

The Ab Wheel ADVANTAGE

Redefining
Your Core
While Sculpting
a Sensational
Six-Pack

Arms and Shoulders

Upper Back & Lower Back

Hips and Thighs

 **FITNESS**
MASTER



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CHAPTER 1

WHAT IS AN AB WHEEL?

The Ab Roller, or Ab Wheel, is one of those familiar exercise devices that have been around for ages. Way back in the '70's, they could be found lying around in the corners of basements or tossed onto the kid's play bin. Most people didn't take them seriously as a training device.

Today, the ab roller has had a face-lift. It is flashier, more hi-tech and more durable. It also comes with it's own marketing department, promising all sorts of amazing results. Most of it is hype. Look beyond that, though, and you'll find a few gems that can help to transform your waistline.

The basic Ab Wheel is simply a small wheel with handles attached. It can be purchased at a low cost and, yet, has the potential to produce outstanding core training benefits. Some models provide a double wheel in order to give the device more rigidity. The Ab Wheel is an extremely portable, light exercise device that can be taken with you when you are traveling.

Success on the Ab Wheel comes down to the following:

1. Regularity of training
2. Cardio exercise to complement Ab wheel training
3. A sound nutritional plan that cuts back on calories

Do Ab Wheels Really Work?

As with most abdominal exercise devices, the marketing departments responsible for the promotional material that accompanies Ab Rollers cannot help promising rapid fat loss and six pack abs. So, if that is the criteria, then they do not work. Only cardio exercise and diet will reduce body fat.

However, if your criteria is to strengthen and tighten the abs and core, then yes, they certainly do work. But they only work if you use them properly. A lot of people push too much with their arms, rather than using their core to force the wheel out and in.

To establish just how effective the Ab Roller was, the American Council on Exercise sponsored a study that was conducted by San Diego State University.

The study involved testing 13 ab exercises and determining how strongly they activated the abs. The Ab Roller came in ninth, ranking about the same as crunches. In another study, the Ab Roller ranked fourth out of nine exercises.

Assuming, then, that your eating pattern is on track and that you are doing cardiovascular exercise to burn off calories, the Ab Roller can be an effective aid to getting your abs on track.

A woman with short blonde hair, wearing a pink sports bra and grey leggings with pink accents, is performing an ab wheel rollout in a gym. She is lying on her back on a wooden floor, with her feet tucked under a black ab wheel. She is pushing the wheel forward with her hands, looking down at the wheel. The background shows gym equipment like treadmills and a window with a view of trees.

CHAPTER 2

WHY USE AN AB WHEEL?

The Ab Wheel is the ultimate low tech, high effect core-training device. They've been around for a long time – that's because they work. As well as being great for your abs, ab wheel workouts offer a number of other significant benefits. . . .

- 1. Increase Strength** – Ab wheel workouts don't just work the abs. They actually work the entire body. The movement and overload means that you'll develop strength in your:
 - Arms
 - Shoulders
 - Upper Back
 - Lower Back
 - Hips and Thighs

- 2. Increase Core Stability**
- 3. Reduce Lower Back Pain**
- 4. Improve Your Sporting Athletic Performance**
- 5. Improve Your Coordination**

The Unstable Core Workout

There are many exercises that work the core.

What makes the Ab Wheel any different?

Well, most of the moves that we're familiar with, such as sit ups, crunches, and reverse crunches and floor based moves that put your core on a stable base. However, the Ab Wheel works your core in an unstable format.

The beauty of unstable core training is that it forces you to use all of the muscles of your mid-section to maintain balance and rigidity. So, even though an exercise may be targeting the upper abs, the very process of rolling out on the wheel is calling into play all of the stabilizer muscles to allow you to do the motion without tipping over.

Working on the Ab Wheel will also place contractual stress upon the other muscles of your body, mainly the triceps, deltoids and quadriceps.



CHAPTER 3

CORE ANATOMY

What is the Core?

When people talk about training their core, they often think of working their abdominals. As a result, they'll primarily do movements that are designed to bring out the fabled six-pack. Core training, though, is about much more than the abs. The core is the set of muscles that stabilize and move the spine.

The muscles of the core are divided into the inner and the outer core. The inner core is the set of muscles located deep inside the middle of your body that come into play whenever you breathe and move.

The inner core consists of the:

- Diaphragm
- Pelvic floor
- Multifidi
- Deep cervical flexors
- Transverse abdominus

The outer is comprised of the muscles stabilize the spine, keeping it safe are made up of the:

- Abdominals
- Latissimusdorsi
- Erector spinae
- Glute complex
- Quadratuslumborum
- Hip flexors

The muscles of your core can be likened to a central link in a metal chain that connects your upper and lower body.

The stronger that central link the more effectively the rest of the body will function. That's because everything you do, from hitting a baseball to reaching into the pantry, originates with the core.

The most prominent core muscle group is the rectus abdominis - those sought after six pack muscles. Developing the abs will do more than give you that sought after athletic look; it will stabilize the torso, providing a strong central base that will give power to every movement of your body.

The obliques are the diagonal muscle group that run around your waist. They allow you to twist and rotate your upper body. The Transverse abdominis muscles act like a corset to wrap around the waist. They pull the abs up and towards the spine. Keeping them tight will improve posture and relief strain on the lower spine.

Running parallel to the lower spine are the erector spinae muscles. Strengthening this muscle group will do wonders in relieving low back pain in the same way that sturdy support pillars relief the load on a suspension bridge.

Why Train The Core?

As we age we start to slow down. We also get weaker. And we begin to have problems with our balance. Lower back problems start to kick in and it gets much harder to perform basic lifting and bending jobs.

A strong core is essential for functional movement. But, unless the core is stable, you will not have a strong base upon which to build that strength. You will be building your house on a foundation of sand. At same time in the future your house will come tumbling down – in the form of limited movement, impaired posture and spinal injury.

On top of setting yourself up for some major weakness issues, the lack of core stabilization will mean that you'll never reach your full potential in terms of functional strength, power or endurance.

The smart way, then, is to stabilize first. Then you can strengthen.

Core stabilization movements typically involve isometric tension. This means that there will be little or no movement through the spine and pelvis. Movements that involve isometric tension will enhance intervertebral stability, keeping the spine safe while conditioning the deep muscles of the core and readying them for the more challenging exercises that will come later in the program.



CHAPTER 4

AB WHEEL SAFETY TIPS

An Ab Wheel is a simple training device. However, when undergoing any exercise-training program, you should ensure that you are medically ready for the challenge. If you have concerns about health, consult with your doctor before you begin and tell him precisely what you will be doing.

This is especially important if you have a history of:

- Hypertension
- Abdominal strain
- Lower back pain
- Shoulder or wrist injury

The medical profession is very familiar with the benefits of the Ab Wheel and your doctor will, more than likely, enthusiastically support your training plans.

Train Smart

Over training is rampant today. People have latched on to the “more is better mantra” at the expense of their body’s recuperative ability. This is often the case when they get a new piece of training equipment. They are so excited with it that they thrash their body by over using it.

This is a good way to get yourself into an unproductive state of over training. It is also a good way to cause an injury.

The key to success with the Ab Wheel is start slowly and progressively increase your workout time and the exercises you are doing on it. The Ab Wheel presents a challenging new type of workout. Just because you can rep out a hundred sit-ups doesn’t mean that you’re going to be a star on the Ab Wheel. So, don’t try to run on the Ab Wheel before you can walk.

Maintain a Neutral Spine

The neutral spine position is the ‘go to’ torso alignment for most exercises that you do. You need to be in neutral spine at all times when you’re training on the Ab Wheel.

Here's how to ensure that you are in a neutral spine position:

Stand upright with a straight line running from your tail bone, through your upper back in between the shoulder blades and the back of the head. There should be a slight natural arch in the neck and lower back. Do NOT over exaggerate this arch. The chest should stick out, with the head remaining in line with the back.

Check for a neutral spine by standing with your back up against a wall and your feet 6-12 inches away from the wall. If your spine is neutral, there will be only three points of contact – the butt, shoulder blades and back of the head.

Focus on the Target Muscles

Training your core on the Ab Wheel is very different to pounding out mindless reps of crunches. You need to be connected to the muscle that you're working, feeling each contraction and getting the maximum extension on every rep.

You need to train your mind to engage with the muscles of your core. By doing so you will be developing your proprioception system and developing automatic core engagement through the process of muscle memory.

Be Patient

When you begin using the Ab Wheel, you go through a learning curve. It takes some time for your body to adapt to the wheel. You need to get used to this type of training before you can really start seeing results.

Don't rush your Ab Wheel training. So long as you are progressive and use it regularly, you will see solid results.

Train Later in the Day

First thing in the morning, the amount of intervertebral fluid in the spine is at its highest. This means that it's not a good time to train the core. Save it until later in the day when the fluid levels have balanced out.

Don't Hold Your Breathe While Training

Deep diaphragmatic breathing is the best way to fully engage the core.

Focus on Quality of Movement

Your form is crucial when you're working out with the Ab Wheel. Never sacrifice form for reps. Remember it's not practice that makes perfect – it's perfect practice that makes perfect.

Be Progressive

Start with a less challenging version of an exercise before trying a harder version. As an example, doing the plank with the Ab Wheel is a real challenge. You should perfect the kneeling version of the Ab Wheel plank before attempting the full version.

A man in a light blue t-shirt is using an ab wheel on a dark mat in a gym. He is leaning forward, holding the handles with both hands, and the wheel is on the floor. The background shows gym equipment like a pull-up bar.

CHAPTER 5

AB WHEEL EXERCISES

KNEELING AB WHEEL EXERCISES

EXERCISE NAME: MAD CAT

Target Area: Spinal Flexibility

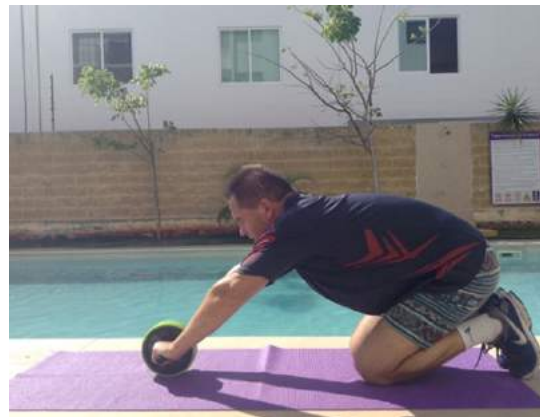
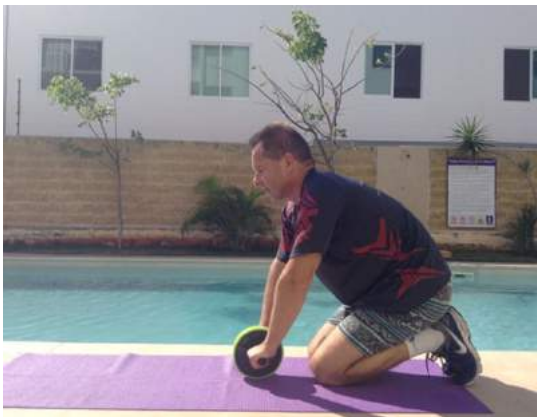


Description:

1. Get down on your hands and knees and place your hands on the wheel which is position directly in front of you.
2. Inhale, pulling your belly button in. This will cause your back to round.
3. Hold for a second, and then exhale as you slowly relax your body to return to the starting position.

EXERCISE NAME: CHILD'S POSE

Target Area: Spinal Flexibility



Description:

1. Get down on your hands and knees and place your hands on the wheel which is position directly in front of you.
2. Place your butt on your heels and roll the wheel forward as far as you can. Make sure that you maintain a neutral spine.
3. Roll the wheel back to the start position.

EXERCISE NAME: POINTER SEQUENCE

Target Area: Core



Description:

1. Get down on your hands and knees and place your hands on the wheel in front of you.
2. Raise and extend the right leg behind you until it forms a straight line from the hips.
3. Bring the right leg back and repeat with the left leg.

EXERCISE NAME: WRIST STRETCH

Target Area: Wrists



Description:

1. Get down on your hands and knees and place your hands on the wheel in front of you.

2. Slowly roll the knuckles forward and downward.
3. Roll the knuckles backward.
4. Slowly roll the knuckles back and forth to complete the designated number of repetitions.

EXERCISE NAME: HALF ROLL-OUT

Target Area: Core, Torso



Description:

1. Get down on your hands and knees and place your hands on the wheel which is position directly in front of you.
2. Slowly roll the wheel forward about 12 inches. Hold the extended position.
3. Slowly return to the start position. Make sure that your body is properly aligned before doing your next rep.

EXERCISE NAME: ROLL-OUT

Target Area: Core, Torso



Description:

1. Get down on your hands and knees and place your hands on the wheel in front of you.
2. Slowly roll the wheel forward, this time going as far as you can while maintaining control. Hold the extended position.
3. Slowly return to the start position. Make sure that your body is properly aligned before doing your next rep.

EXERCISE NAME: V-ROLL-OUT

Target Area: Core, Obliques, Torso



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Slowly roll the wheel forward and out to the left, going as far as can while maintaining control. Hold the extended position for a second.
3. Slowly return to the start position. Make sure that your body is properly aligned before doing your next rep.

EXERCISE NAME: ONE LEGGED ROLL OUT

Target Area: Core, Obliques, Torso



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Raise and extend your left leg behind you so that it forms a straight line with the hips and balancing on one knee.
3. Slowly roll the wheel forward and out to the left, going as far as can while maintaining control. Hold the extended position for a second.
4. Slowly return to the start position. Make sure that your body is properly aligned before doing your next rep.

EXERCISE NAME: KNEELING PUSH UP

Target Area: Core, Chest, Triceps



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Roll the wheel forward until your hands are in line with your shoulders.
3. Lower your chest to the top of the wheel. Hold this position for a second.
4. Slowly return to the start position. Make sure that your body is properly aligned before doing your next rep.

EXERCISE NAME: DONKEY KICK

Target Area: Core, Glutes, Hamstrings



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Draw the right knee up towards the right elbow. Hold this position for a second.
3. Extend the right leg back as far as you can. Hold this position for a second.
4. Continue alternating legs until you have completed the required number of reps.

EXERCISE NAME: FIRE HYDRANT

Target Area: Core, Quads, Hamstrings



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your right leg out to the side. Try to get it up to a 90-degree angle. Hold for a second.
3. Return your right leg to the ground and repeat with your left leg.

PLANK BASED EXERCISES

EXERCISE NAME: PLANK

Target Area: Core, Chest, Triceps



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your knees off the ground and walk your feet back until you form a straight line from head to heel. Your hands should be directly beneath your shoulders.
3. Hold this position.

EXERCISE NAME: PLANK

Target Area: Core, Chest, Triceps



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your knees off the ground and walk your feet back until you form a straight line from head to heel. Your hands should be directly beneath your shoulders.
3. Draw your right knee toward your right elbow. Hold for a second.
4. Extend the right leg back and hold for a second.
5. Repeat with the other leg.

EXERCISE NAME: ONE LEGGED PLANK

Target Area: Core, Quads



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your knees off the ground and walk your feet back until you form a straight line from head to heel. Your hands should be directly beneath your shoulders.
3. Raise one leg off the ground, keeping the leg straight.
4. Hold this position.

EXERCISE NAME: PUSH UP

Target Area: Core, Quads



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your knees off the ground and walk your feet back until you form a straight line from head to heel. Your hands should be directly beneath your shoulders.
3. Lower your chest to the top of the wheel. Hold for a second and then push back up.

EXERCISE NAME: HANDS TO FEET

Target Area: Core, Quads



Description:

1. Get down on your hands and knees and place your hands on the wheel directly in front of you.
2. Lift your knees off the ground and walk your feet back until you form a straight line from head to heel. Your hands should be directly beneath your shoulders.
3. Roll the wheel as close to your feet as you comfortably can. Hold for a moment.
4. Return to start position.

PRONE EXERCISES

EXERCISE NAME: SHOULDER EXTENDER

Target Area: Core, Deltoids

**Description:**

1. Lie on your stomach with your legs straight and together.
2. Slowly extend your arms along the floor.
3. Return to the start position. Make sure to realign your spine before your next rep.

EXERCISE NAME: SUPERMAN

Target Area: Core, Deltoids, Lower Back



Description:

1. Lie on your stomach with your legs straight and together. Stretch your arms out in front of you and lift them up off the ground.
2. Hold the extended position, feeling for the extension in the erector spinae muscles of your lower back.

EXERCISE NAME: DOUBLE LEG LIFT

Target Area: Core, Deltoids, Lower Back



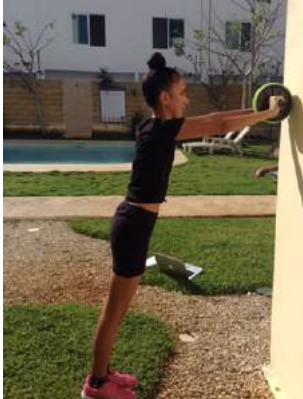
Description:

1. Lie on your stomach with your legs straight and together. Stretch your arms out in front of you.
2. Slowly raise both legs, pivoting from the hips rather than the knees to lift them as high as you can.
3. Hold this extended position.

PRONE EXERCISES

EXERCISE NAME: SHOULDER ROLL UP

Target Area: Core, Deltoids



Description:

1. Stand arms distance from a wall holding the wheel in your hands in front of you.
2. Place the wheel against the wall at chest height.
3. Begin rolling the wheel as high as you can.
4. Roll down to return to the start position.

EXERCISE NAME: WALL V ROLL UP

Target Area: Core, Deltoids



Description:

1. Stand arms distance from a wall holding the wheel in your hands in front of you.
2. Place the wheel against the wall at chest height.
3. Begin rolling the wheel as high as you can to the left.

4. Roll down to return to the start position.
5. Now roll the wheel up and to the left as high as you can.

EXERCISE NAME: WALL PLANK

Target Area: Core, Deltoids



Description:

1. Stand arms distance from a wall holding the wheel in your hands in front of you.
2. Place the wheel against the wall at chest height.
3. Move your arms back until they are bearing the required load. The further back you stand the harder the move will be.
4. Hold this upright plank position for the desired length of time.



CHAPTER 6

THE WORKOUTS

In this chapter we'll put the exercises that you have learnt about in the previous chapter into a workable series of training programs designed to take you from absolute beginner to Ab Wheel aficionado.

You can train with your Ab Wheel every day. These workouts will only take about 10-15 minutes to complete. Your focus needs to be on proper form and slow, focused movement.

Warm up with 3 minutes of medium paced skipping or other light cardio.

Beginner Workout

Exercise	Sets	Reps
Mad Cat	3	10
Wall Plank	3	30 sec hold
Shoulder Roll Up	3	10
Child's Pose	3	10
Kneeling Push Up	3	10
Half Roll Up	3	10

Intermediate Workout

Exercise	Sets	Reps
Wall Plank	3	60 sec hold
Wall V Roll Up	3	12
Shoulder Extender	3	12
Single Leg Lift	3	12
Roll Out	3	12
Plank to Pike	3	12

Advanced Workout

Exercise	Sets	Reps
Wrist Stretch	3	15
One Legged Roll Out	3	15
Push Up	3	15
Plank to Pike	3	15
Double Leg Lift	3	15
Roll Out	3	15



CHAPTER 6

MOTIVATION AND PROCRASTINATION

It's the eternal dilemma.

Instant gratification versus long-term benefit:

Mouth watering muffin versus a lowered cholesterol level in old age.

Cookies and Cream Ice-cream versus fitting into your jeans.

Triple sundae with chocolate sauce versus lowering your risk of Type 2 Diabetes.

Let's be honest about it – instant gratification has a lot going for it, particularly when we are living in a world that is unfailingly giving the message to indulge our every whim. Unless we're able to identify the real reasons behind our weight loss efforts, we'll never rise above the instant-noodles society that has spawned the obesity epidemic that threatens the Western World. So, let's start digging...

So you want to get in shape?

Great!.

But before we go any further it's imperative that you discover why you want to exercise.

To lose weight?

Why do you want to lose weight?

When you discover what drives you, you'll also know what motivates you. If you don't identify your inner driver, it doesn't matter how hard you try, how much sweat you expend or how many calories you burn, you will fail.

Uncovering the reason that you really want to achieve your goal attaches an emotional element to that goal. And the more emotional content you can stir up, the more motivated you'll be to go after it. Remember the words of German philosopher Friedrich Nietzsche...

“He who has a why to live can bear almost any how.”

Getting emotionally involved with your goal will deeply impress your why into your subconscious. The subconscious is the seat of your unthinking actions - your habits.

Every message that filters through to it is accepted without question and acted upon automatically. That is exactly where you want your weight maintenance habits to be because the subconscious always expresses itself in physical form - positive behaviors that will reinforce your goal.

The reasons for exercising are many. Your goal may not to be lose weight. In the remainder of this section, however, we are going to assume that weight loss is the goal. It could in fact be the opposite – to gain muscular body weight.

Stop and ask yourself right now, just why you want to lose weight. Here are a couple of key questions to help you identify that reason:

1. What is important to you about reaching your weight goal?
2. How will your life be better after you have achieved your weight goal?

For some people, looking their absolute best for an upcoming event, such as a wedding, is their emotional motivator. For others it is to be able to be an active, healthy role model for their kids.

Others may find that their emotional drive comes from maintaining their sex appeal in the eyes of their partner.

Once you have found your emotional driver, write it down in the following format...

The emotional driver behind my weight loss goal is to... .

When I have achieved my goal I will feel...

Once you have identified the emotional driver to your goal, it is time to reinforce it by adding in a spiritual element. It doesn't matter whether you are a believer in a Creator, an atheist or an agnostic. Spirituality involves being in touch with your reason for being. Whether you were created, evolved or were placed here by aliens, you have ended up with a magical, unique and highly intricate machine that will govern your state of well-being until you die.

Those who do believe in a Creator God have an obligation to Him to respect and maintain the amazing body that they have been gifted. All of us owe it to ourselves to identify the spiritual reason that accompanies our goal. Find out what yours is and keep yourself accountable to it.

Now that you've discovered the emotional and spiritual drivers that will motivate you toward your goal, it's time to learn how to apply the goal setting formula that will catapult you toward your end game.

5 Steps to Goal Achievement

1. Set Specific Goals

Losing weight is not a goal. It's far too general. Body weight is composed of muscle, water, minerals, vitamins and fat, among other things. Your only ambition is to lose body fat. But even that goal has to be narrowed down.

If you focus on the specific behaviors that will bring about your desired fat loss and set them as your goals, then the fat loss will take care of itself. Your goals, then, should be to do with the actions and habits that will keep you on your weight management plan.

2. Set Measurable Goals

Unless you have a means of measuring your progress regularly you will struggle to maintain your motivation. Don't expect yourself to make the transition from cookie munching couch potato to fitness / nutrition junkie in a couple of weeks.

Set behavior related goals that build upon each other and widen out to encompass all aspects of a healthy lifestyle.

3. Set Stepping Stone Goals

You definitely need a long-term goal - your ultimate physical look. But it's also imperative that you break that goal down, working backwards to yearly, 3 monthly, weekly, and daily goals.

Your 3 month goal should revolve around such behaviors as recording your food intake and exercise every day, or increasing your cardio exercise duration by 15 minutes per day by walking at a slightly uncomfortable pace. Your daily and weekly goals should revolve around the exercise and eating disciplines that are immediately before you.

4. Record Your 3 Month Goal

Write your 3 month goal on a business sized card and get it laminated. Write your goal in the present tense as if it has already taken place. Here's the wording...

The date is (date in 3 months time), and I am now doing everything I can to get me to my desired weight, including recording my daily food intake and workouts every day.

Now that you have your card you need to carry it with your everywhere your go. Every 90 minutes make sure that you pull it out and read it to yourself.

5. Visualize Your Goals

One of the most interesting innovations in sports psychology over recent times has been the rise of visualization, or mental rehearsal. Sports teams the world-over are using it to build an unconquerable mental drive toward goal attainment.

You don't need to go out and hire a sports psychologist to benefit from the power of visualization. You can do it on your own by mentally rehearsing the achievement of your goals.

Start at the daily level and do it while you are lying in bed. See yourself doing everything that you need to in order to have a perfect goal attainment day, from springing out of bed, enjoying a healthy nutritious breakfast, powering through an invigorating, calorie depleting work-out and then enjoying an energy restoring post work-out shake.

Now that you have your emotional, spiritual and mental underpinning for your goals and have learnt exactly how to go about setting proper goals, it's time to make a record of your goals:

1. Create a Goal Setting document and record your goals on a time-line, starting with your daily goal and ending with your ultimate body goal.
2. Type up, print out, and laminate your 3 month goal.

You now have a roadmap to turning every endeavour, every goal, every quest into an unquestionable reality. You are able to unleash the power of your subconscious in conjunction with your mind muscle connection to become unstoppable. So, get out there and claim what's yours!

How to Defeat Procrastination

Procrastination affects all of us. We seem to have an inbuilt tendency to put off the things we know we have to do, even when we appreciate how good they are for us. Here are 3 powerful techniques to prevent procrastination sabotaging your exercise ambitions:

- **The 10 Minute Rule**

If we perceive that a job is going to be hard work, we develop an aversion to it in our minds that leads us to keep putting it off. However, when we break the larger task down into smaller, more manageable chunks, it suddenly becomes much easier to think about. With your exercise sessions, rather than thinking of a 34-minute workout, chunk it out to a 7 minute warm up, 10 minutes of resistance training, 10 minutes of cardio and then a 7 minute warm down. This makes the task seem far easier to achieve.

- **3 Magical Questions**

Next time you procrastinate in the face of an important assignment, take a piece of paper and answer 3 simple questions . . .

1. Where are you?
2. What do you want to do?
3. How will you feel after doing the task?

The very act of putting the task down in writing will make you visualize yourself already doing it. Then it's simply a matter of your body following through with the task.

- **Ultimate Goal vs Immediate Desire**

The battle between long term goal and immediate desire is always going to be a losing proposition for the goal. But, you can win in this standoff every time by simply making your ultimate goal and your immediate desire switch places. Turn your immediate desire into something you can put off until later. Then make your ultimate goal into something that you insist on right now. Ask yourself this question . . .

At this moment would I prefer good health or junk food?

Final Word

Congratulations.

You now have both the knowledge and the tools that you need to develop a tight, strong, athletic core. The simple device that you have invested in is the key to strong, powerful abs, intercostals, and erector spinae muscles.

Work with your Ab Wheel every day. Make it habitual and your Ab Wheel will reward you with a powerful, strong core that will look great and perform even better.