

## Ten workouts for effective body forming

Test the illustrated exercises now. The effect of the training is clear to see: more power, more endurance, firmer figure. Everything in balance for a fantastic body feeling.

### Exercises in dorsal position

#### **1. Cruncher for straight stomach muscles**

(Exercise for the straight and oblique stomach muscles)

Position legs at right-angles, heels firmly on the floor. Push your lower back towards the floor by tensioning your stomach and back muscles, cross your arms in front of your body. Slowly lift your shoulder blades from the floor by bending the spine – hold up for approx. 2 sec. – then slowly roll out again, do not allow the shoulder blades to drop any lower. Repeat 10 to 20 times, 3 sets

#### **2. Cruncher for oblique stomach muscles**

(Exercise for the primary ablique stomach muscles)

Position legs at right-angles, heels firmly on the floor. Push your lower back towards the floor by tensioning your stomach and back muscles, cross your arms in front of your body. Slowly lift your shoulder blades from the floor by bending and rotating the spine at the same time, move your elbows diagonally towards the opposite knee (i. e. right elbow towards the left knee and vice versa ) – hold for approx. 2. Sec. – slowly roll back up, do not allow the shoulder blades to drop any lower. Repeat 10 to 20 times per side, 3 sets

#### **3. Hip stretching with bent legs**

(exercise for the muscles at the back of the legs, buttocks and lower back muscles)

Position legs at right-angles, heels firmly on the floor. Stabilise your lower back by tensioning your stomach and back muscles, cross your arms in front of your body. Slowly lift the hips/buttocks from the floor by tensioning the buttocks and hip muscles until the hip joint is stretched,

the upper body is now supported only on the shoulder blades – hold for approx. 3 sec by firmly tensioning the buttocks. Slowly lower the hips/buttocks, not allowing them to touch the floor.

Repeat 10 to 20 times, 3 sets

### Exercises in lateral position

#### **4. Leg lift is sideways position**

(Adductors)

Bend the bottom leg to a right angle at the hip and knee joint, stretch the top leg at the hip and knee joint, rotating the foot inwards as you do so, for upper body position see diagram. Lift the top leg slowly approx. 40 to 50 cm from the floor – hold for approx. 2. Sec. – slowly lower, not allowing it to touch the floor.

Repeat 10 to 20 times per side, 3 sets

#### **5. Leg lift in sideways position**

(Abductors)

Stretch the bottom leg at the hip and knee joint, position the top leg over the others as shown in the diagram, for upper body position. Lift the bottom leg slowly approx. 20 to 30 cm from the floor – hold for approx. 2 sec – slowly lower, not allowing it to touch the floor.

Repeat 10 to 20 times per side, 3 sets

### Exercises in the face-down position

#### **6. Lift upper body**

(Lower back muscles)

Place feet approx. 80cm apart on the floor, hands on top of each other and the forehead on the back of the upper hand. Tension stomach and buttock muscles. Lift upper body slowly without swinging approx. 10 to 20 cm from the floor – hold for approx. 3 sec – then slowly lower.

Repeat 10 times, 3 sets

## **7. Stretch arms**

(Lower back and shoulder muscles)

Position feet approximately 80cm apart on the floor, place chin lightly against the chest and place your hands on your shoulders. Tension stomach and buttocks muscles. Raise upper body slowly without swinging approx. 10 cm from floor and remain still during the exercise. Stretch the arms out in front of the head, letting the hands touch at the furthest point – briefly hold in position – slowly bring the arms back until your hands are positioned on your shoulders.

Repeat 10 times, 3 sets

## **8. Bending to the right and left sides**

(Lower back and stomach muscles)

Place feet approx. 80 cm apart on the floor, hands on top of each other and the forehead on the back of the upper hand. Tension stomach and buttocks muscles. Raise upper body slowly without swinging approx. 10 cm from floor and hold the position. Move the spine by bending sideways to both the left and right – hold briefly at the furthestmost point.

Repeat 10 times per side, 3 sets

## **9. Arm lift**

(Lower back muscles, shoulder and upper back muscles)

Position feet approx. 80 cm apart from the floor, arms outstretched, brace shoulder joint at right angles to the body, clench fists, thumbs pointing straight upwards. Tension stomach and buttock muscles. Raise upper body slowly without swinging approx. 10cm from floor and hold the position. Lift the arms slowly upwards, so that the shoulder blades are close to each other – hold for approx. 2 sec – then slowly lower.

Repeat 10 times per side, 3 sets

## **10. Flexing to the left and right side**

(Chest, shoulder, stomach and arm muscles)

Hands positioned a shoulder width apart on the floor, fingers outstretched to the front, place feet shoulder width apart, tension leg, stomach and buttock muscles, space the hands to the feet so that the hip joint is stretched. Lower the body by slowly flexing the arms and at the same time breathing in, move chin and chest towards the floor (not the stomach). By flexing the arms slowly and fully and breathing out forcefully at the same time.

Repeat 8 to 10 times, 3 sets.