

Ab Wheel Instructions

Equipment Needed: Ab Wheel

Refer to *All Ab Wheel Exercises* for the related instructions.

Note: This is an advanced level exercise and should not be performed if you have any lower back, neck, or shoulder problems.

How to Use the Ab Wheel to Get into Start Position:

Step 1



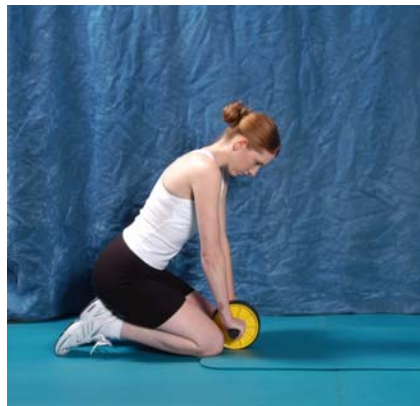
Locate Ab Wheel.
Note: You may also use an Ab Dolly, Ab Mouse, or any similar equipment.

Step 2



Holding the ab wheel, kneel on the floor.

Step 3



Bring the wheel close to your knees. Rest your glutes on your heels, keeping your wrists straight and elbows slightly bent outward. *Refer to Figure A.*

Step 4



Roll the wheel forward. (Depending on your stature, 6-12 inches from your knees.)

Step 5



Lift your glute, so your upper thighs are perpendicular to the floor and the wheel is aligned with your shoulders. Arch your back and tighten your abdominals. Tilt your pelvis forward, by pulling your belly button in towards your spine. Maintain this form for start and end positions throughout the exercise.

Figure A



Ab Wheel

Equipment Needed: Ab Wheel, Floor Mat

Start at this Position:

- **Note:** This is an advanced level exercise requiring exceptional abdominal strength. You should not perform this exercise if you have any lower back, neck, or shoulder problems. If you feel any pain, STOP IMMEDIATELY!
- Position yourself on the mat with an ab wheel.
- Refer to Ab Wheel Instructions (see previous page), if necessary.
- Holding the wheel handles, align the wheel with your shoulders. Refer to Figure A.
- Extend your arms, keeping your wrists straight and elbows slightly bent outward. Refer to Ab Wheel Instructions (see previous page), if necessary.
- Arch your back and tighten your abdominals. Tilt your pelvis forward by pulling your belly button in towards your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly roll the wheel forward.

2. Middle Position

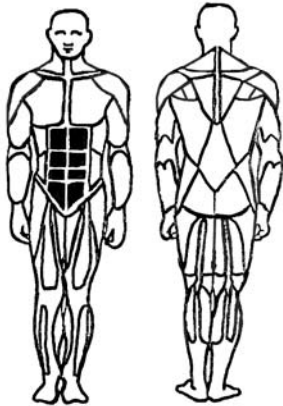


Continue to roll forward, simultaneously lowering your thighs to the floor and keeping the arch in your back. Keep your wrists straight and your elbows slightly bent outward.

3. End Position

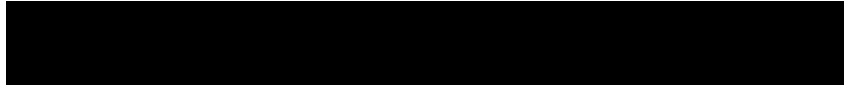


Continue rolling as far as possible, feeling the stretch in your abdominals. Go no farther than you feel comfortable, and do not hyperextend your back. **If you feel any pain, stop immediately!** Hold for 1/2 a second, squeezing your abdominals.



Region: Abdominals

- Primary Muscle Worked: Upper Abdominals, Lower Abdominals



4. Return to Middle

5. Return to Start



Inhale as you slowly roll backward to start position, concentrating on using your abdominals.



Hold for 1/2 a second, squeezing your abdominals. Repeat the movement for the recommended number of repetitions.

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your chin aligned with the middle of your chest.
 - Keep your arms extended, and elbows slightly bent outward.
 - Do not bend your wrists.
 - Keep your abdominals tight, by tilting your pelvis upward.
- At end position, do not hyperextend your back.
 - **Do not perform this exercise if you feel any discomfort.**
- At the start and end positions, keep your upper thighs perpendicular to the floor, the wheel aligned with your shoulders, and your back arched.
- **This is an advanced level exercise and should not be performed if you have any lower back, neck or shoulder problems.**

Figure A

