

# bodyblade workout

Every so often a new product comes along which revolutionises the way we exercise - the Bodyblade® is one of those products. Using oscillation to generate up to 270 muscle contractions per minute, this amazing device is based on simple physics that I assure you will change the way you train. But don't take my word for it, try these exercises for yourself.

*TIP: The idea is to get the Bodyblade® oscillating but keeping your body relatively still by 'switching on' the core stabilisers.*



### Back Extension

In a prone position, face down, and hold the Bodyblade® in front so you can see the flat edge. Move in a push/pull motion with either one or both hands at a time. This exercise will really challenge the entire upper back, shoulders and arms.

### Basic Crunch

Assume a partial crunch position with heels lightly touching the floor. Hold the Bodyblade® with both hands so you can see the flat edge. Move the Bodyblade® back and forth. Feel the abdominals, chest, back and arms working to maintain stability.

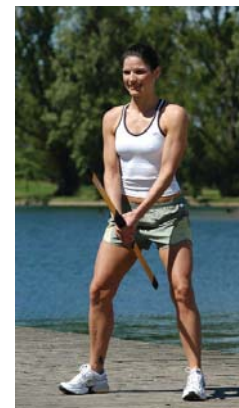


Available in a range of sizes and weights to meet your training needs, the Bodyblade® comes with an instructional video and wall chart. Only available from AOK Health. Visit [www.aokhealth.com](http://www.aokhealth.com) or call 1300 655 575.



### Ab, Hip and Thigh

In a standing position, hold the Bodyblade® vertically with both hands and the narrow edge facing you. Move the Bodyblade® left and right in front of you. The entire body is challenged with this one!



### Forward Hip & Thigh

Hold the Bodyblade® vertically in front with both hands so you can see the narrow edge. Bend knees slightly and move Bodyblade® left to right at a 45-degree angle to the floor. The thighs, gluts and upper body will get a great workout with this exercise.



### Tricep Push

Assume a wide stance, knees slightly bent and holding the Bodyblade® (flat edge) behind with both hands. Push Bodyblade® at a 45-degree angle to the floor to challenge the triceps, mid back and abdominals.



### Chest Press

In a standing position, knees slightly bent, start with Bodyblade® at chest height so that you can see the flat edge. Hold the Bodyblade® with both hands and move in a push/pull motion.



### Back & Shoulder Reach

Hold Bodyblade® so you can see the flat edge. Raise over head and assume a wide stance. Slightly unlock the pelvis with a pelvic tilt and use a push/pull motion to get the Bodyblade® oscillating. This exercise will work the entire trunk.