



CORE ESSENTIALS WORKOUT GUIDE



Includes over 70 exercises

Congratulations on your purchase of the Body-Solid Tools Core Essentials workout pack. Included are 9 different pieces of equipment that can provide over 70 different exercises to tone and build your body. Listed in this workout guide are over 70 exercises grouped by equipment. View the included DVD for videos of the exercises and to see them also grouped by your exercise goals. Also included on the DVD is a recommended exercise routine using the included equipment.

Core Essentials includes:

Vinyl Dumbbell 1.36 kg (x2) • Anti-Burst Exercise Ball (65cm)
Yoga Mat (5mm, 183 x 61 cm) • Light Resistance Tube
Heavy Resistance Tube • Speed Rope (2.3 cm)
Ab Wheel • Push-Up Bars • Exercise Booklet • Exercise DVD

BEFORE YOU EXERCISE

Sample exercises are provided for general information only and should not be treated as a substitute for professional supervision or advice. Before starting any exercise or exercise regime you should consider consulting a qualified fitness adviser or trainer to ensure the regime is suitable for you. Also be sure to consult your own doctor before starting any exercise or exercise regime, particularly if you have a medical condition or taking medication or have related concerns. Body-Solid cannot be held responsible for any injuries which may occur as a result of these exercises. Do not undertake any exercise program, diet or treatment provided by Body-Solid, without professional or qualified supervision. Any programs involving weights, intense workouts and apparatus may put strong physical demands on any child who is still growing, meaning supervision is obligatory. If you have or have asthma, heart condition, growth condition or have experienced chest pains or dizziness in the last month we strongly advise you not to try exercises without your doctor's approval.

Vinyl Dumbbells (#BSTVD)

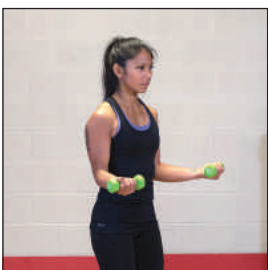
Body-Solid Tools' Vinyl Dumbbells can be used on their own for a variety of lifting, curling, pressing and stretching exercises. They can also be incorporated into jogging, power-walking, aerobics, physical therapy and yoga routines.



Lunge: A great movement for your quads, glutes as well as your calves. Stand in a split position with one foot in front and the other stretched back. Hold a dumbbell in each hand along the sides of your body with your palms facing each other. Take a step forward then lower your body until your knees form a 90-degree angle with the ground. Your back knee should come close to touching the ground.



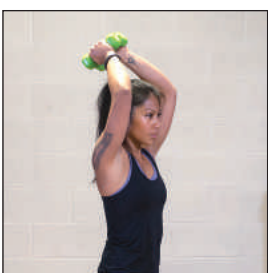
Shoulder Press: A great workout for building strength and mobility in your shoulders. Stand straight up with your feet shoulder-width apart holding two dumbbells close to your shoulders with palms facing forward. Raise the dumbbells straight up until your elbows are almost locked, hold briefly then lower back down. Variations on the shoulder press include alternating arms during the movement and doing the exercise while seated.



Standing Bicep Curl: A simple movement starting with your arms at the side of your body. Each hand should grip a dumbbell, with palms facing each other. Curl one dumbbell up until it reaches your shoulder height. Slowly lower it back down and after a brief pause, start raising the other one. It's vital to not move the rest of your body, only use your bicep during this movement.



Standing Reverse Fly: Begin by standing with your feet shoulder-width apart. Grasp the dumbbells, flex your knees and lean your hips forward. Hold the dumbbells below your chest then slowly raise arms to sides until your elbows are slightly higher than your shoulders.



Tricep Extension: Begin by standing with a dumbbell held by both hands. Ensure your feet should be shoulder-width apart. Slowly use both hands to lift the dumbbell over your head until both arms are fully extended.

Pec Fly: Start with your palms facing in and your knees slightly bent, shoulder width apart. Bring the dumbbells to where your chin is, arms extended and bring the dumbbells back towards your shoulder.



Plank Row: Work your abs, bicep, deltoids and more with this movement. Assume the plank position with a dumbbell in each hand, palms facing the ground. Ensure your hips are not sagging but in a straight line with the rest of your body. Rock onto one side of your body slightly and row the other dumbbell. Switch sides and row with the other dumbbell.

Bench Press: Lie flat on your back on a bench. Position arms at sides so the elbows are at mid chest and the palms face forward, gripping two vinyl dumbbells. Raise the dumbbells towards the ceiling until elbows are nearly locked, hold, and then lower slowly to starting position.

Lying Fly: Lie flat on your back on a bench. Position arms at the sides with elbows wide and at mid-chest. Palms should face each other, each gripping a vinyl dumbbell. Raise the dumbbells towards the ceiling, bringing them together at the top. Hold, and then slowly lower back down, returning the elbows to the starting angle.

Straight Arm Pullover: Lie flat on your back on one end of the bench. Hold one dumbbell with both hands extended behind your head, with elbows slightly bent. Then, raise the dumbbell straight up until the arms are perpendicular to the floor, hold, and lower it back to the starting position.

Palms-in Shoulder Press: Stand with feet shoulder-width apart, holding two dumbbells at shoulder level, and palms facing each other. Push the dumbbells straight up until elbows are almost locked, hold, and then lower them back down.

Lateral Raise: Stand with feet shoulder-width apart, holding one dumbbell with each hand in front of hips, and palms facing each other. Raise the dumbbells to the sides until the arms are nearly parallel to the floor. Pause, and then lower them back down.

Straight-Arm Front Raise: Stand with feet shoulder-width apart, holding one dumbbell in each hand in front of the thighs. Raise the dumbbells to shoulder level with palms facing toward the ground. Continue to raise them until arms point straight towards the ceiling. Pause, and then lower them back down to starting position.

Upright Row: Stand up with feet shoulder-width apart, holding one dumbbell in each hand in front of the thighs. Raise both dumbbells, keeping them close to the body and bending the arms until the elbows are slightly above the shoulders. Pause slightly, then lower arms back to starting position.

Crouched Deltoid Row: Crouch into a squat with hips tilted slightly forward, holding one dumbbell with each hand close to the knees and palms facing backwards. Raise the dumbbells straight up until elbows are slightly above shoulders, forming a 90-degree angle. Hold, and then lower them back down after a short pause. Try to only move the arms throughout the move.

Front Raise: Stand up with feet shoulder-width apart, holding one dumbbell with each hand in front of the thighs, and palms facing the body. Raise the dumbbells forward and up until arms are nearly parallel to the floor. Hold, and then lower them back down.

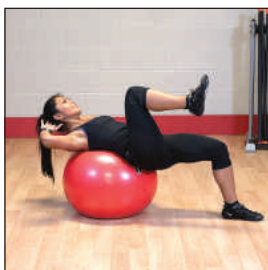
Squat: Stand up with feet shoulder-width apart, holding one dumbbell with both hands in front of your thighs. Lower your body, bending the knees until they form a 90-degree angle with the ground. Hold, and then return to the original position Focus on keeping the upper body steady throughout.

Stiff-Leg Dead Lift: Stand up with feet shoulder-width apart, holding a dumbbell in each hand against the sides of your body, and palms facing each other. Bring the dumbbells in front of thighs and lower by bending the hips forward. Extend the arms until the dumbbells reach mid-shin, pause, and then return to the starting position. Focus on keeping the back straight throughout the move.

Dumbbell Swing-Through: Stand up with feet shoulder-width apart. Hold one dumbbell with both hands between the legs and squat down until the knees are at 90-degree angles with the ground. Raise the body to a standing position while simultaneously bringing the dumbbell up over the head. Hold, and then return to the starting position.

Anti-Burst Exercise Ball (#BSTSB)

Body-Solid Tools Exercise Balls can be used to perform a variety of balance, core training, strength, flexibility and rehabilitation exercises that target the abdominal, hips, glutes, back and upper body. The benefits are endless. Increase your range of motion, strength and, endurance. You can also take your stretching regime to the next level.



Knee Lifts: Start by lying down on the ball with your legs hanging off the ball. Slowly raise your left knee toward your face bringing it back into the starting position then alternate knees.

Sit-Ups: Start by lying on the ball and slowly do a standard crunch.

Knee Tuck: Lie face-down on the Exercise ball and walk yourself forward on your arm. Your legs should roll onto the ball with your shins pressed into the ball. Tighten your abs and bring your knees toward your chest, pulling the ball toward you in a smooth motion. Roll the ball back to the starting position and repeat.



Plank: Assume the plank position with your forearms on the ball, hold this position for 15-20 seconds or as long as you can hold it.

Superman: Aptly named for Superman's flying pose, this is a great exercise to work your core.

Start by draping your body over the exercise ball so that your toes and palms touch the ground. Your legs should be straight with your hips and stomach resting on the exercise ball. Begin by raising one hand and the opposite foot off the floor. Clench your abs and hold this position for a few moments. Lower and do this movement with the opposite limbs.



Push-Up

Start with palms flat on the exercise ball, your elbows should be bent with legs and back extended straight behind. Push your body up until your elbows are nearly locked, pause for a moment and then slowly lower back to starting position. Alternatively you can

perform this movement with your knees on the ground.

Overhead Ball Squat

Stand with feet shoulder-width apart. Hold the exercise ball extended above the head with both arms locked. Squat so that the legs form a 90-degree angle with the floor, pause, and then return to starting position.

Ball Pass Crunch

Lie down holding an exercise ball with legs raised so that the shins are parallel to the floor. Crunch up, lifting head, shoulders and back off the floor and place the exercise ball between the lower legs. Then, lie back down, extending legs out without touching the ground. Crunch back up, grab the ball, and return to starting position.

Reverse Leg Curl

Lie on your back with calves and heels resting on the exercise ball. Extend arms out to your sides for stability. Lift the hips towards the ceiling and then slowly roll the ball towards you, until feet are flat on the ball. Pause, and then straighten the legs out, keeping the hips raised in the bridge position. Focus on keeping the core and glutes engaged throughout the move.

Reverse Extension

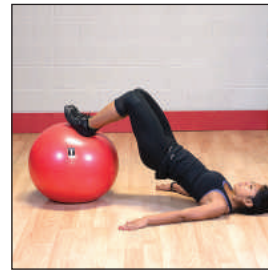
Lie with chest on the ball and with fingers and toes grazing the floor. Roll forward so that hips are directly on the ball and hands are flat on the floor, underneath the shoulders. With the feet together, raise the legs until they form a straight line with the torso. Hold for three seconds, and then lower back to the floor.

Tricep Dips

Sit on the exercise ball with legs forming a 90-degree angle and feet hip-width apart. Then, placing hands on the ball at either side of the hips, slowly move the hips forward so that they hover a few inches in front of the ball. The feet should be flat on the ground and the hands are on the ball supporting the rest of the body. Using the triceps, lower the arms and hips down a few inches, and then return to the starting position.

V-Sit

Lie on your back with ankles resting on the exercise ball. Roll the torso up with arms extended, pointing towards ankles. Hips remain stable on the ground with the body forming a 'V' shape. Hold for three seconds, and then slowly roll back to the starting position.



Hamstring Stretch:

Start by lying on the ground with your calves rested on the Exercise Ball. Roll your legs on the ball until your feet are flat on the ball, bringing it toward your body. Tighten your abs prior to this movement to engage your core further.



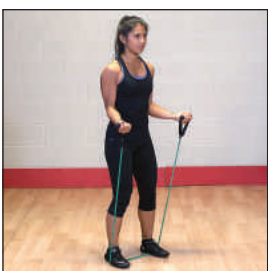
Wall-Ball Squat:

Begin by standing with your feet shoulder-width apart, place the exercise ball between a wall and the curve of your lower back. Bend your knees and squat down while the ball rolls slightly up your back. Now slowly lower your body so your knees create a 90-degree angle. Hold this

position and then stand back up to the starting position. For increased development, do this same movement while holding your neoprene dumbbells, included in the Body-Solid Tools Core Essentials.

Resistance Tubes (#BSTRT)

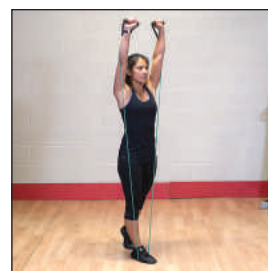
Body-Solid Resistance Tubes are an excellent apparatus for completing full body workouts in less time. A lightweight design and versatility makes Body-Solid Resistance Tubes the perfect choice for many applications including strength training and rehabilitation. Let's go over a few of the best workouts to maximize your brand-new Resistance Tubes.



Bicep Curl: Stand on the tube creating tension at roughly arms length and slowly curl your arms up toward your shoulders keeping your elbows tucked at your sides.

Bent-Over Fly: Begin by standing on the tubes, creating tension near your legs. Hold one

end in each hand with your arms crossed in front of you, bent over slightly. Keep your elbows straight, pull your hands apart and out to your sides.



Shoulder Press: Stand on the tube so that tension begins at arm's length. Grasp the handles and lift them so that your hands are shoulder height at each side. Rotate the wrists so the palms of your hands face forward, elbows bent. Lift the handles up until your arms are fully extended overhead.



One-Arm Chest Press:

Begin by attaching your Body-Solid Resistance Tubes to a stable/un-moving part of your room. Assume a split stance, leg opposite the working arm in front. Grasp the band at the side of your body and push the band in front of your body. Once done with your reps, switch

sides and continue the workout.

External Rotation: Utilizing a stable/un-moving part of your room, grasp the end of the resistance tube with one hand. Position your arm straight to the side and bend your elbow 90 degrees so that your forearm points at the object securing the band. Step to the side to create resistance and without moving your upper arm, pull the band away from the object until your lower arm points in the other direction. Return your arm to its original position and repeat with the other side.

Standing Side Raise: Begin by standing on the middle of your resistance tube grasping both handles. Slowly bring the tubes up with your arms fully extended out to your shoulder. Bring your hands down and repeat this motion.

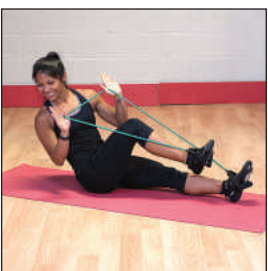


Seated Row: Sit down on the ground with legs extended in front of the body and the resistance tube around the soles of the feet. Arms should be extended, gripping the handles with palms facing each other. Sitting up tall, pull the resistance tube towards the core, bending at the elbows and

squeezing shoulder blades together. Pause, and then slowly return the tube to the starting position.

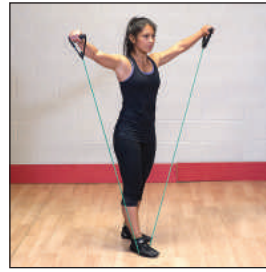
Lat Pulldown: Anchor the middle of the resistance tube to a bar or hook overhead and kneel facing the anchor. Extend arms overhead to grip the handles with palms facing outward and with the arms slightly more than shoulder-width apart. Pull the tube down towards the floor, bending at the elbows. Once the hands have reached the shoulders, slowly return to the starting position.

Incline Chest Press: Assume a lunge position, placing the middle of the resistance tube underneath the back foot. Gripping a handle in each hand, bring the band to shoulder level and then fully extend arms overhead. Pause at the top and then slowly bring the band back to the shoulders.



Thigh Squeezes: Sit on a mat, balancing the body weight on the glutes. Wrap the resistance tube around the legs, at mid-thigh level. Lift the legs up with knees slightly bent and feet together. Holding the tube in each hand, moves the legs out to the sides and

then bring them back together. Keep the back straight and the core engaged throughout the move.



Lateral Raise: Stand with feet shoulder-width apart positioned over the middle of the tube. Grip each handle with arms down at sides and palms facing in. Bending the elbows slightly, raise the arms straight out to the side to shoulder-level. Pause at the top and then slowly lower back down.

Forward Raise: Stand on the middle of the tube with feet shoulder-width apart and grip each handle at sides with palms facing in. Next, bring the right arm straight out in front of the body to shoulder height. Try to avoid locking the elbows during the move. Pause and then slowly lower back down and switch arms.

Upright Row: With feet shoulder-width apart, positioned over the middle of the tube, grip each handle and position them with palms facing each other just in front of your thighs. Pull the band straight up to shoulder-level, keeping your elbows bent and positioned in a high "V" and keeping the tube close to the body. Pause at the top and then slowly lower back down to starting position.

Concentration Curl: Start in a forward lunge position with the right leg in front and place the middle of the tube under the right foot. Grasp one handle with the right hand, resting the elbow on the inside of the knee to target the biceps more deeply. Make sure there is no slack on the portion of the tube between the foot and hand. With the palm facing away from the knee, curl the tube up towards the shoulder, squeezing biceps at the top. Then, slowly lower back down.

Prone Leg Curl: Lie on your stomach and loop the resistance tube around the right ankle, anchoring the other end to a door or support. Move away from the anchor to create tension. Keeping the core tight, bend the leg at the knee, bringing the heel towards the glutes. Pause and then slowly return the leg to starting position.

Resistance Side-Plank: Stand with feet hip-width apart on the center of tube and cross it once or twice in front of the body. Then grasp a handle in each hand, with arms by the sides. Crouch down and walk hands forward to assume full push-up position. Next, shift the body weight onto the left hand and rotate the extended right arm to reach for the ceiling, keeping shoulders down. Pause for three counts, return to push-up position and complete the move on the other side.

For more information on these
and other products, visit us at
www.bodysolid.com



Squat: Make sure the band is an even split between the left and right side of your body. Hold the bands with the same height on each side. Palms facing forward, slowly bend your knees and lower your legs so that your thighs are parallel to the floor. Use the heel of your feet to push your body up to the starting position.

Standing Row: Stand with feet shoulder-width apart on top of the resistance tube, a handle in each hand. Hands should be just outside the knees and facing each other. Bend the knees slightly and hinge at the waist, keeping the hips back. Pull the tube up from the knees towards the hips, squeezing the shoulder blades together. Pause at the top and slowly return to the starting position.

Speed Rope (#BSTSR)

The Body-Solid Tools Cable Speed Rope is designed with frictionless rotation for extreme cardio workouts. Speed ropes are great for cardio workouts and help increase agility and coordination.



Quick Feet: This is a standing jump rope move with your feet close together jumping over the rope in rapid succession.

Ali Shuffle: Similar to most standard jump rope moves but requires extra coordination as you alternate your feet throughout the movement.

Lateral Hurdle Step: With one foot bent slightly and the other straight, side step over the speed rope. Repeat this motion with the feet switched.

Double Under: Make two turns of the rope for every single jump. Keeping the feet together, jump with both feet at the same time.

Side Swing: Throw the rope back and under to one side while jumping. As the rope travels upward from behind, throw the rope downward and in front of your body, diagonally to the opposite side.

Skier's Jump: Begin with feet together, standing upright. Skip rope jumping a few inches to the right, then to the left. Alternate from side to side, keeping the feet together and the torso straight.

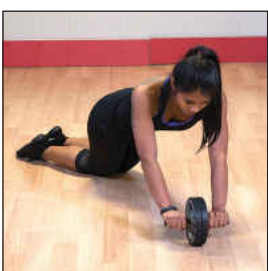
Lateral Hurdle Step: Hop with one leg stretched out and the other bent. Switch sides and repeat the motion.

Split Jumps: Begin with feet staggered, one placed behind the body and one extended forward. With a slight bend in the knees, jump rope, switching the position of the feet with every turn. The foot in front should jump back while, simultaneously, the other foot comes forward.

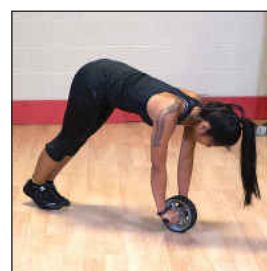
Criss-Cross: To perform a criss-cross, cross the arms at the elbows on the downward swing of the rope. Then, jump through the loop of rope that is formed in front of the body. Uncross the arms on the next downward swing.

Ab Wheel (#BSTAB)

The Body-Solid Tools Ab Wheel is the perfect tool to strengthen and tone your abs, shoulders, arms, and back. It features 2 wheels for added stability and comfortable plastic grips. It is so effective because it forces you to isolate the stomach and oblique muscles while you work out. This enables you to effectively develop and strengthen the stomach area. Simple, easy to use and compact.



Oblique Roll-Out: Begin by kneeling on the floor with feet resting on the ground. Place the ab roller about one foot in front of the knees. Keeping the arms straight, roll the ab roller in a diagonal line to the right, until the chest is nearly touching the ground. Roll back to the starting position and repeat the move to the left.



Pike Roll-Up: Start with feet shoulder-width apart, legs straight and the Ab Wheel placed at the feet. Bend over and grip the ab Wheel with both hands. Slowly begin to roll it straight out in front of the body, utilizing the abs to keep the movement fluid and in control. Stop the Ab Wheel once the body is fully extended and begin to roll it backwards towards the feet until you are in the starting position.



Kneeling Roll-Out: Begin by kneeling on the floor with the feet resting on the ground. Place the ab roller about one foot in front of the knees. Roll forward, keeping the arms straight, until the chest is nearly touching the floor. Use the abs to keep the movement fluid and in control. Roll backwards to the starting position and repeat.



Push-Up: This is a standard push-up movement but with your hands pressed onto the Ab Wheel for added coordination and strength building.

Leg Extended Roll-Out:

Begin with one knee on the ground and the other leg extended to the

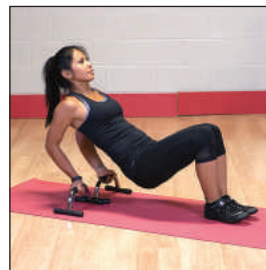
side, with the foot flat on the floor. Roll the ab roller straight out in front of the body until the chest is nearly touching the ground. The weight on the extended leg should shift forward until you are on the ball of the foot. Come back up to starting position. After completing reps, switch legs.

Push-Up Bars (#PUB1)

Body-Solid Push-Up Bars will dramatically increase your strength, range of motion and turn an ordinary push-up into an explosive workout routine by using your bodyweight as resistance. Here are a few of the best workouts to perform with your new push-up bars as recommended by the fitness experts at Body-Solid.



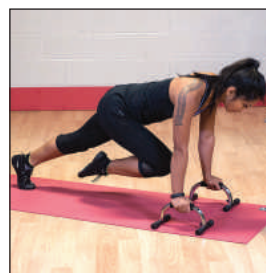
Push-Up: Assume a standard pushup position with the bars aligned directly under your shoulders, palms facing in. Lower your body without letting it touch the ground, hold for a few moments and then return to the original extended position.



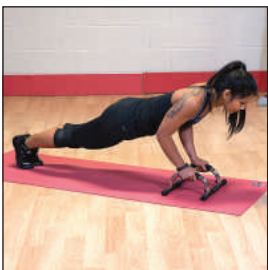
Tricep Dip: Grab the push-up bars, palms facing the ground and behind your hips. Push your hands down and raise your body up, hold that position for a few moments and bring them back down. Depending on your height this movement may not work.



Wide Arm Push-Ups: Assume push-up position but instead place the push-up bars horizontally and slightly more than shoulder-width apart. Hold the bars so the fists face outward and lower down so your head is level with the bars. Hold for a few moments then rise back to starting position.



Mountain Climber: Begin by assuming a push-up position with your hands on the bars. Lift your right foot off the floor and slowly raise your knee as close to your chest as possible. Touch the floor with your right foot and return to the starting position. Repeat with your other leg and alternate back and forth for 30 seconds.



Plank Toe Rolls: Assume the plank position on the balls of your feet. Align the pushup bars under your shoulders, palms facing inward. Roll your body forward, shifting from the balls of your feet to your toes until the shoulders are above the arms. This movement should be fluid with your core and abs held tight throughout the exercise.

Close-Grip Push-Up: Similar to the standard push-up done with these bars, bring the two as close together with your palms facing towards the ground. Now simply do the standard push-up movement.

Shoulder Press: Assume the push-up position with push-up bars aligned directly under the shoulders. Rest feet on a chair, or, for increased intensity, against a wall at shoulder-height with body balanced vertically. Complete the push-up as usual but with feet suspended throughout the whole move.

Yoga Mat (#BSTYM5)

The Body-Solid Tools Yoga Mat provide a stable, non-slip surface for yoga, pilates, ground-based movements like push-ups and sit-ups as well as stretching.



Forward Bend: Stand straight with your feet together and arms alongside the body. Breathing in, extend your arms overhead then breath out, bend forward and down towards your feet. Stay in the posture for 20-30 seconds and continue to breath deeply. Keep your legs and spine erect with your hands rested either on the floor, beside your feet or on your legs. Breathing in, stretch your arms forward and up. Slowly come up to the standing position while breathing out and bring your arms to your sides.

Overhead Shoulder Stretch: Stand straight with your shoulders back, chest out and feet shoulder width apart. Raise one arm overhead, bend your elbow and place your hand behind your neck. With the other hand, grasp your elbow and gently pull it behind your head. Hold this stretch for a few moments, relax and repeat with the opposite arm.

Runner's Lunge/Forward Lunge: Position yourself with one leg forward, resting on the knee of the back leg. Be sure your front ankle is directly under the knee and that the trailing leg is straight out behind your body. Gently lower your hips downward and forward. Hold this position for a few moments, relax and repeat on the opposite side.

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Foam Rollers



Weight Vests / Plyo Boxes



Slam Balls / Medicine Balls



Training Ropes / Fitness Bars



Clamps & Collars / Lifting Bands



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