



PRINT WINDOW

## Ab Wheel Wall Chart

To get the maximum results from your Altus Ab Wheel workout, follow these easy rules:

1. Muscles need oxygen so breathe normally. Do not hold your breath!
2. For maximum strength and flexibility benefits, utilize the full range of motion for each exercise.
3. Use a smooth and steady motion when performing each exercise.
4. Perform at a slow and controlled pace on the lowering portion of each exercise.
5. Always maintain the proper body position while exercising. As shown in the manual.
6. As with any exercise program, consult your physician before beginning.



### exercise 1

EXERCISE WALL CHART

#### Abdominal Roll

Assembly Instruction: Place both exercise wheels onto metal axis protruding from handle. Slide empty handle onto metal axis, until almost touching exercise wheels. The rotation speed of the wheels can be adjusted by compressing or loosening the handles from the wheels.

##### STEP 1

Kneel on floor and lean back on your buttocks. Place the AB Wheel on the floor close to your knees. Grip handles firmly with both hands, while keeping arms straight and elbows locked. Your back should be arched inward slightly while keeping your abdominal muscles flexed.



##### STEP 2

Roll as far forward as comfortable using your back, hips and shoulders to maintain your balance. If properly done, you should feel a tightening of the abdominal muscles. Gradually return to the starting position and repeat. Targeted muscle group: Abdominals



### exercise 2

EXERCISE WALL CHART

#### Oblique Roll

Assembly Instruction: Place both exercise wheels onto metal axis protruding from handle. Slide empty handle onto metal axis, until almost touching exercise wheels. The rotation speed of the wheels can be adjusted by compressing or loosening the handles from the wheels.

##### STEP 1

##### STEP 2

Kneel on the floor with your knees shoulder-width apart, about two feet away from a wall or other stationary object. Place the Dual Exercise Wheel on the floor in front of you, holding the handles with both hands, palms facing the floor, with your wrists and elbows straight.



Contract your abdominal muscles and keep your back straight, allowing the Dual Exercise Wheel to roll forward slightly. Then turn the wheel to one side and continue to roll until you reach the wall or other stationary object. Slowly return the starting position and repeat this exercise, turning to the opposite side. Continue to alternate sides.



Perform these exercises in accordance with the illustrations and instructions provided on this site. Consult your physician prior to using any fitness product or starting any exercise routine.

**Provided Courtesy of Altus Athletic**

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