning through the address position in stages or in slow continuous motion for greater core emphasis and club head speed.

**28 Golf Sequence - FINISH** - Rotating hips and facing the target while maintaining the drive of the Bodyblade. Stopping in stages throughout the finish for greater core power, endurance and club head speed.

**This key will assist you in determining the best exercise/s for the muscle groups you wish to train. In addition, this key will provide valuable information about the proper execution of each exercise, which plane of motion dominates the exercise, suggested grip and stance.**

**BODYBLADE F.I.T.T. PRINCIPLES WHEN DESIGNING A TRAINING PROGRAM:**

**FREQUENCY:** Training sessions per week.

**INTENSITY:** Determined by flex or amplitude of blade during exercise. The greater the flex, the greater the resistance (like adding weights to the bar).

**TIME:** Duration of each individual exercise or group exercise. 60 second repetitions, to 30 minutes sustained.

**TRAINING:** Train for strength, endurance, interval or wind sprints, and aerobically.

**BODYBLADE PRECAUTIONS AND INFORMATION. READ ALL INSTRUCTIONS PRIOR TO USING THE BODYBLADE.**

**CONSULT PHYSICIAN:** Always consult your doctor before embarking on any fitness program prior to using Bodyblade.

**WARM UP:** Take adequate time to sufficiently warm up the body's muscular and cardiovascular system before beginning any exercise program.

**PROPER USE ACCORDING TO DIRECTIONS:** Read all instructions and watch instructional video tape prior to beginning any exercise program with the Bodyblade.

**VIDEO:** The instructional material provides the necessary information for the safe operation of Bodyblade. Please watch the video in its entirety before using Bodyblade.

**PLANES OF MOTION**

1. SAGITTAL PLANE MOTION  
2. FRONTAL PLANE MOTION  
3. TRANSVERSE PLANE MOTION

**GRIPS**

1. Two Hand Top  
2. Two Hand Bottom  
3. Top To Bottom or Golf Grip  
4. Lace Grip  
5. Single Hand

**STANCE**

1. Narrow Base  
2. Wide Base  
3. Single Leg  
4. Lunging Wide  
5. Lunging Narrow  
6. Kneeling  
7. Half Kneeling

\* Not Shown: Seated and Prone