

30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE

 CHEST PRESS	 KNEELING CHEST PRESS	 WIDE GRIP	 BACK AND SHOULDER REACH	 LUNGING BACK AND SHOULDER REACH	 AB CRUNCH	 TRANSVERSE AB CRUNCH
 LUNGING ROTATIONAL AB CRUNCH HIGH	 LUNGING ROTATIONAL AB CRUNCH LOW	 HALF KNEELING AB CRUNCH	 TRICEP PUSH	 JUMP	 BICEP TRICEP CURL	 AB CRIP AND TRICEP
 FORWARD AB HIP AND THIGH	 LUNGING AB HIP AND THIGH	 LUNGING TRANSVERSE AB HIP AND THIGH	 HALF KNEELING AB HIP AND THIGH	 LUNGING OVERHEAD AB HIP AND THIGH	 HALF KNEELING BICEP TRICEP CURL	 HALF KNEELING JUMP
 LUNGING UPPER CUT	 LATERAL JUMP	 FLOOR CRUNCH BASE	 FLOOR CRUNCH INTERMEDIATE	 ROTATIONAL FLOOR CRUNCH ADVANCED	 BACK EXTENSION	 ALTERNATING ALL 4'S
 THROWING SEQUENCE - COCK PHASE	 THROWING SEQUENCE - STANCE	 THROWING SEQUENCE - FINISH	 GOLF SEQUENCE - ADDRESS POSITION	 GOLF SEQUENCE - TAKE AWAY SWING PHASE	 GOLF SEQUENCE - CONTACT ZONE	 GOLF SEQUENCE - FINISH

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 use BodyBlade™ for the correct handle with care as they contain sharp edges and are not intended for use as a weapon. Do not use BodyBlade™ for any purpose other than the intended use. Do not use BodyBlade™ for any purpose other than the intended use. Do not use BodyBlade™ for any purpose other than the intended use.

SAFETY PRECAUTIONS AND CONSIDERATIONS:

- Always use proper form and technique.
- Do not use BodyBlade™ if you are injured or have any medical conditions that may be aggravated by exercise.
- Do not use BodyBlade™ if you are pregnant or breastfeeding.
- Do not use BodyBlade™ if you are under the influence of alcohol or drugs.
- Do not use BodyBlade™ if you are wearing any jewelry or clothing that may restrict movement or cause injury.
- Do not use BodyBlade™ on a hard or uneven surface.
- Do not use BodyBlade™ for any purpose other than the intended use.

STANCE: Feet shoulder-width apart, toes pointing forward.

GRIP: Firm, but relaxed grip.

PLANE OF MOTION: Sagittal, Frontal, Transverse.

