STRETCH A MINUTE

THE ULTIMATE GUIDE



Disclaimer

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice. Exercise is not without its risks and this or any other exercise program may result in injury. Consult your physician or health care professional before performing any new exercise or exercise technique, particularly if you have any chronic or recurring conditions.

The author and publisher of this document make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONTENTS

Chapter 1	
ABBS: A Core Focus	1
Background	2
A Core Approach	3
Introducing SAM	6
Before You Exercise	9
Chapter 2	
Abdominal Strength	10
Why Stronger Abs?	11
Anatomy of the Abs	12
Abdominal Exercises	13
Chapter 3	
Back in Shape	28
The Problem	29
Managing Your Back	30
Back Exercises	30

Chapter 4

Balance and Posture		38
Overview		39
Balance and Posture Exercises		41
Chapter 5		
Stretching		44
Why Stretch?		45
Stretching and SAM		46
Stretching Exercises		47
Chapter 6		
The Program		52
Introduction		53
Example Routines		54
Schedule		59
Chapter 7		
The ABBS Journey		60
A Lifestyle Change		61
Maintaining the Jour	ney	62



Background

The Stretch-A-Minute was invented by Personal Trainer, Mici Fluegge (former Mr. Northern Germany), as an aid to his training clientele. The original idea was to provide a lower back therapy device with audible feedback that would encourage his clients to successfully perform their therapy objectives (especially at home where most therapy routines fizzle out). Studies have shown that improvement in disability scores using feedback is nearly twice that of control groups without motivating feedback.

Acclaim by enthusiastic users for the Stretch-A-Minute (affectionately called "SAM") has led to multiple requests for commercialization. Key to the device's success is the user-activated timer built into the handle. This patent-pending breakthrough separates SAM from all other devices on the market.

Testimonials supporting SAM have been overwhelming. Professional athletes, Orthopedic Surgeons, Top Trainers, Neurosurgeons, and everyday users have all reported extremely positive user experiences. Here are just a few of the reported benefits:

• Relief from back pain, sports injuries, and other unremitting health problems.

- Improved flexibility and freedom of movement
- Maintain better body awareness

Other therapy applications besides the hamstring/lower back soon came to realization as well:

- Plantar Fasciitis
- Shoulder freeze
- Shin splints
- Ankle sprains
- Achilles tendonitis
- Calf Sprain
- Breast reconstruction

Further trials indicated much broader, horizontal applications for Mici Fluegge's device beyond the world of stretching. Users began to see amazing results in their abdominals, their weight, and their general energy levels.

A CORE Approach

SAM is the perfect device for targeting the structural center of the body – the core area of the torso. Pillar strength and its alignment directly contribute to the health of our organs (as well as our entire body). Pilates and Yoga have led the way in focusing on core training. These systems initiate all movements from the center, while promoting a healthy spine and focused mind.

"Absessive" Behavior

Too often the focus is only on the abdominal muscles. We call this "absessive behavior." Yes, abs are important. Abdominal equipment, including fat burning supplements, recently topped the billion-dollar per year mark! To ensure a stable spine, abdominal exercises should be done first. However, muscles never work alone. They always work together with their counterparts. Very often this teamwork becomes imbalanced either from our modern lifestyle (sitting too long in front of the TV or computer) or from improper conditioning (focusing on abdominal strengthening without conditioning the other core muscles). The result is that the counterpart muscles are permanently stretched and weakened, and the contracted muscle is shortened and tight.

By the core foundation, we are referring to the following:

- The inner and external ab muscles
- The lower back muscles
- The glute muscles and the muscles around your hips

The importance of developing and maintaining the center of power cannot be overemphasized. Consider the following facts (Brittenham: Stronger Abs and Back; see page 62)

- The trunk and low torso constitute over 50 percent of your body's total mass.
- Lower torso muscles maintain the body's equilibrium when performing most physical tasks.
- The abdominals help protect vital organs.
- The core muscles support the spine.
- Core muscles assist in breathing during exercise.

The goal of a productive core is to:

- Realize better posture and balance.
- Improve flexibility.
- Decrease chances for injury.
- Maintain better body awareness.
- Achieve relief from back pain and other chronic health problems.
- Arrive at less stress and physical/mental tension.
- Attain a healthier lifestyle.

ABBS Overview

We call our approach to developing the core: ABBS Training:

- Abdominal Exercising
- Back Strengthening
- Balance and Posture
- Stretching (especially the hamstrings)

The result is strong abs, a healthy back, an erect spine, cute glutes, and a healthier lifestyle! All ABBS Training exercises are designed to be performed with the aid of SAM (www.stretchaminute.com) for optimum results.

5

Introducing SAM

Product Overview

SAM is designed to be your workout coach, providing audible timing feedback whenever you start an exercise. The best thing about SAM is that it works automatically. Simply start your exercise and SAM takes over. SAM has three components: 1) Handle grips, adjustable strap, and the FIT timing electronics (located inside one of the handles).

FIT Timer

A key feature of SAM is the timer built into the handle. To activate the timer, simply start your exercise by gently pulling on the handles, thereby stretching the strap. It is that simple -- there is no on/off switch needed! The timer will operate for one full minute as long as the user maintains a gentle tug on the strap. Releasing pressure will automatically reset the timer.

There are three phases to the FIT Timer:

1. Feedback at start: When you engage SAM, you will hear 3 rapid beeps. This lets you know that you have successfully started your exercise.

2. Interval Identification: Each ten seconds is announced as follows:

- 1 beep: 10 seconds completed
- 2 beeps: 20 seconds completed

- 3 beeps: 30 seconds completed
- 4 beeps: 40 seconds completed
- 5 beeps: 50 seconds completed

3. Time Complete Indicator: SAM will announce the minute completed by one long beep. Simply release tension and the unit will automatically reset.

The FIT Timer electronics are powered by a readily available 2032 coin cell battery. To replace the battery,

unscrew the cap (end with holes in cap), pull out the battery, and insert the replacement. The side of the battery with the writing should be facing the smaller clip side of the holder. Use extreme care as the electronics are very fragile with the cap off.



Adjusting the strap

To lengthen the strap, hold the handle closest to the buckle, and pull on the buckle. Next hold the buckle and pull on the other handle. Finally, pull on the excess strap to clear any strap within the buckle.

7





To shorten the strap, hold the bottom side of the double webbing and slide the buckle to the desired length. Then hold the buckle and pull on the handle to tighten any loose webbing.



The strap may become wrinkled through normal use and transport. This can be remedied by a quick touch with a warm iron.

Grips

In the exercises, we will refer to three grips for the handles. These grips are pictured below:

1.In-line



2. Angle



3. Baton (handles are turned inward)



BEFORE YOU EXERCISE

Just a reminder, please consult your physician or health care professional before performing any new exercise or exercise technique, particularly if you have any chronic or recurring conditions.

CHAPTER 2

Abdominal Strength

Why stronger abs?

Strong abs are essential for general health, good posture, and a fit lower back. Many publications even suggest abs to be the center of physical beauty. The Abs Diet (see page 63), by David Zinczenko and Ted Spiker, noted the following:

Abs will help you live longer. A Canadian study of more than 8000 people found that over 13 years, those with the weakest abdominal muscles had a death rate more than twice as high of those with the strongest midsections. Obese patients have been found to not only have higher incidences of heart disease but other diseases as well including diabetes and cancer.

Abs will reduce injury. A US Army study linked powerful abdominal muscles to injury prevention. In the study, men who performed the most sit ups were five times less likely to suffer lower-body injuries. Soldiers who performed well in the pushups and 2-mile run did not have the same protection suggesting further that it was the abdominal strength that offered the protection. Strong abs help stabilize your body during start-and-stop movements. If you have weak abs, your joints will absorb all the force from these movements.

Strong abs will help your back. Most back pain is related to weak muscles in your trunk. Thus maintaining a strong midsection can help resolve many

back problems. When your abdominal muscles are weak, your glutes and your hamstrings have to compensate for the work your abs should be doing. This destabilizes the spine and eventually leads to back pain and strain.

Abs will help improve your love life. In one survey, more women chose strong abs as the muscles most likely to make them melt. Biceps finished a very distant second.

Anatomy of the Abs

It is important to know the basic muscle groups of the abdomen to assist in choosing the right balance of abdominal training exercises.

Rectus Abdominis: Often referred to as a "six-pack." This is a large sheath of muscle that runs from your pubic bone to your sternum. We will target both the upper and lower sections of the rectus abdominis.



Obliques (external and internal): These muscles run diagonally to the rectus abdominis, criss crossing each other. They are often referred to as the "love handles."

Abdominal Exercises

We will now describe abdominal exercises to be performed using SAM. The exercises will be ordered by muscle group.

Abdominals

Bent Knee Crunch (Upper)

Lie on your back with your knees tucked into your chest. Position SAM behind your knees. Pull on the handles to start the timer. Use your upper ABs to raise your shoulder blades off the ground. Hold for ten seconds. Lower your shoulders to the starting position and repeat. Continue for the full minute. (a variation is to add individual reps every other ten seconds).



Extended Leg Crunch (Upper)

Position SAM behind your feet with legs positioned straight up. Pull to start the timer. Use your upper ABs to raise your shoulder blades off the ground. Hold for ten seconds. Lower your shoulders to the starting position and repeat. Continue for the full minute.



Butterfly Crunch (Upper)

Lie on your back, soles of your feet together, as close to the buttocks as possible. Drop knees to the sides. Position SAM behind the neck for support. Pull on the handles to start the timer. Use your upper ABs to raise your shoulder blades off the ground, then lower your shoulders to the starting position. Repeat for the full minute.





* You may alternatively position SAM behind the shoulder blades instead of the neck

90 Degree Crunch (Upper)

Lie on your back, feet on a chair (or against a wall), knees bent at a 90 degree angle. Lengthen the strap and position SAM behind shoulder blades. Pull on the handles to start the timer. Use your upper ABs to raise your shoulder blades off the ground, hold for ten seconds, then lower your shoulders to the starting position. Repeat for the full minute.



Raised Knee-In (Lower)

Lie on your back, legs straight out about 3 inches off the ground. Position SAM under the shoulder blades. Pull on the handles to start the timer. Use your lower ABs to raise your right knee toward your rib cage and hold for ten seconds. Return to the starting position and repeat with the other leg. Continue to alternate legs for the full 60 seconds (6 ten-second intervals).



Bent Knee Reverse Crunch (Lower)

Lie on your back, legs straight out about 3 inches off the ground. Position SAM under the shoulder blades. Pull on the handles to start the timer. Using your lower Abs, bring your knees to your chest and return to the starting position. Repeat for the full 60 seconds.



Hip Raise (Lower)

Lie on your back, knees bent, feet in the air. Position SAM under your shoulder blades. Pull on the handles to start the timer. Tighten your lower abs and curl your legs and pelvis toward your ribcage. Return to the starting position and repeat. Continue for the full minute.



Modified Bicycle (Lower)

Lie on your back, legs straight out, 3 inches above the floor. Position SAM behind your shoulder blades. Pull on the handles to start the timer. Perform the bicycle motion alternating both legs. Continue for the full minute. For more advanced, place SAM behind the neck and alternate right handle to left knee and left handle to right knee.



Isometric Reverse Crunch (Lower)

Position SAM around the leg of a heavy object such as a couch or table. WARNING: Make sure there is nothing that can move or fall over on you! Legs should be extended. Pull on the handles to start the timer. When the timer starts, roll hips off the floor, legs straight up and over. After each ten seconds, drop hips to the floor and repeat. Maintain for the full minute.



Oblique Twist (Obliques)

Assume a seated position, legs straight out. Hold SAM with the baton grip, arms extended in front. Pull on the handles to start the timer. When the timer starts, slowly twist to one side and then the other side. Repeat for the full minute.



Single leg oblique crunch (Obliques)

Lie on your back and position SAM behind your right thigh. Pull on the handles to start the timer. When the timer starts, lift your shoulder blades off of the ground and twist toward the right leg while pressing your knee toward your chest. At each ten second interval, touch your shoulder blades to the ground and lift up again. Repeat for the full minute (six 10-second intervals). Reverse positions and perform the same exercise on the left side.



Cross Over (Obliques)

Lie on your back with SAM beneath your buttocks, handle with electronics (one with holes in end) extended out held by right hand. Put your right leg over your left knee. Place your left hand behind your head. Pull on the handle to start the timer. Raise your shoulder blades off the ground and twist to the right. Then lower your shoulders to the starting position. Repeat for the full minute. Reverse positions and perform the same exercise on the other side.



Speed Twist (Obliques)

Stand straight with good posture, head erect. Hold SAM vertically close to the body with the baton grip. Pull on the handle to start the time. Twist left, then all the way to the right and finally back to the front (do not move your legs). Twist right, then all the way to the left and finally back to the front. Repeat for the full minute.



V-Up (Ab Combination)

Lie on your back, legs straight out, feet three inches off the floor. Hold SAM with the baton grip, arms extended. Pull on the handles to start the timer. Use your upper ABs to raise your shoulder blades off the ground, arms straight while using your lower Abs to raise your legs into a vertical position. Return to the starting position and immediately repeat. Repeat for the full minute.



Single knee crunch (Ab Combination)

Lie on your back, knees bent with your feet flat on the floor. Position SAM under your neck in support. Pull on the handles to start the timer. Use your upper ABs to raise your shoulder blades off the ground and bring your right knee to your chest. Return to the starting position. Use your upper ABs to raise your shoulder blades off the ground and bring your left knee to your chest. Repeat for the full minute.





* You may alternatively position SAM behind the shoulder blades instead of the neck

CHAPTER 3

Back In Shape

The Problem

The statistics are staggering. One half of all working Americans admit to having back symptoms each year. Even more convincing is the statistic that one third of all Americans over age 18 had a back problem in the past five years severe enough for them to seek professional help. And the cost of this care is estimated to be a staggering \$50 billion yearly--and that's just for the more easily identified costs. Experts estimate that as many as 80% of all of us will experience a back problem at some time in our lives.

Back pain statistics

- From 1997-2001, the average amount of days lost due to back injuries is 45 days.
- 13,707,000 people visited a physician's office for primarily back pain in the US 2001 (National Hospital Ambulatory Medical Care Survey: 2001)
- From 30 to 40 percent of all workplace absences in Canada are due to back pain.
- Back strain accounts for one-quarter of all WorkSafeBC (Workers' Compensation Board) claims.
- Over two-thirds of back strains are caused by lifting and other exertions like pushing and pulling.
- Over three-quarters of back strains are in the low back.
- More than 90 percent of lower back pain cases have no specific cause (such as infection, osteoporosis, arthritis, etc.).

Managing Your Back

Exercise and back pain appeared for years to be considered an oxymoron. This attitude has changed dramatically in recent years. In fact, a lack of physical inactivity from our sedentary lifestyle is considered to be a heavy contributor to back problems. Exercise lubricates the joint and stretches the muscles so that they are less inclined to strain. Exercise is now considered to be both a prevention and a remedy for lower back pain.

It is important to remember that the goal of any back program is a balance core development consisting of increasing flexibility and strengthening:

- the ab muscles that support the spine
- the extensor muscles in the back
- the stabilizer muscles of the core

Are you at risk for back problems? Here are three conditions to consider:

- Do you have a job that requires you to lift heavy objects such as a nurse lifting patients?
- Do you sit in a desk job for most of the day?
- Are you overweight (which places extra stress on your back)?

Back Exercises

In this section, we will show exercises designed for the back. Remember however that a balanced approach is vital to back health (Without balance from the abs, ligament strain and joint damage can occur at the front side of the spine. The spine needs support from both abdominal and back muscles to achieve even pressure along the length of the vertebral column). The Programs in Chapter 6 will introduce the back exercises here in combination with ab development, balance work, and stretching.

Low Back Isolate

Lie on your back, knees bent with your feet flat on the floor. Position SAM under your shoulder blades. Pull on the handles to start the timer. Contract the low back muscles and lift the hips off the floor. Hold for ten seconds and return to the starting position. Immediately repeat. Repeat for the full minute (6 tensecond intervals).



Superman

Lie on the floor in a prone position with arms straight out. Hold SAM with the baton grip. Gently pull on the strap to begin. Simultaneously lift the upper body and legs off the ground. Hold for ten seconds. Return to the starting position and immediately repeat. Perform for one minute (six 10-second intervals).



Back Crunch

Lie on the floor in a prone position. Position SAM behind the head using the baton grip. Contract the low back muscles. Lift the upper body so that the chest is three inches off the floor. Hold for one second and return to the starting position. Repeat for the entire minute.



Down and Up

1. Sit on a chair, head up with SAM behind the shoulder blades for support. Gently pull on the handles to start the timer. 2. Bend forward, exhaling and contracting the abdominal muscles. 3. Breathe in and straighten up, head back looking up toward the ceiling. Return to the starting position and repeat for the full minute.











Back Flexion

Lie on your back, knees bent with your feet flat on the floor. Position SAM behind your thighs. Pull on the handles to start the timer. Bring both knees together to the chest. Hold for ten seconds and return to the starting position. Repeat for the full minute (6 tensecond intervals).



Back Extension

Lie on your stomach, with SAM under your head in the baton position. Push out on the handles to start the timer. Keep your hips in contact with the floor and avoid tightening your lower back. Look up and allow your back to arch. Hold for ten seconds and return to the starting position. Repeat for the full minute (6 tensecond intervals).



Swan

Lie on your stomach, arms extended toward the feet, holding SAM in the baton position. Hands should rest on your glutes. Push out on the handles to start the timer. Keep your hips in contact with the floor and avoid tightening your lower back. Look up and allow your back to arch while lifting your feet three inches off the ground. Hold for ten seconds and return to the starting position. Repeat for the full minute (6 tensecond intervals).



CHAPTER 4

Balance and Posture

Overview

The Core plays a major role in total body balance and stabilization. A weak core can create muscle imbalances and structural defects such as pelvic tilts (both forward and backward). Poor body alignment (posture) is a major contributor to low back pain. It increases disc pressure, and it stretches and fatigues the ligaments of the back. It is important to correct poor posture before it becomes a habit. While the muscles and ligaments can possibly adapt, the spine cannot. As the aging process develops, our bodies become bent and stooped. The unequal pressure on the spine can cause the disks to harden and lose their elasticity. Poor posture causes smaller and weaker muscles outside the core to assist in stabilization for movement. Wasted energy results, breakdowns are unavoidable.

When viewing the body in a standing position, notice the inward curve just above the pelvis (in the small of the back). This curvature (lumbar lordosis) is lost when the low back is rounded (usually during sitting or bending forward). A prolonged period of rounding the lower back and losing the curvature can trigger back problems from the overstretched ligaments. This fatigue may be quite painful. Trunk stabilization/balance will challenge your senses and help you get in touch with your body. Eastern cultures have been following this philosophy for centuries. Balance is the result of correct body alignment. Thus improved balance is a guide to correcting poor body alignment and the resulting physical ailments from improper alignment.

This section will provide several balance related exercises that will help to focus the mind and the body toward correct structural alignment. First, however, we offer the "mediated minute," a simple one minute exercise to relieve stress and focus on sitting correctly. We recommend you perform this exercise once an hour or so in the home or on the road while studying or working at the computer for long hours:

Mediated minute:

Sit on the chair with feet flat on the floor. Keep your head erect. Hold SAM with the strap supporting the small of your back. Gently pull on the strap to start the timer. Close your eyes and breathe deeply. Focus on relaxing while sitting erect. Continue for the entire minute. A variant can be to clench your ab muscles every other ten seconds.



Balance and Posture

Stork

Place SAM behind your upper shoulders and gently tug to start the timer (you may alternatively place it behind your back). Raise your left knee up at a 90 degree angle. Stand straight and balanced. Remember to relax and breathe (A variant that increases the difficulty is to close your eyes during the exercise). Continue for the entire minute then switch legs.



Balance and Posture

Balance Tree

It is probably best to remove your shoes for this exercise! Place SAM behind your upper shoulders (you may alternatively place it behind your back), and gently tug to start the timer. Raise your left foot up against the inside of your right thigh. Stand straight and balanced. Remember to relax and breathe. Switch legs after 30 seconds.



Balance and Posture

Body Roll

Start in a ball and keep your head inside your knees, heels on the ground. Place SAM under your feet and gently pull to start the timer. Now balance on your glutes while working your abdominals. Start this exercise by rolling backward balancing on your spine. Now roll back up to the starting position (rolled up and balanced). Repeat for the full minute.



CHAPTER 5

Stretching

Why Stretch

Research has shown a direct relationship between a lack of physical exercise and ill health. We don't move enough and with enough variety in current lifestyles to keep ourselves functional. Stretching is the link between sedentary and active lifestyles. Without it, we become stiff and our muscles become weak. This leads to a loss of postural alignment, resulting in numerous aches and physical ailments. One author aptly called it a downward spiral.

Stretching feels good when done correctly. It is not stressful, but peaceful and relaxing. The object is to achieve freer movement by reducing muscular tension. It is not to see how far you can stretch which often leads to overstretching and injury. You will learn to enjoy movement through regular stretching. Quite simply, stretching makes you feel good! If you want scientific evidence, a 2003 study of Japanese army recruits found that recruits who stretched every day had far fewer back problems than those who did not stretch.

Stretching and SAM

In the opening chapter, it was mentioned that the original purpose of SAM was as an aid to hamstring stretching for physical therapy patients. We have already discussed pelvic tilt as a source of lower back pain. If the hamstrings are weak/tight, the thigh muscles (quadriceps) tend to pull the pelvis forward. To compensate, patients change their walk to a "duck walk" that strains the knees and other joints in the body. Everything goes downhill from there.

Tight hamstrings can also increase your risk of a slipped disk according to a study in the journal Spine. Researchers monitored 16 young men with herniated disks and found that 40 percent of them had tight hamstrings that persisted even after they underwent back surgery. Inflexibility can create muscle imbalances that put added strain on disks says Joel Press, M.D. of the North American Spine Society.

While SAM is excellent for stretching all aspects of the body, we are going to focus on stretches that support the core development of the body. Overall stretching (not just the hamstrings) is extremely important for excellent health.

Hamstring

Lie flat on the floor with one leg bent and foot placed on the floor. Place the nylon webbing around the other foot on the area between heel and ball of foot. Pull gently on the handles to start the timer. Extend the leg into a straight position, ideally as close to the body as possible. Keep your head on the ground. No excessive force is to be exerted against the resisting hamstring muscle as this could lead to injury. Hold for the full minute. Repeat with the other leg.



Quadriceps

Lie on your right side with your right arm straight out and your right leg extended. Place SAM around your left ankle and bend at the knee. Pull on the handles to start. Stretch for one minute then repeat with the other leg.



Shoulder and Triceps

Stand straight with SAM behind your back, holding one handle behind the head and the other handle by your glute, arm extended. Gently pull down on the downward handle to start the time and stretch the shoulder. Hold for ten seconds. Now extend the arm out to the side to further isolate the shoulder. Hold for ten seconds. Return back to the start and repeat for the full minute. Repeat with the other shoulder.



Chest and Deltoid

Stand straight with SAM behind your back, arms straight down by your side. Use the baton grip and gently push out on the handles to start. Stretch your chest muscles while breathing deeply. Continue for ten seconds. Then bend forward, raising your arms parallel to the ground. Hold for ten seconds. Return to the starting position and continue for the minute.



Good Morning

Stand straight with your arms extended over your head, holding SAM with an in-line grip. Pull on the handles to start the timer. Hold for ten seconds breathing deeply. Then bend to the right side keeping the strap tight to continue the timing. Hold for ten seconds. Bend to the left side and hold for ten seconds. Now bend forward with your arms straight out front. Hold for ten seconds. Raise up and lean back, head looking up at the ceiling. Hold for ten seconds. Straighten back up and position the arms in front down by your side. Hold SAM in either the in-line or the angle grip. Hold for ten seconds to complete the minute.



CHAPTER 6

The Program

Introduction

We have demonstrated numerous exercises over the past few chapters. This chapter is about putting them together. The result is a "Program" -- your Program. We will offer sample Programs; however, the real value is providing a template that can be adapted to target your individual needs. A Program is a series of routines along with a schedule for practicing those routines. A routine is defined as a collection of individual exercises. Successful Programs address the following:

Objective - It is important to select routines that support your personal goals. Here are sample objectives:

- Six-pack development
- Backache prevention
- Increased flexibility
- Targeted physical therapy
- Weight loss
- Stress relief
- General health

Balance - As previously discussed, it is important to balance muscle groups in any Program. This is often achieved by scheduling routines that complement each other. Successful Programs also balance the mental aspect of exercise in addition to the physical side. Longevity - A Program must lead to a lifestyle change. It is very difficult to stay in peak condition for long periods of time. This leads to burnout. To combat burnout, you can vary both the routines (or individual exercises within a routine) and the intensity. For instance, regarding intensity, you may want to perform the five-minute routines as you peak to get ready for a cruise and then drop down to the three-minute routines afterward.

Sample Routines

1. Ab Intro

Goal: Abs; Duration: 5 Minutes; Difficulty: Low

Ab Intro | page

Bent knee crunch | 13 Raised knee-in | 17 Extended leg crunch | 14 Oblique twist | 22 Low back isolate | 31

2. Ab Intro+

Goal: Abs; Duration: 5 Minutes; Difficulty: Moderate

Ab Intro+ | page

Bent knee crunch | 13 Raised knee-in | 17 Single leg oblique crunch left $\mid 23$ Single leg oblique crunch right | 23 Down and Up | 34

54

3. Ab Advanced 1 Goal: Abs; Duration: 5 Minutes; Difficulty: Advanced

Ab Advanced 1 | page

Bent knee crunch (alternate with reps) | 13 Hip raise | 19 Modified Bicycle | 20 Cross over (left) | 24 Cross over (right) | 24

4. Ab Advanced 2

Goal: Abs; Duration: 5 Minutes; Difficulty: Advanced

Ab Advanced 2 | page

Butterfly crunch | 15 Isometric reverse crunch | 21 Extended leg crunch | 14 Single leg oblique crunch left | 23 Single leg oblique crunch right | 23

5. Three Minute Abs Intro

Goal: Abs; Duration: 3 Minutes; Difficulty: Low

Three Minute Abs Intro | page

Bent knee crunch | 13 Bent knee reverse crunch | 28 Speed twist | 25

6. Three Minute Abs Intro+ *Goal: Abs; Duration: 3 Minutes; Difficulty: Moderate*

Three Minute Abs Intro+ | page

V-Up | 26 Oblique Twist | 22 Body Roll | 43

7. Three Minute Abs Advanced

Goal: Abs; Duration: 5 Minutes; Difficulty: Advanced

Three Minute Abs | page

Single knee crunch | 27 Speed twist | 25 Hip raise | 19

8. Back Prevention 5

Goal: Back Health Duration: 5 Minutes; Difficulty: Moderate

Back Prevention 5 | page

Back crunch | 33 Stork (30 seconds each leg) | 41 Down and up | 34 Superman | 32 Hamstring (30 seconds each leg*) | 47

* 30 seconds each leg is minimum (one minute preferred)

9. Back Prevention 3 *Goal: Back Health Duration: 3 Minutes; Difficulty: Moderate*

Back Prevention 3 | page

Down and up | 34 Body roll | 43 Hamstring (30 seconds each leg*) | 47

10. Back Relief

Goal: Back Relief Duration: 3 Minutes; Difficulty: Moderate

Back Relief | page

Back flexion | 35 Back extension | 36 Swan | 37

11. Core Good Health

Goal: General Health Duration: 5 Minutes; Difficulty: Moderate

Core Good Health | page

Bent knee crunch | 13 Swan | 37 Stork (30 seconds each leg) | 41 Body roll | 43 Hamstring (30 seconds each leg*) | 47

* 30 seconds each leg is minimum (one minute preferred)

12. Stretch 5

Goal: Health and flexibility Duration: 5 Minutes; Difficulty: Moderate

Stretch 5| page

Chest and deltoid | 50 Shoulder (30 seconds each shoulder) | 49 Quadriceps (30 seconds each leg) | 48 Hamstring (30 seconds each leg*) | 47 Good morning | 51

13. Stretch 3

Goal: Health and flexibility Duration: 3 Minutes; Difficulty: Moderate

Stretch 5| page

Chest and deltoid | 50 Good morning | 51 Hamstring (30 seconds each leg*) | 47

* 30 seconds each leg is minimum (one minute preferred)

PROGRAM	М	T	W	TH	F	S	SU
5 Minute Abs Intro	Abs Intro	Back Prevent 3	Abs Intro	Back Prevent 3	Abs Intro	Back Prevent 3	Stretch 5
5 Minute Abs Advanced	Abs Advanced l	Back Prevent 5	Abs Advanced I	Back Prevent 5	Abs Advanced I	Back Prevent 5	Stretch 5
3 Minute Abs Intro	3 M Abs Intro	Back Prevent 3	3 M Abs Intro	Back Prevent 3	3 M Abs Intro	Back Prevent 3	Stretch 3
3 Minute Abs Advanced	3 M Abs Adv	Back Prevent 3	3 M Abs Adv	Back Prevent 3	3 M Abs Adv	Back Prevent 3	Stretch 3
5 Minute Back Prevention	Back Prevent 5	Core - GH	Back Prevent 5	Core - GH	Back Prevent 5	Core - GH	Off
Core-Good Health	Core - GH	Stretch 5	Core - GH	Stretch 5	Core - GH	Stretch 5	Off

Example ABBS Program Schedules

Again, these are sample templates to help guide you toward tailoring your workout to meet your objectives. Remember to vary both the routines (or individual exercises within a routine) and the intensity (duration) to avoid monotony and burnout. This also prevents your muscles from adapting to any one routine, thus producing optimum results.

CHAPTER 7



A Lifestyle Change

As the title states, this is a lifelong journey, not a twoweek seminar. The ABBS program is about lifestyle changes -- changes that can be sustained. A minimum of three minutes per day is manageable. During a peaking period, the program can be elevated to 5 and even 10 minutes per day, still within manageable limits.

Long-term optimal results are a function of four variables that must be controlled through lifestyle changes:

- Your ABBS routine
- Proper nutrition and diet
- Control of stress
- Cardiovascular training

There are a myriad of books covering nutrition and diet which won't be repeated here. One of our favorites is the *Abs Diet: Eat Right Every Time Guide* by David Zinczenko (see page 63). This handy book is very reasonably priced and readily available. Keep it in your briefcase. The focus is not about food deprivation, it is about eating sensibly (properly), both at home and at local restaurants. Nutritional knowledge is a powerful tool for achieving and maintaining optimal health.

Maintaining the Journey

We will conclude with four key points to help ensure success along the way:

Long-term optimal results are a function of four variables that must be controlled through lifestyle changes:

1. *Start Safely*. Check with your physician before trying a new routine so you don't do anything that is unsafe. Don't jump immediately into advanced exercises if you are starting anew no matter how healthy you may be.

2. *Set realistic goals.* Have clear objectives over a reasonable time period. Don't expect to get chiseled abs in one week before your cruise!

3. Exercise at the same time each day. A consistent routine is key to success. If you are a morning person, exercise as soon as you get out of bed either from your house or from your hotel room (yes SAM is perfect for business trips).

4. *Vary your routine*. We have provided you with many exercises and programs. One dictionary definition of monotony is "wearisome sameness." Keep the "weary" out of your exercise routines!

There is a well-known saying "the journey is the reward." Enjoy the journey. We wish you the best of health along the way!