

# AB WHEEL

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- Perform each exercise a minimum of 3 times per week for maximum results.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Allow 24-48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

### HANDLE ASSEMBLY INSTRUCTIONS



Insert long tube in the center hole



Insert handles on each side



Push handles all the way in

### AB ROLL



**START:** Kneel on floor, grasp handles and straighten arms slightly in front of shoulders with wheel in front of knees.

**FINISH:** Slowly roll wheel forward and extend arms directly in front of body, straighten and lower body toward floor while keeping feet and knees stationary. Slowly return to start position and repeat.

### OBLIQUE ROLL



**START:** Kneel on floor, grasp handles and straighten arms slightly in front of shoulders with wheel in front of knees.

**FINISH:** Slowly roll wheel forward and slightly off to one side of body, straighten and lower body toward floor while keeping feet and knees stationary. Slowly return to start position and repeat on other side.

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## EXERCISE GUIDE

### PIKE ROLL



**START:** Lie face down on floor, grasp handles and straighten arms below and slightly in front of shoulders. Position balls of feet on floor hip-width apart and straighten body above floor.

**FINISH:** Slowly roll wheel backward and pull arms straight back toward legs while raising hips upward with legs straight. Slowly return to start position and repeat.

### AB WHEEL PLANK



**START:** Begin on all fours in front of your roller. Grasp the handles of the roller with both hands, one on each side of the wheel, palms facing down.

**FINISH:** Push your torso up into a plank position with your body in a single straight line from head to heels. Engage your core and hold for 30 to 60 seconds. Repeat 3 to 4 times.