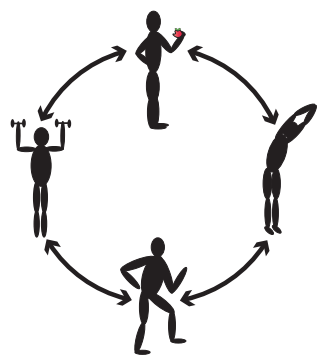


The Awesome Foursome

The Essential Components of
Optimal Health & Total Fitness



Exercise Instructions Quick Reference Guides

| Aerobic Exercise Equipment * | |
|--|--|
| Equipment | Instructions |
| Treadmill | Walk, jog or run. Vary elevation and speed. |
| Stationary Bike | Adjust the seat height. Vary resistance and speed. |
| Elliptical | Use vertical handlebars to increase intensity. |
| Stepper | Use entire foot or balls of feet. Vary resistance and speed. |
| Rowing Machine | Keep elbows close to sides. Avoid locking out elbows. |
| * Note: Consult Chapter Eight in <i>The Awesome Foursome</i> for complete discussion and important information about proper use. | |

| Weight Training Exercises * | | |
|------------------------------------|----------------------|---|
| Muscle | Exercise | Movement |
| Chest | Vertical Bench Press | Push bar away until there's a slight bend in elbows. Allow bar to come back, controlling the weight. |
| Chest | Vertical Fly | Squeeze pads together. Stop before they touch. Return to starting position, controlling the weight. |
| Back | Seated Row | Keep arms extended and sit back. Pull row handle toward abdomen. Extend arms, controlling the weight. Lean in to starting position. |
| Shoulders | Shoulder Press | Press bar upward until just before lockout. Allow bar to come back down, controlling the weight. |
| Arms | Triceps Press-downs | Push bar down toward thighs by extending arms. Return to starting position, controlling the weight. |
| Arms | Triceps Extensions | Pull bar down toward thighs by extending arms. Return to starting position, controlling the weight. |
| Arms | Biceps Curls | Curl bar up. Return to starting position (slight bend in elbows). |
| Arms | Wrist Curls | Flex (bend) wrists. Return to starting position. |
| Arms | Reverse Wrist Curls | Reverse curl wrists as arms bend at elbow. Uncurl wrists as arms straighten. |
| Legs | Leg Extensions | Extend legs to the point just before knees lock out. Return to starting position, controlling the weight. |
| Legs | Leg Curls | Curl the bar down and back as far as machine allows. Control the weight as bar comes back up. |
| Continued on next page. | | |

Weight Training Exercises *

(Continued from previous page)

| Muscle | Exercise | Movement |
|---------------|-------------------------|---|
| Legs | Leg Press | Push footplate by extending legs. Don't lock out. Control footplate as it comes down. |
| Legs | Calf Raises | With legs extended, push footplate away from you. Allow heels to go under footplate. |
| Legs | Inner-Outer Thigh Pulls | To work adductors, bring legs together. To work abductors, spread legs apart. |
| Abs | Crunches (Mat) | Lift chest off mat, but don't bend at waist. Return to starting position slowly. |
| Abs | Reverse Crunches (Mat) | Curl knees toward chest. Lower knees slowly, stopping before feet touch mat. |
| Abs | Combo Crunches (Mat) | Simultaneously do a crunch and reverse crunch. Return to starting position slowly. |
| Abs | Crunches (Machine) | Move chest toward thighs. Return to starting position, controlling the weight. |
| Abs | Vertical Knee Raises | Lift both knees toward chest. Slowly lower knees to starting position. |

* Note: Consult Chapter Eleven in *The Awesome Foursome* for complete descriptions, illustrations and important notes about proper form.

| Stretches * | |
|-------------------------|---|
| Muscle | Movement |
| Lower Back | Lie on back. Bring one knee toward chest. Clasp hands around hamstrings or lower leg. Pull knee toward chest. |
| Lower Back | Lie on back. Bring both knees toward chest. Put one hand around each leg below kneecap, or both arms around both legs below kneecaps. Pull knees toward chest. |
| Quads | Lie on left side. Extend left arm. Bend right leg. Grasp right ankle with right hand. Bring right heel to buttocks. Keep legs parallel. Repeat on right side. |
| Quads | Stand straight. Place object on floor behind you. Bend right knee. Place toes on object. Keep legs parallel. Repeat with left leg. |
| Quads | Stand straight. Bend right leg. Grasp ankle with right hand. Bring heel close to buttocks. Keep legs parallel. Repeat with left leg. |
| Hams | Sit on mat with legs extended and together. Point toes toward ceiling. Bend from waist. Grasp any part of your legs that you can reach. |
| Hams | Place an object on floor in front of you. Keeping left leg straight, lift it and place heel on object. Repeat with right leg. |
| Calves | Stand six inches away from wall. Place hands on wall. Move one foot back as far as you can while keeping heel on floor. Repeat with other leg. |
| Calves | Stand a foot away from wall. Place hands on wall. Keep one leg straight. Place heel of other foot on floor as close to wall as possible. Repeat with other leg. |
| Inner Thighs | Sit with back against wall. Bend both legs. Bring soles of feet together. Grasp ankles. Pull feet as close to body as possible. |
| Continued on next page. | |

Stretches *

(Continued from previous page.)

| Muscle | Movement |
|------------------------------------|--|
| Outer Thighs, Sides and Lower Back | Sit on mat with left leg extended. Bend right leg. Place right foot on floor outside of left knee so foot touches knee. Put right hand on floor in line with right hip. Put left elbow against outside of right leg at bend of knee. Rotate upper body and head to right. Gently push right leg to left with left elbow. Repeat on other side. |
| Shoulders, Upper Back and Triceps | Stand straight. Extend one arm across body under chin. Place palm of other hand on elbow of extended arm. Repeat with other arm. |
| Shoulders and Chest | Stand straight with feet shoulder width apart. Extend arms straight down behind you. Clasp hands. |
| Forearms | <ol style="list-style-type: none"> (1) Stand straight. Extend arms in front of you. Rotate hands so palms face up. (2) Rotate hands so backs face each other and thumbs point down. (3) Bend right wrist so fingers point down and palm faces you. Place left hand across back of right hand. Gently pull right hand toward you. (4) Bend right wrist so fingers point down and palm faces away from you. Place left hand across fingers of right hand. Gently pull right hand toward you. (5) Repeat steps 3 and 4 with left hand. |
| Upper Back and Sides | Stand straight with feet shoulder width apart. Raise arms above head. Grasp right wrist with left hand. Bend elbow slightly. Bend over to left while gently pulling right arm to left. Repeat on left side. |
| Sides | Stand with feet shoulder width apart. Keep arms at sides. Bend from waist to right. Repeat on other side. |

* Note: Consult Chapter Fourteen in *The Awesome Foursome* for complete descriptions, illustrations and important notes about proper form.