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GREAT LEGS & ABS

By Eric Hoult B.S., Pro Bodybuilder
Special Feature: Shelly Alcantaro

Shelly Alcantaro current workout schedule:

Monday- Back/Abs/30 min Cardio

Tuesday- Shoulders/Triceps/30min Cardio

Wednesday- Quads/Hamstrings/Glutes

Thursday- Biceps/Abs/30min Cardio

Friday- Chest/30min Cardio

Saturday- Shoulders/Triceps

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great legs and abs. routine on the next page ...

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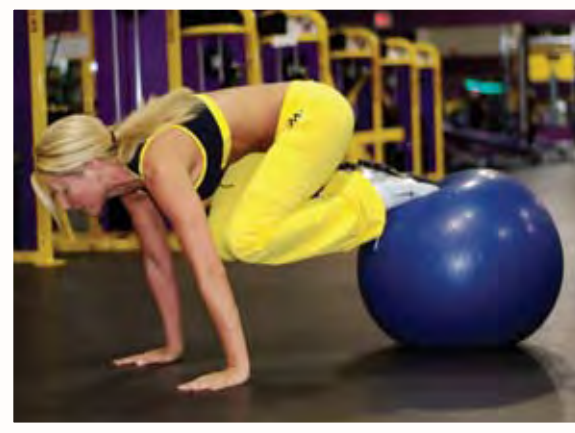
Horizontal Ball Crunch

Muscle Position and Execution:

- ❑ In a push up position place feet and shins on the ball
- ❑ Hand position should be shoulder width
- Keep body in a straight tight line parallel to the floor
- ❑ Step 1-Keeping arms tight slowly lift your knees towards your elbows
- ❑ Step 2-Pause and squeeze your abs tight at the top of each movement
- ❑ Step 3-Extend your legs back and straighten out your body to a horizontal position
- ❑ Step 4-this movement requires a lot of strength and flexibility, and could put stress on shoulder joint. If you feel you can no longer complete a rep, bring your knees slowly to the floor and stop movement.

Tips and Form:

- ❑ Always keep your hands flat on the ground
- ❑ Always keep the top of your foot on the ball throughout the movement
- ❑ Keep your abdominal muscle tight and do not let your stomach drop to the floor
- ❑ Release the air slowly and controlled during both phases of this movement
- ❑ NO BOUNCING— this exercise should be done in a slow controlled fashion



Twist Floor Crunch

Muscle Position and Execution:

- ❑ Seated position toes under bar, with feet close together
- ❑ Place hands on the back of your neck (Do not pull on your neck)
- ❑ Step 1 Start with torso off the floor
- ❑ Step 2 Crunch abs towards knees
- ❑ Step 3 At the top of movement twist torso to the left or right side (this is a short movement) Alternate sides each time you start over.
- ❑ Step 4 Coming back down to starting position in a controlled fashion

Tips and Form:

- ❑ Very important to use a weight that is heavy enough to support your body weight
- ❑ Very important not to pull on your neck during this movement
- ❑ Do reps in a controlled fashion, Do not over rotate the twist at the top of the movement
- ❑ Very important not to let your back touch the ground throughout this movement



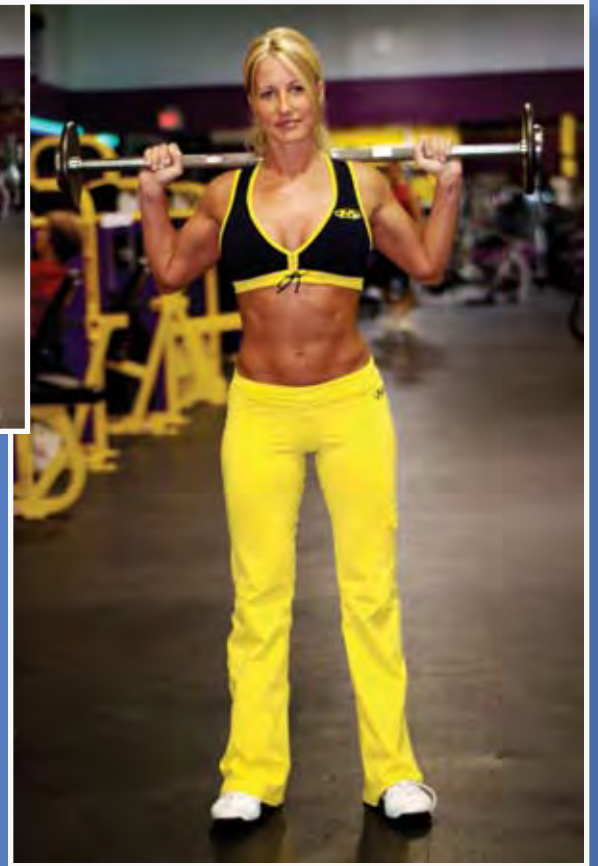
Standing Side Lunges

Muscle Position and Execution:

- Start off with light weight
- Start off with one side at a time
- Take a step out to the right side bending your knee keeping your opposite leg straight
- Step up pushing off with the your bent leg back to an upright position
- Come back to the middle after lunging to each side

Tips and Form:

- Always start with a weight light enough to control
- Step out to the side in a controlled fashion
- Do not bend torso forward during movement
- Use slow and controlled movements when pushing towards the top of the movement
- Keep the foot of your extended leg flat on the floor.



Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer, if you are having any problems performing these exercises. Proper technique with moderate weight will always give you better results apposed to heavy weight with sloppy form.

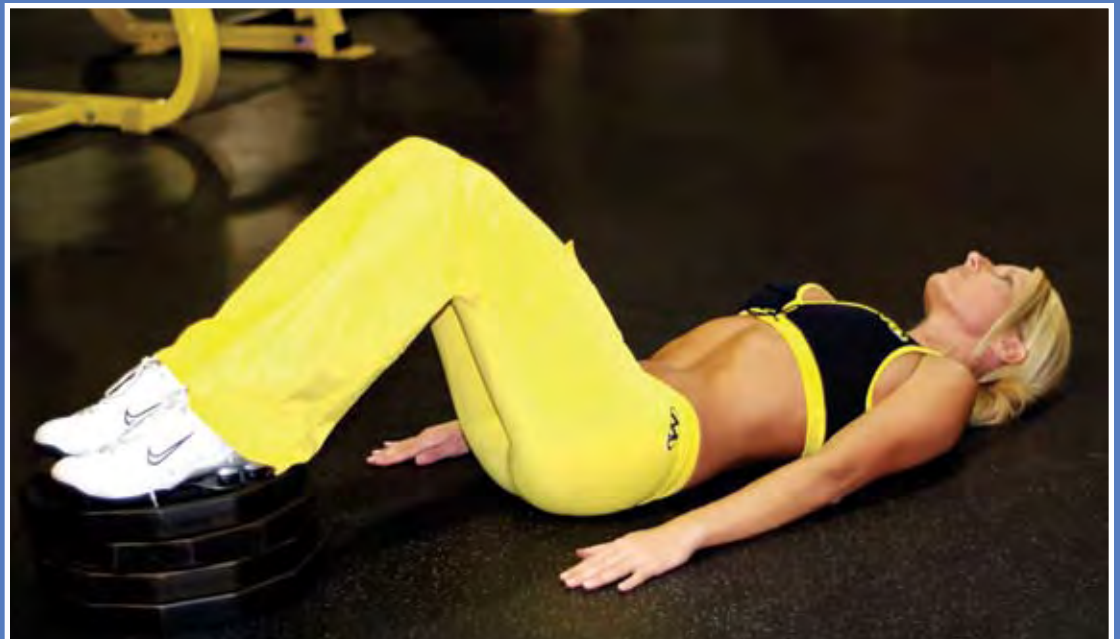
Elevated Hamstring Push

Muscle Position and Execution:

- Start out lying on floor with feet elevated on plates
- Lift your toes and push you glutes towards the ceiling
- Come down in a controlled fashion...keep your butt from touching the floor
- Control legs and squeeze legs tight to the top of each movement
- Repeat steps

Tips and Form:

- Very important to keep hands flat on the floor
- Keep your legs & Glutes tight at all times during the movement
- Do reps in a controlled fashion, DO
- NOT bounce at the top or bottom
- Do high reps with controlled movements



References

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- Gray, Henry, F.R.S. Anatomy Descriptive and Surgical, 15th ed. (New York: Barnes & Noble,1995), 401 to 406
- Greene, Paul. Kinesiology: Movement in the context of activity (St. Louis: Mosby, 1999)
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