

# SPRI<sup>®</sup>

# AB MAT

## EXERCISE GUIDE



- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movements in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements. Or if unable to achieve moderate to maximal fatigue

- following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

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

### SIT-UP



**START:** Lie on back with Ab Mat positioned under low back, raise head off floor, cross arms on chest, bend legs and place feet flat on floor.

**FINISH:** Slowly lift head and shoulders up and forward toward legs while keeping lower body stationary. Hold and slowly return to start position.

### HIP LIFT



**START:** Lie on back with Ab Mat positioned under low back, head on floor, arms straight on floor along sides of body with legs bent and knees over hips.

**FINISH:** Slowly lift hips and buttocks off Ab Mat and pull knees back over chest while keeping upper body stationary. Hold and slowly return to start position.

### BACK/HIP EXTENSION



**START:** Lie on stomach with Ab Mat positioned under hips, straighten arms and legs and place on floor.

**FINISH:** Slowly raise both arms and legs straight up off floor while arching low back and lifting head. Hold and slowly return to start position.

#BETTEREVERYDAY

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# AB MAT EXERCISE GUIDE

## OPPOSITE LEG/ARM RAISE



**START:** Lie on stomach with Ab Mat positioned under hips, straighten arms and legs and place on floor.

**FINISH:** Slowly raise one arm and opposite leg straight up above floor while arching low back and lifting head. Hold and slowly return to start position. Repeat with opposite arm and leg.

## KNEE TUCK PLANK



**START:** Lie on back with Ab Mat positioned under low back, straighten arms and legs and raise hands and heels off of floor.

**FINISH:** Slowly bend legs and tuck knees toward chest while reaching arms toward knees, lifting head and shoulders up and forward toward legs. Hold and slowly return to start position.

## SIDE BEND



**START:** Lie on side with Ab Mat positioned along side of body and under hip, head on floor, bottom arm and leg bent, top arm and leg straight with feet on floor.

**FINISH:** Slowly lift head and bottom arm up off floor while moving top arm down along side of body and bending at the waist with hips and lower body stationary. Hold and slowly return to start position.