Begin with Bodyblade chest high, drive and rotate. Returning.

Train for strength, endurance, interval or wind sprints. Kneeling position will focus on the Ab Hip and adding to the hip and abdominal muscles. Orient the Bodyblade around from left to right hand, or use in center with both hands to challenge the transverse plane.

Move Bodyblade around from left to right hand, or use in center with both hands to challenge the transverse plane.

Always consult your doctor before embarking on any fitness training sessions per week.

Please watch the video in its entirety before using Bodyblade.

* Not Shown:

**BASIC**

**MID STANCE**

**ADVANCED**

This key will assist you in determining the best exercises 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.

**PLANE OF MOTION**

**GRIPS**

**STANCES**