BODYBLADE EXERCISE GUIDE

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30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE

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 beginner's proper position and move BodyBlade back and forth with a little arm movement, the ends are designed to "oscillate" or flex at the center. Feel the "bounce" in the handle and the "whipping" motion in the ends of the blade. Resistance is therefore progressive (depending upon the amount of flex in each BodyBlade (see product information) remember, the speed is controlled 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 nature progression from the center out. Stability comes before mobility. Each exercise is designed to be a "complete" or "integrated" exercise. Unlike exercises related to an "isolation or integration" exercises (other than balance 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 are critical to success and safety. Each exercise is designed to target a specific area of training. A slight change in the direction of the blade cycling an exercise redirects the forces and challenging 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 rotation. Changing the position of the blade or your body can also be used to balance and stability. Suggested exercises 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

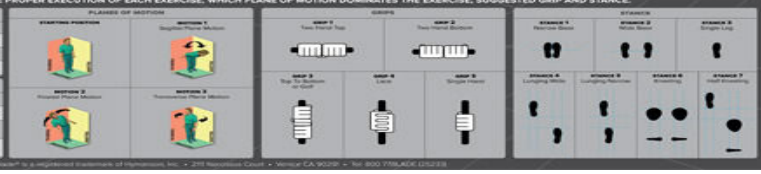
Frequency	Number of training sessions per week
Intensity	Determined by flex or amplitude of blade during exercise. The greater flex the greater the resistance. Also determined by the force
Time	Duration of each individual exercise or group exercise. 60 second repetitions, to 30 minute sessions
Training	Provides strength, endurance, aerobic and internal or what sports training

BODYBLADE PRECAUTIONS AND INFORMATION

Read all instructions prior to using BodyBlade.

Consult Physician	Always consult your doctor before undertaking an 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 Instructions	Read all instructions and watch instructional DVD prior to beginning any exercise program with the BodyBlade
DVD	The instructional material provides key resources information for the safe operation of BodyBlade. Please watch the DVD in its entirety before using BodyBlade

PLANES OF MOTION



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