BODYBLADE®
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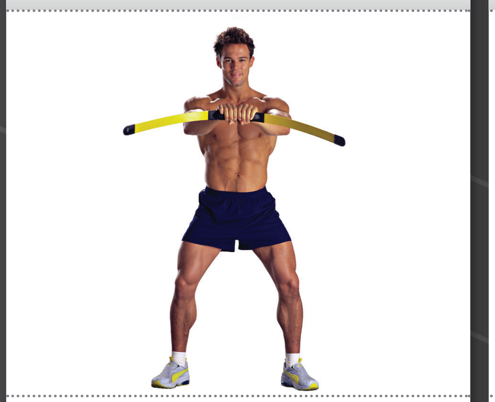
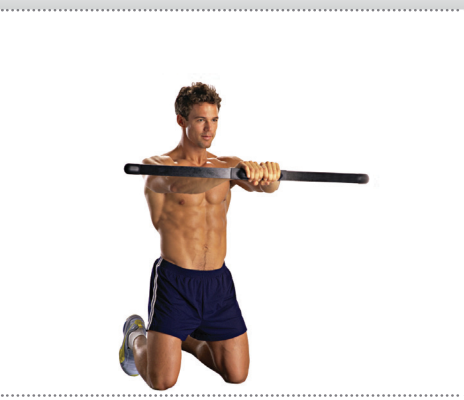
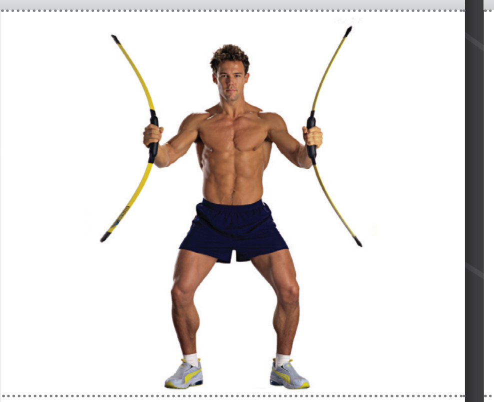
EXERCISE GUIDE
30 DYNAMIC EXERCISES

CHEST PRESS

MOTION 1 | GRIP 1 | STANCE 2

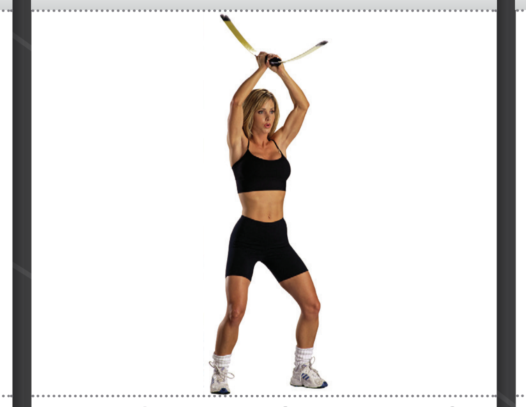
Beginning with Bodyblade chest high, drive Bodyblade in a push /pull motion matching the pulse of the blade. Vary this exercise by moving high, low or through a range of motion. Emphasis will vary as you change from high to low for upper or lower chest. This a good overall strengthening/endurance exercise.

KNEELING CHEST PRESS

MOTION 1 | GRIP 1 | STANCE 6

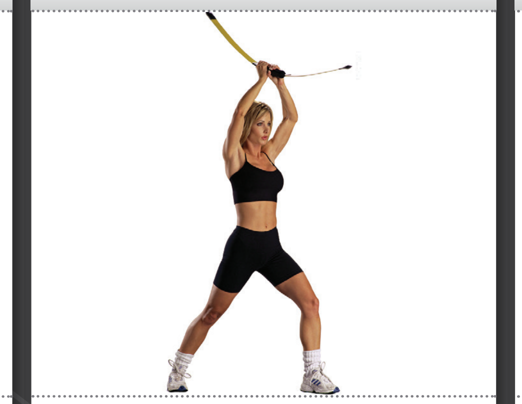
Kneeling position will focus more on the core muscles and the deep hip rotators. As with the Chest Press, this is a great upper body exercise.

PEC DECK

MOTION 3 | GRIP 5 | STANCE 2

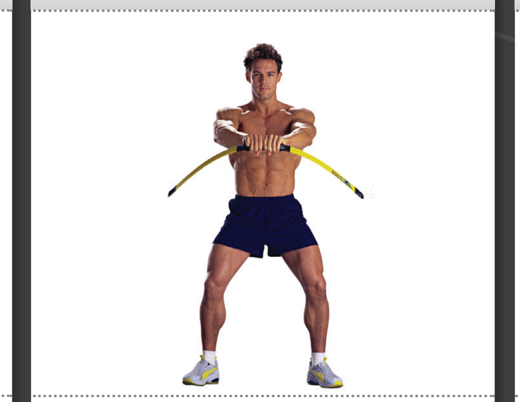
Position the Bodyblade(s) vertically with the narrow edge facing you. Move the Blade left and right in front of your body. As with any pec deck or pec fly movement, moving high, middle or low will work the upper, middle/center or lower pec more. For a greater challenge, try these in traditional bench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

BACK AND SHOULDER REACH

MOTION 1 | GRIP 3 | STANCE 2

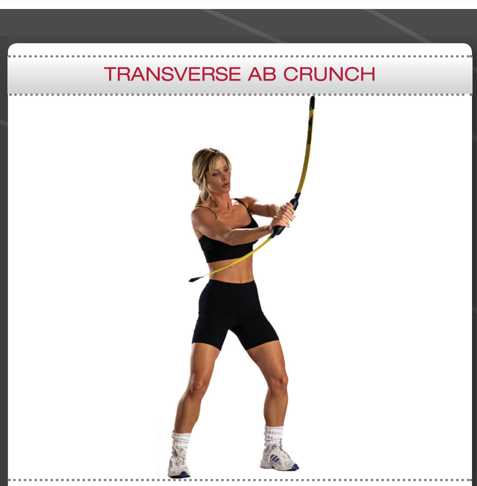
Hold Bodyblade so you can see the decal (flat edge). Raise over head and assume a wide stance. Slightly unlock the pelvis with an anterior pelvic tilt (slight hollow in back). This will enhance stability and balance of the entire trunk and extremities with great attention to the deep and superficial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

LUNGING BACK AND SHOULDER REACH

MOTION 1 | GRIP 3 | STANCE 4

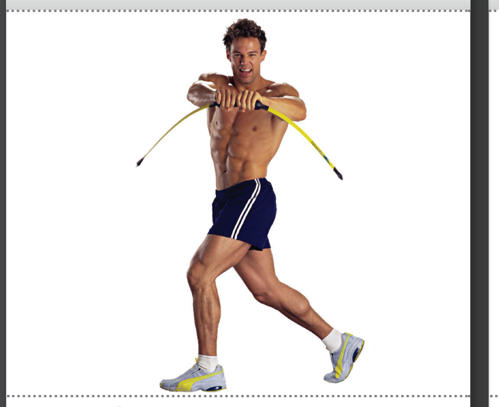
Adding a lunge will increase balance. Bringing the front and rear foot more in line (Lunging Narrow Stance) will further increase balance.

AB CRUNCH

MOTION 1 | GRIP 1 | STANCE 2

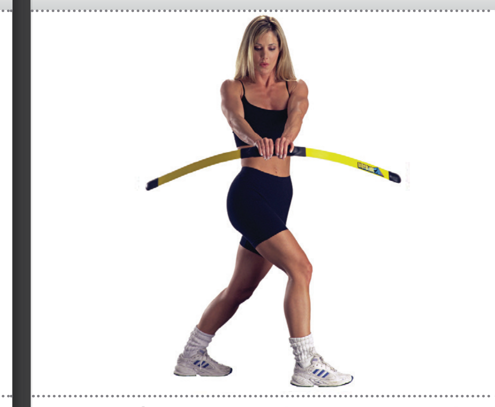
Position Bodyblade so the flex of the blade will bend toward the floor and up toward the ceiling. When holding the blade in front of your body, you should see the narrow edge. Maintaining this position, moving high or low will challenge lower abs, upper abs and lats. Try moving through a range of motion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

TRANSVERSE AB CRUNCH

MOTION 3 | GRIP 1 | STANCE 2

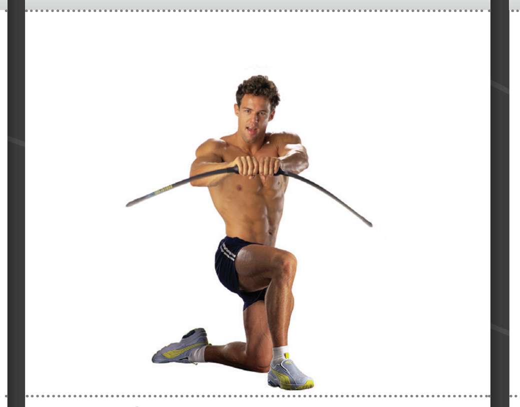
Position Bodyblade so the flex of the blade will bend toward the floor and up toward the ceiling. Rotate hands (clockwise or counterclockwise) so Bodyblade is at a 45 degree angle to the floor. This will enhance the challenge to your core muscles.

LUNGING ROTATIONAL AB CRUNCH HIGH

MOTION 3 | GRIP 1 | STANCE 5

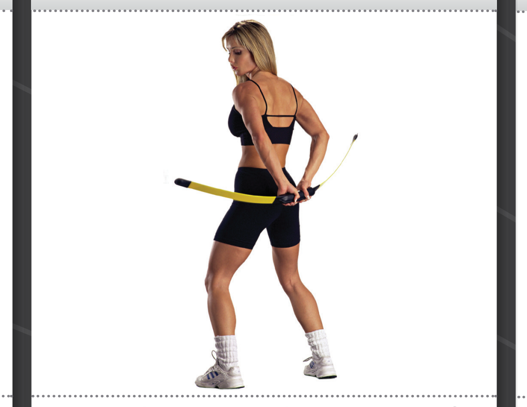
Start with arms extended out at shoulder-level height; lunge and rotate to the side of the front foot to work the core, hips, inner thighs and shoulders.

LUNGING ROTATIONAL AB CRUNCH LOW

MOTION 3 | GRIP 1 | STANCE 4

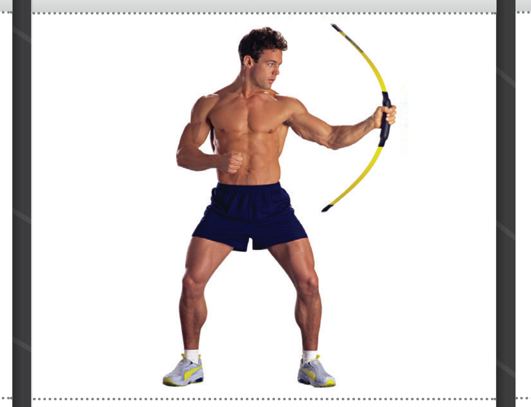
Lunge in a wide or narrow stance; lowering the Bodyblade will intensify the workout for the lats and abs.

HALF KNEELING AB CRUNCH

MOTION 3 | GRIP 1 | STANCE 7

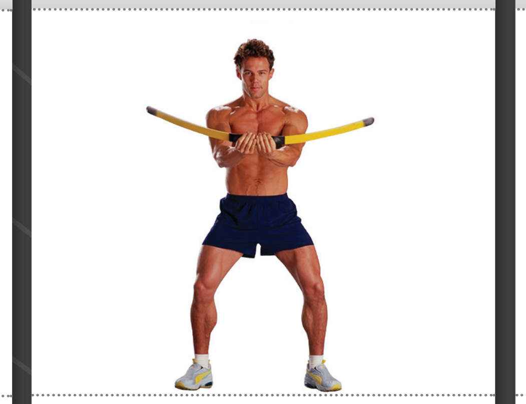
Half kneeling position will require additional transverse stabilization during your abdominal workout. Alternate right/left half kneeling stance to add difficulty and emphasize the core, shoulder and back muscles.

TRICEP PUSH

MOTION 1 | GRIP 1 | STANCE 2

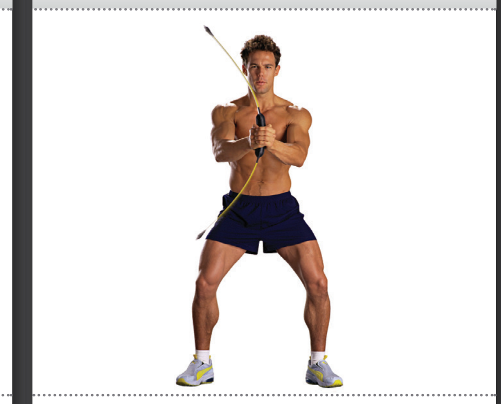
Drive Bodyblade at a 45 degree angle to the floor (toward the corner of the room); this challenges the triceps, mid back and abdominal muscles. Rotate Bodyblade 45 degrees in your grip (flex will move away/toward your body parallel to the floor) to change the direction of force and draw intense training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

JAB

MOTION 2 | GRIP 5 | STANCE 2

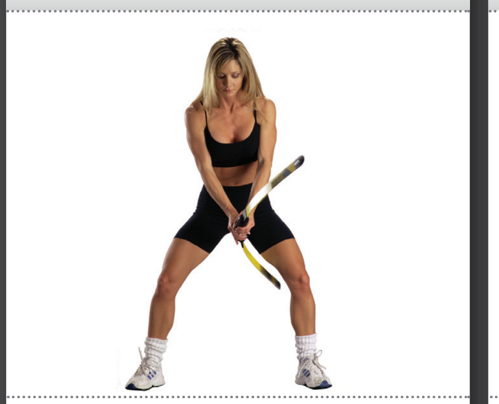
The jab will challenge the entire trunk and shoulder complex. It is great for the postural muscles, abs and thighs.

BICEP/ TRICEP CURL

MOTION 1 | GRIP 2 | STANCE 2

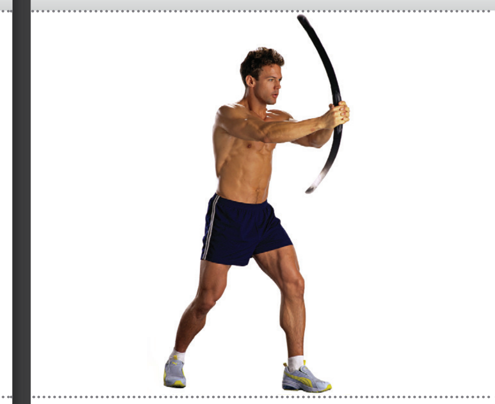
Begin in a 90 degree, elbow flexed position. This trains the biceps, triceps, shoulders and core muscles. Add more extension to elbows or move slowly through a range of motion for a greater challenge and coordinated exercise. The greater the distance from the body, the greater the core muscles work to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

AB HIP AND THIGH

MOTION 3 | GRIP 4 | STANCE 2

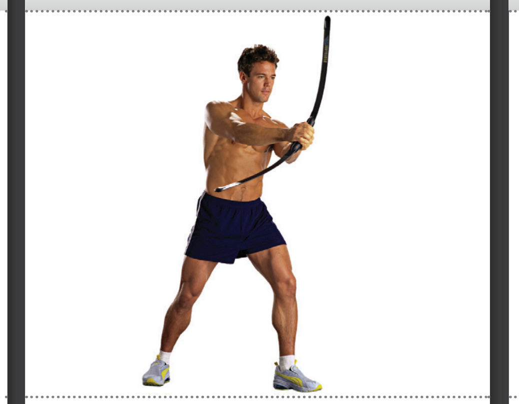
As a supreme challenge to all the muscle groups, the abs, chest, back, shoulders, hips, upper and lower extremities all contribute to this exercise.

FORWARD AB HIP AND THIGH

MOTION 3 | GRIP 3 | STANCE 2

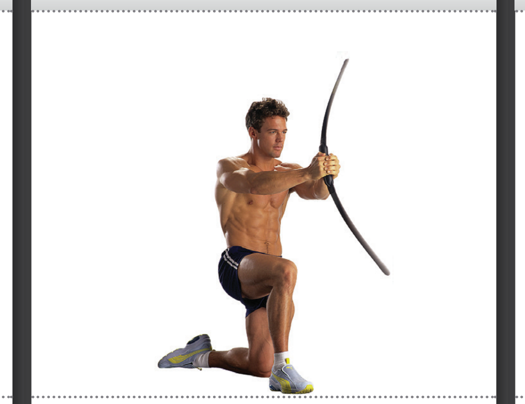
Flexing forward unlocks the pelvis, emphasizing more rotational stability throughout the trunk, gluts, thighs and upper extremities.

LUNGING AB HIP AND THIGH

MOTION 3 | GRIP 4 | STANCE 4

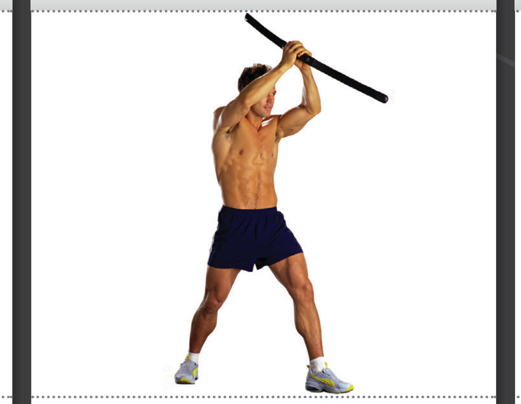
Adding to the Ab Hip and Thigh Challenge, working in the transverse plane will deepen core stability and lower extremity control due to the rotational forces.

LUNGING TRANSVERSE AB HIP AND THIGH

MOTION 3 | GRIP 4 | STANCE 5

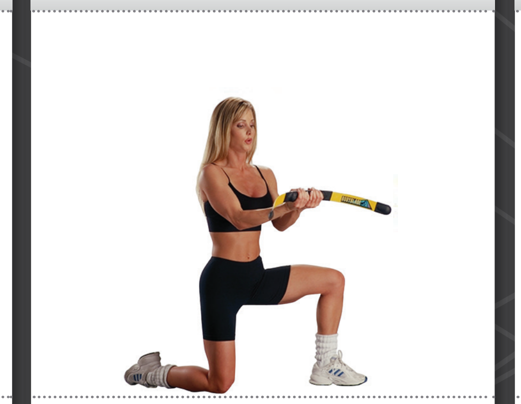
Orient the Bodyblade vertically, similar to the Ab Hip and Thigh. Now rotate clockwise or counterclockwise up to 45 degrees for a core-crunching total body challenge. Adding rotation in this exercise simply turns up the challenge.

HALF KNEELING AB HIP AND THIGH

MOTION 3 | GRIP 4 | STANCE 7

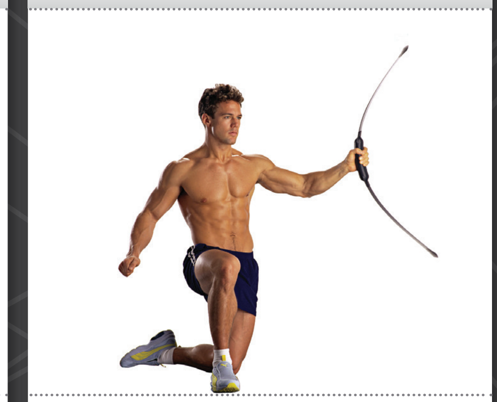
Half kneeling reduces the leg muscles' effectiveness, requiring greater abdominal stability and control. This also intensifies the strength and endurance training in the upper extremities.

LUNGING OVERHEAD AB HIP AND THIGH

MOTION 2 | GRIP 4 | STANCE 5

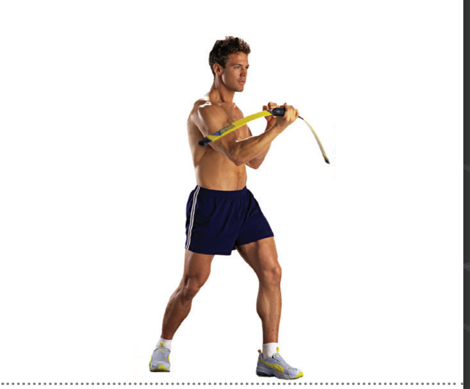
A powerful waistline trimmer, this exercise makes the lower core work to stabilize the lower extremities while the upper trunk, upper back, shoulders and arms get a powerful strength workout.

HALF KNEELING BICEP/TRICEP CURL

MOTION 1 | GRIP 2 | STANCE 7

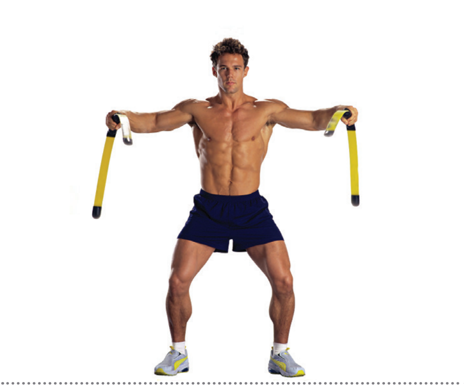
Working the upper body and core in the half kneeling position will increase the stability challenge, thereby working on balance and core power and strength.

HALF KNEELING JAB

MOTION 2 | GRIP 5 | STANCE 7

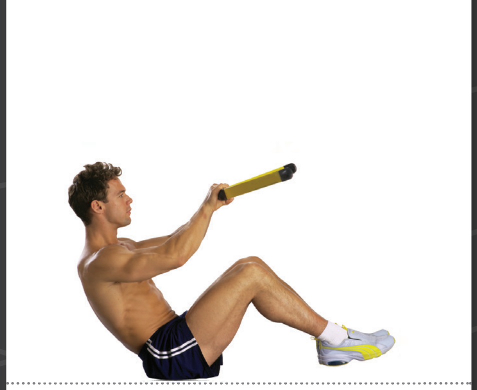
This exercise increases lateral stability, strengthens the upper extremities and power trains the hips, inner thighs and lower core—it hits it all.

LUNGING UPPER CUT

MOTION 3 | GRIP 5 | STANCE 5

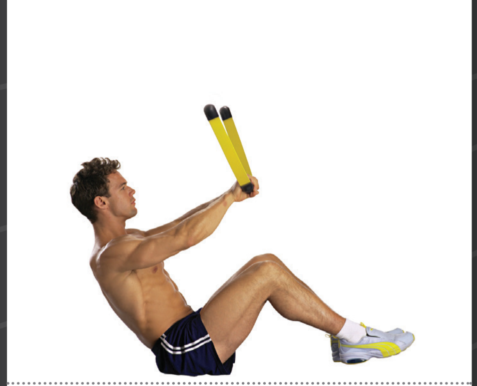
Feel the power development of the shoulders, arms, upper and lower back, plus the entire core. Stance promotes lower body stability and balance training.

LATERAL RAISE

MOTION 1 | GRIP 5 | STANCE 2

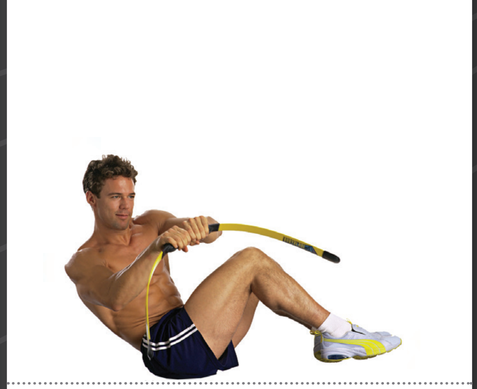
Emphasizing total upper body connection, this exercise emphasizes the upper back, pec, deltoids, biceps and triceps. Moving through a range of motion will provide greater stability to the trunk.

FLOOR CRUNCH **BASIC**

MOTION 1 | GRIP 1 | SEATED AS SHOWN

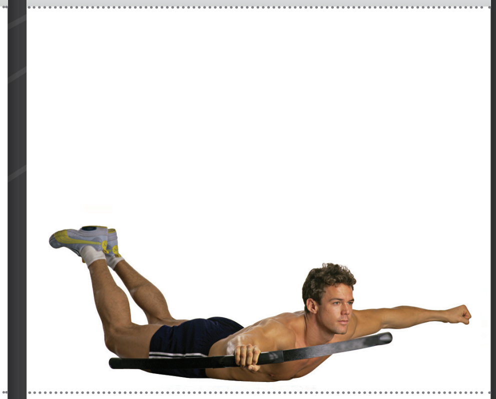
Assume a partial crunch position with heels lightly touching floor for support; hold Bodyblade in front of chest in the Flat Edge position. Increase the challenge by raising feet off the floor. Strengthens the chest, back, shoulders, arms and abs.

FLOOR CRUNCH **INTERMEDIATE**

MOTION 1 | GRIP 1 | SEATED AS SHOWN

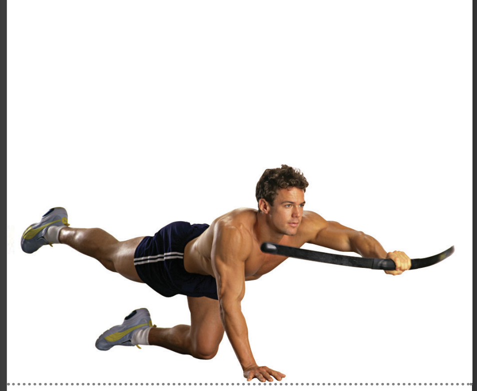
Assume a partial crunch position with heels lightly touching the floor for support; hold Bodyblade in front of chest in the Narrow Edge position. Increase the challenge by raising feet off the floor. Rotate Bodyblade to move up toward ceiling and down toward floor for greater support. Strengthens the chest, back, shoulders, arms and abs.

ROTATIONAL FLOOR CRUNCH **ADVANCED**

MOTION 3 | GRIP 1 | SEATED AS SHOWN

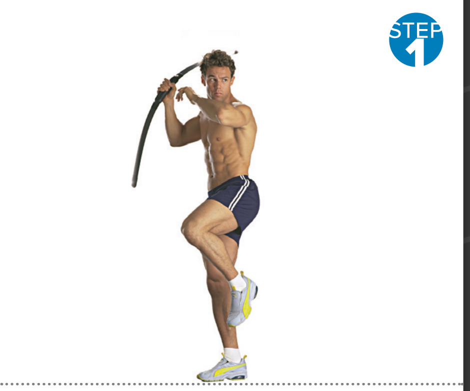
Assume a partial crunch position with heels lightly touching the floor for support. Increase the challenge by raising feet off the floor. Rotate upper body to increase emphasis on oblique muscles. Strengthens the chest, back, shoulders, arms and abs.

BACK EXTENSION

MOTION 2 | GRIP 5 | PRONE AS SHOWN

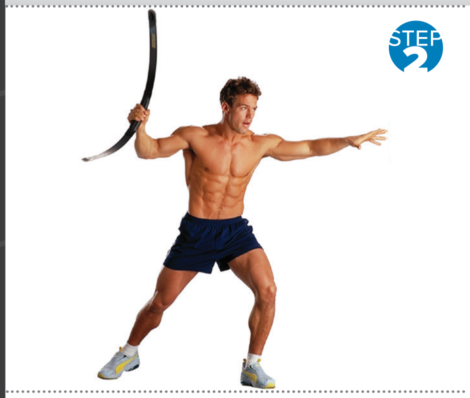
Move Bodyblade around from left to right hand or use in center with both hands. Challenges the entire upper back, shoulders, arms and abs—it's a major core burner and great for postural training.

ALTERNATING ALL 4'S

MOTION 2 | GRIP 5 | ALL FOURS

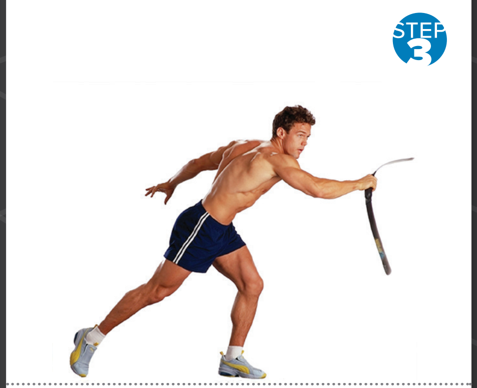
Alternating balance on opposing arm and leg, this exercise increases strength, balance, power and muscle endurance throughout the lower body, back, abs, arms and shoulders. Great for rehab and personal training.

THROWING SEQUENCE–**COCK PHASE**
STEP 1

MOTION 1 | GRIP 5 | STANCE 3

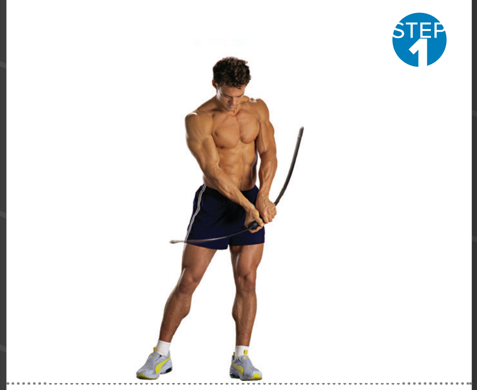
Single leg moves through a throwing motion. A total body connection—this motion improves balance and quickness, strengthens the core and extremities, and trains the shoulder where stability is important.

THROWING SEQUENCE–**MID STANCE**
STEP 2

MOTION 2 | GRIP 5 | STANCE 4

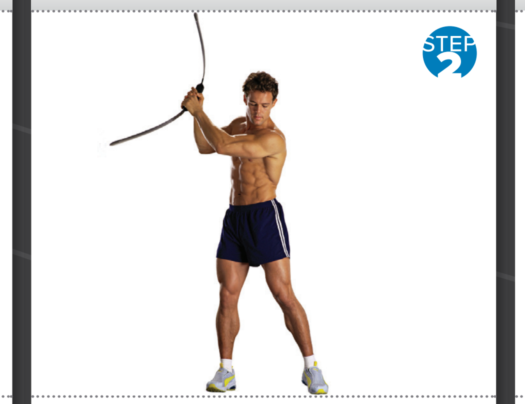
Throwing motion moves into forward lunging stance; forces production in core, chest and shoulders.

THROWING SEQUENCE–**FINISH**
STEP 3

MOTION 3 | GRIP 5 | STANCE 4

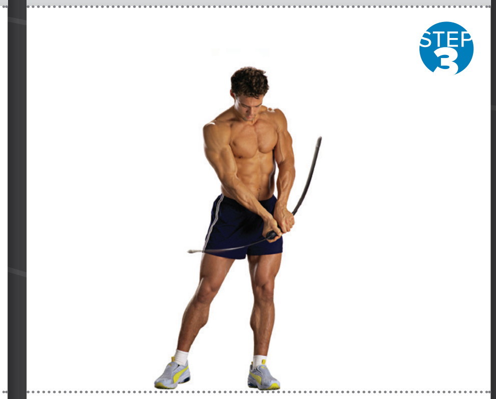
Continue lunging stance forward motion, reducing force throughout the entire back, rear shoulder and lower body. This is a challenging strength move and excellent for throwing athletes.

GOLF SEQUENCE–**ADDRESS POSITION**
STEP 1

MOTION 1 | GRIP 3 | STANCE 2

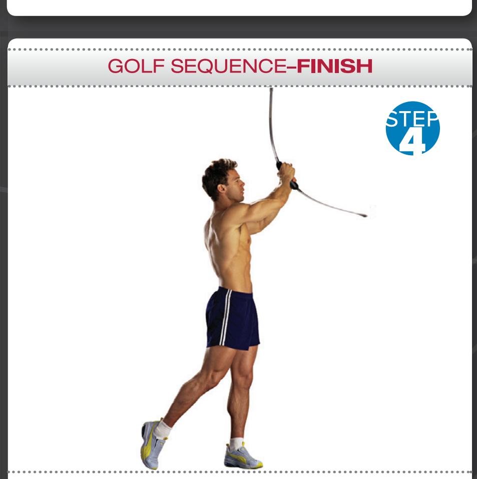
Move through the golf swing. Stop in stages throughout the take away for greater core emphasis and club head speed.

GOLF SEQUENCE–**TAKE AWAY/SWING PHASE**
STEP 2

MOTION 2 | GRIP 3 | STANCE 2

Rotate hips and face the target while moving slowly through the swing. Stop in stages for greater core emphasis and club head speed.

GOLF SEQUENCE–**CONTACT ZONE**
STEP 3

MOTION 3 | GRIP 3 | STANCE 2

Return through the address position in stages or in slow continuous motion for greater core emphasis and club head speed.

GOLF SEQUENCE–**FINISH**
STEP 4

MOTION 3 | GRIP 3 | STANCE 2

Rotate hips and face the target while maintaining the drive of the Bodyblade. Stop in stages throughout the finish for greater core power, endurance and club head speed.

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.

Always grasp Bodyblade® by the center handle with one or two hands. Assume the described proper position and move Bobyblade back and forth. With a little encouragement, the ends are designed to "oscillate" or flex at a steady rate. The harder you drive (push or pull) Bodyblade the greater the flex of the blade. Resistance is therefore progressive depending upon the amount of flex in each Bodyblade (see product information) remember, the speed is constant so you can not make it go faster or slower.

All Bodyblade exercises begin in the core, deep in the pelvic floor, progressing to the ends of the four extremities in a natural progression from the center out. Stability comes before mobility. Each exercise is designed to offer emphasis in three planes of motion, these are referred to as "compilation or integration" exercises rather than isolation exercises. Bodyblade training focuses on movement that preserves the integrity of function rather than isolated muscles and separated body parts.

Like exercise in general, correct technique, positioning and posture ensures proper response from the body and effective forces on the targeted area of training. A slight change in the direction of the blade during an exercise redirects the forces and challenges a different body segment. Changing the position of the blade or your body relative to Bodyblade can change the intended plane of motion or redirect the axis of forces through a particular joint or body segment. Stance plays a vital role in balance and stability. Suggested stances can be modified to increase or decrease emphasis on balance.

Please familiarize yourself with the master key to enhance your use of Bodyblade in each exercise position.

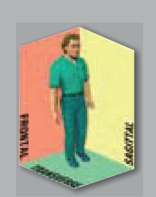
BODYBLADE F.I.T.T. PRINCIPLES WHEN DESIGNING A TRAINING PROGRAM

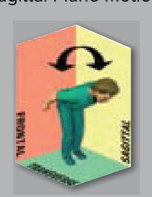
Frequency	Number of training sessions per week.
Intensity	Determined by flex or amplitude of blade during exercise. The greater the flex, the greater the resistance (like adding weights to the bar).
Time	Duration of each individual exercise or group exercise. 60 second repetitions, to 30 minutes sustained.
Training	Provides strength, endurance, aerobic and interval or wind sprints training.

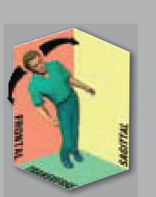
BODYBLADE PRECAUTIONS AND INFORMATION
Read all instructions prior to using Bodyblade.

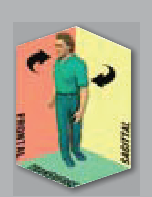
Consult Physician	Always consult your doctor before embarking on any exercise regimen.
Warm Up	Take adequate time to sufficiently warm up the body's muscular and cardiovascular system before beginning any exercise program.
Proper Use According to Directions	Read all instructions and watch instructional videos prior to beginning any exercise program with the Bodyblade.
Instructional Videos	The instructional material provides the necessary information for the safe operation of Bodyblade. Please watch the instructional videos in their entirety before using Bodyblade.

PLANES OF MOTION

STARTING POSITION


MOTION 1
Sagittal Plane Motion


MOTION 2
Frontal Plane Motion


MOTION 3
Transverse Plane Motion


GRIPS

GRIP 1
Two Hand Top

GRIP 2
Two Hand Bottom

GRIP 3
Top To Bottom or Golf

GRIP 4
Lace

GRIP 5
Single Hand

STANCE

STANCE 1
Narrow Base

STANCE 2
Wide Base

STANCE 3
Single Leg

STANCE 4
Lunging Wide

STANCE 5
Lunging Narrow

STANCE 6
Kneeling

STANCE 7
Half Kneeling

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