

JONATHAN ROCHE ABS BALL FEATURE
Women's Health and Fitness Magazine



FITNESS TARGET

Shape up your abs

Follow these toning exercises and the tips on eating and cardio, and you'll have great abs in a matter of weeks.

WORKOUT BY Summer Brand
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 COUCHES PROVIDED BY Source 11 Architects
 www.aquafit.com
 10033 Ab Ball by Gaiam, www.gaiam.com

Mat Scoop

Step 1: Lay flat on the mat with your lower back flush to the mat. Contract the abs in to the belly. Raise your legs straight up at a 45-degree angle.
Step 2: Lift your arms, palms facing down. Reach for the wall in front of you. Now raise and lower your arms repeatedly in a quivering motion to work the abs.

Twisters

Step 1: Sit with your legs up, knees bent at a 90-degree angle. Hold the ab ball with both hands in the middle of your feet.
Step 2: Keeping your body stable and using your abs, lean to the right, keeping the ab ball in contact with the ground.
Step 3: Lean back to the left, again keeping the ab ball in contact with the ground. Complete 10 touches on each side.

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Tips for tight, toned abs

- Remember it's quality, not quantity. Concentrate on your form and breathing. One good crunch is more effective than 100 with bad form.
- No more processed foods! Follow a diet that encourages more whole foods and less refined sugar and white flour.
- Maintain a positive attitude and stop making excuses!

Remember, the key is to stay consistent and concentrate on the quality of your workouts. If you do that, your next step will be trying to figure out how to show off your new toned abs. —Jonathan Roche, www.rochefitnesssystems.com

Tree trunks

Step 1: Stand with your feet shoulder-width apart. Hold the ab ball down to the inner side of your body.
Step 2: Using your abs, move the ab ball across your body, lifting it above your head to the left. Do 10 repetitions. Repeat on the opposite side.

Ab ball raises

Step 1: Lay with your back pressed to the ground, legs straight up and ab ball resting on your chest.
Step 2: Using your abs, lift your upper body off the ground, moving the ab ball toward your feet. Hold for two seconds and lower. Do 10 repetitions.

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MaxOut Sports

Fat Burner

Your workout schedule

Monday: Ab Workout
Tuesday: Interval Cardio Workout, 30 minutes to an hour
Wednesday: Ab Workout
Thursday: Interval Cardio Workout, 30 minutes to an hour
Friday: Ab Workout
Saturday: Interval Cardio Workout, 30 minutes to an hour
Sunday: Rest Day — you earned it!

Airplanes

Step 1: Lie with your back on the exercise ball and feet flat on the ground. Your arms should be straight out to the sides.
Step 2: Using your abs, lift and hold the ab ball only arms are perpendicular to the mat. Repeat on the opposite side.

Plank

Step 1: Place the ab ball on the ground and grasp the handle with both hands. Place your feet behind you and keep your body in one straight line from head to toe. Hold the plank for at least 30 seconds, breathing regularly. You should feel the contraction in your abs.

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Jonathan Roche, founder of Breakthrough Health & Fitness, is one of the nation's foremost authorities on heart rate-based, interval training. His routine for strengthening abdomen muscles, developed for use with the Gaiam Abs Ball and video, was featured in the 2005 issue of *Women's Health and Fitness Magazine*.

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