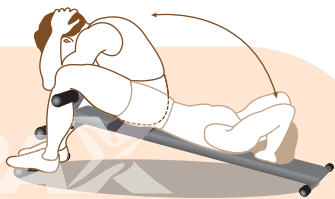


# Get Results!!

## Suggested Exercise For TRAX Core Bench

### Decline Sit Up

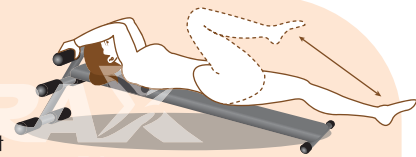
Lie on your back with support under the knees, legs hooked at the ankles and hands at the back of the head. Exhale as you sit up with back slightly bow and chest close to your knees. (As seen in the diagram). Inhale as you return to starting position. (This exercise can be done with either hands behind the back, across the chest or at the navel.)



1

### Incline Alternating Leg Pull In

Lie on your back in an incline position with hand overhead holding to the support with legs and knees straight. Inhale as you bring one knee towards the chest while keeping the buttocks planted to the bench. (As seen in the diagram). Exhale as you return the knee back to its starting position. Repeat this action for the opposite leg.



6

### Decline Bent Knee Alternated Twisting Sit Up

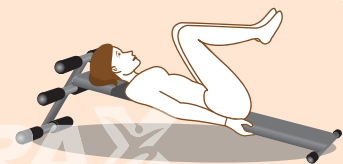
Lie on your back with support under the knees, legs hooked at the ankles and hands at the back of the head. Exhale as you sit up with the right elbow touching the left knee. (As seen in the diagram). Inhale as you return to the starting position. Repeat this action for the left elbow touching the right knee.



2

### Incline Leg Pull In

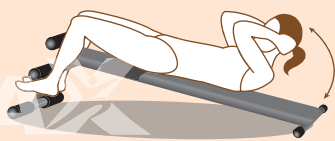
Lie on your back in an incline position with hand overhead holding to the support with legs and knees straight. Inhale as you bring both knees towards the chest with a slight bow at the buttocks. (As seen in the diagram). Exhale as you returned the knees to the starting position.



7

### Decline Crunch

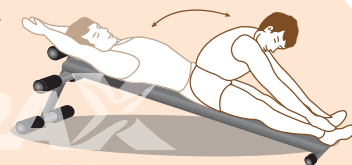
Lie on your back with support under the knees, legs hooked at the ankles and hands at the back of your head. Without lifting your body, exhale as you crunch your upper abdominal muscles. (As seen in the diagram). Inhale as you return to the starting position.



3

### Incline Bench Arms Extended Sit Up

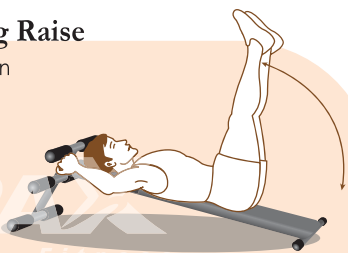
Lie on your back with knees locked out and arms extended over your head. Exhale as you bend at your waist and lower your torso as close to your feet while trying to touch your toes with your extended arms. (As seen in the diagram). Inhale as you return to your starting position.



8

### Incline Double Straight Leg Raise

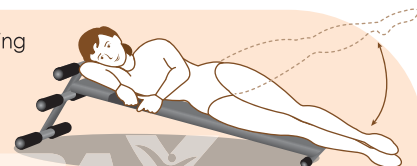
Lie on your back in an incline position with hands overhead holding to the support. Legs straight with knees slightly flexed. Inhale as you raise both legs towards the chest but with the buttocks slightly raised. (As seen in the diagram). Exhale as you returned to the starting position.



4

### Side Leg Raise

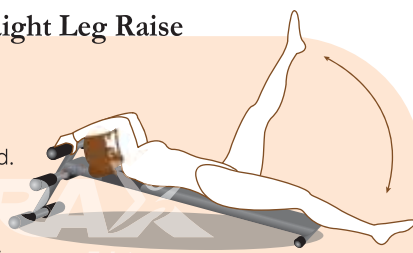
Lie on your side with arms holding on the support. Inhale as you raise your leg side and exhale as you lower the leg. (As seen in the diagram). Repeat this for the other leg.



9

### Incline Alternating Straight Leg Raise

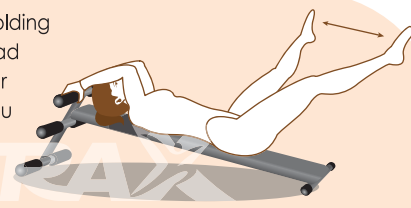
Lie on your back in an incline position with hands overhead holding to the support. Legs straight with knees slightly flexed. Inhale as you raise one leg towards the chest but with the buttocks planted to the bench. (As seen in the diagram). Exhale as you lower the leg. Repeat this action for the opposite leg.



5

### Incline Spread Leg Raise

Lie on your back with arms holding on the support and legs spread apart. Inhale as you raise your spread legs and exhale as you lower the legs while keeping your buttocks on the bench. (As seen in the diagram).



10