

BASISBEWEGINGEN



4. STRAATVECHTER

(leef u uit met het ABODER Twist™ toestel)

Zet uw voeten wijf-ut elkaar en zet de stang op de grond. Buig voorover zodat uw borst dichtbij de dijën komt. Zwaik uw borst heen- en-derde ene naar de andere kant in kleine explosieve bewegingen en probeer uw knieën buitenwaarts te maken, het erop dat u schuift met knock-out slaat. U kunt u borst verder van uw knieën brengen en nog steeds de zwaibeweging maken om deze leuke en bijzonder efficiënte beweging nog nutter te maken.

Deze oefening is vooral gericht op de buikspieren en schouder spieren, maar u zult ook voelen dat uw schouders en borst tegelijkertijd een fantastische training krijgen!



5. SKATERS

(in de skaten in uw voorkeur)

Activeer de zwaibeweging van uw pitting. Leun naar links en strek uw rechterbeen naar rechts. Zwaik uw lichaam van links naar rechts in een slakende beweging met uw benen, waarbij uw linkerbeen in den weer uw rechterbeen uitwaarts kanwijn u borst en bovenlichaam het tempo vangen.

Dit is een leuke en uiterst efficiënte beweging die in heel uw lichaam het verbrandt en ondersteunen van buikspieren, schouder spieren, benen, heupen, ellek, armen, schouders en uw volledige rug gespierd worden!

VOOR U BEGINT

Voor u met uw trainingsprogramma begint, moet u deze richtlijnen lezen.

- Draag comfortabele, ondersteunende kleding en ondersteuning die niet te ruw zijn. Na ruim voldoende kleding kan beweging of schuiven en zelfs uw training verminderen.
- Voel vrijheid in een sport. Het is een must, vooral als de een goed ontwikkelde buik hebben, om hun benen te ondersteunen en hun training comfortabel te maken.
- Maak uw heup te weten u het ABODER Twist™ toestel gebruikt om contact met de trillende en andere ondersteunen te voorkomen.
- Wanneer steeds 5-10 minuten op de een klap om te lopen, het plaatsen in stappen of de knieën enkele keren op en af te gaan. De spanning bereikt uw lichaam niet op de volgende prestatie en helpt blessures te voorkomen.
- Het is belangrijk steeds af met sprongen om te gebruiken 5-10 minuten in uw training. Het kan uw lichaam terug naar op normale ruststand gaan, wat uw buikspieren versterkt en spierde en spanning vermindert.
- Indien u zich op een gegeven moment miswilt, duikt of juist niet, moet u de training onmiddellijk stopzetten. Wandel een rond of ga op een staat afzet dat u zich beter voelt. Het is herstellend, het is dan niet en ga verder. Indien u pijn voelt, het is herstellend, moet u een arts raadplegen.
- Gevoel en rust plekken? Het is niet beter dan een positieve houding. Het moet uw borst niet en over uw mouwen gericht op uw gewicht om direct te beginnen!

Abdoer Instruction Manual

James D. Lester (Sr.), James D. Lester



Abdoer Instruction Manual:

Vegetarian Times ,2001-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Popular Science* ,2001-06 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Yoga Journal** ,2001-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The New York Times Magazine** ,2000-12 **Travel Holiday** ,2001-03 **The Nation** ,2000-04 The American Spectator ,2001 **Better Homes and Gardens** ,2000 Newsweek ,2001 **U.S. News & World Report** ,1998 **Popular Science** ,2001 The Ladies' Home Journal ,2001-05 As Seen on TV Lou Harry,Sam Stall,2002 Do you want thicker fuller hair How about a bigger bustline A smaller waistline Or buns of steel Are you troubled by garden pests unsightly stains or an inexplicable desire to look like Richard Simmons If you answered Yes to these questions we can t really help you But you might enjoy As Seen on TV an illustrated history of the greatest gizmos and gadgets ever hawked on television Here are the real life stories of Ginsu Knives K Tel Records the Clapper the Thighmaster NordicTrack Time Life Books and dozens of other products that have broken the backs of UPS delivery men everywhere This nostalgic tribute is jam packed with color photography fascinating trivia and loads of fun You ll learn the secrets of the perfect pitch from As Seen on TV pioneer Ron Popeil You ll discover unauthorized uses for your favorite products yes Virginia you can eat your Chia Pet sprouts And you ll find out which of TV s biggest celebrities from Florence Henderson to Ricardo Montalban would agree to hawk diet aids ab blasters blemish removers and teeth whiteners But that s not all Purchase this incredible volume today and we ll give you an extra chapter on the Auto Hammer Bacon Magic and The Craftmatic Adjustable Bed absolutely free *Statistical Fact Book* ,2002 The Little Abs Workout Book Erika Dillman,2009-12-19 The newest little book in the enormously popular series delivers a fun and effective workout to achieve tight and toned abs without doing crunches Who doesn t dream of having better posture greater overall strength and less lower back pain not to mention a tighter more toned stomach THE LITTLE ABS WORKOUT BOOK presents more than 25 exercises and challenging workout combinations that fit into a busy schedule and effectively help strengthen the core muscles leaving readers with the flat abs they ve always wanted Complete with easy to follow instructions and illustrations THE LITTLE ABS WORKOUT BOOK is an essential pocket guide to a firm strong sexy

stomach *Vegetarian Times* ,2001 Writing Research Papers James D. Lester (Sr.),James D. Lester,2002 The definitive research paper guide Lester combines a traditional and practical approach to the research process with the latest information on researching and writing online Comprehensive but not overwhelming Lester provides students with step by step guidance through the research writing process from selecting and narrowing a topic to formatting the finished document And it backs up the instruction with the most complete array of samples of any research writing guide on the market Another of the text s ongoing strengths is its extremely thorough and accurate coverage of citation styles for a wide variety of disciplines This edition maintains Lester s successful approach while detailing the uses of new computer technologies that are changing the face of research In addition an all new Interactive Edition CD ROM offers the entire text in an electronic format for easy reference while writing and researching on a computer Numerous multimedia features include interactive research activities weblinks and resources The CD is FREE when bundled with the text Available at an unbelievably low price in two formats perfect and spiral bound with tabs Lester s text is one that students will keep throughout their college careers Five Journeys from Jakarta Maslyn Williams,1965 Australasia has long been the professional beat of author journalist Maslyn Williams and this book is a direct product of that expert knowledge reinforced by four months of travel in Indonesia in 1964 during a period of economic troubles just before the coup of 1965 It is one of the few thoroughgoing yet popular profiles of that yeasty sprawling disturbing land available to American readers In Mr Williams journeys Jakarta the capital was always the point of departure The first was to Sulawesi formerly Celebes the second to Bali by repute the most exotic of all the Indonesian islands The third journey was to Sumatra the fourth in and about the Javanese hinterlands Finally Mr Williams traveled to West Irian newest acquisition of the Republic on New Guinea Wherever Mr Williams traveled he lived with the people as they live Accordingly his book is not solely a consideration of politics and generals though these are here It is even more an interpretation of Indonesia from the viewpoint of ordinary folk and their normal human aspirations their history their religion their changing life and their view of the world outside In its humanity its grace of language its close identification with the land and the people this book resembles Laurens van der Post s A View of All the Russias The belief that genuine understanding is a prerequisite to effective policy is implicit in it Because it documents that belief vividly and cogently it is essential reading Adapted from book jacket JCPenney [catalog]. ,1999 **Lloyd's Register of British and Foreign Shipping** ,1930

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