

# Absolute Fitness

**S**ummer's almost here and its time to show off that body you've been working on all winter. Or maybe not. It's not too late to get into shape, but you've got to start now! Do you want to have abs that are out of this world? To get the perfect six-pack I've enlisted the help of a 'UFO'. No it's not a flying saucer, but it does look like one. The 'UFO' or Ultimate Fitness Object, is a new product on the market and one I've found to be just the ticket to having a flat stomach, as well as strengthening my core muscles.

Before I go any further, let me first state the importance of building stronger core muscles. Core muscles are the abdominals, obliques, and erector spinae. It's not just a matter of looking better. Everything we do from day to day is affected and controlled by those muscles. To the athlete or martial artist, it is even more important because rotational torque and stability is key to having power and flexibility in many of the moves we use. Many people complain of back pain, or say they have weak backs. In most cases; strengthening the core muscles, (notably the abs), will eliminate lower back pain. Why do so many of people skip doing ab work, when only 10 minutes a day will have great benefits? It's BORING! And if ab work is done properly, it's WORK! Performing ab exercises alone will not give you six-pack abs. You must combine the hard work with proper

nutrition and cardio exercises. If you take a marshmallow and put a steel plate behind it, you'll still only see the marshmallow.

Now with that little bit of info given out let me tell you about the UFO. The concept of the UFO is similar to many other ab rollers or ab wheels out on the market. There are two main differences however. The first is that instead of moving your arms out in front of you, the UFO allows your lower body to move back and forth on a well-padded dolly. This takes the stress off your lower back, while the other ab rollers tend to compress the spine. The positioning of your lower body also allows for exercises that work the upper body, including the chest, arms and shoulders. The second difference is that the dolly can rotate 360 degrees. This means you can work rotational exercises that strengthen your obliques and hips. Another strong point the UFO has going for it is that it's FUN! Yes, I said fun. The unique look, shape, and action of the UFO tends to add a little excitement into any workout. I wanted to add a regular ab routine to my Basic Muay Thai class. At first I got some funny looks, but in only minutes every one was able to do the basic exercises. I used this as my ab workout, warm-up and stretch for the class. By the end of the



1. Cobra stretch



1a. Child's pose stretch



2. Start



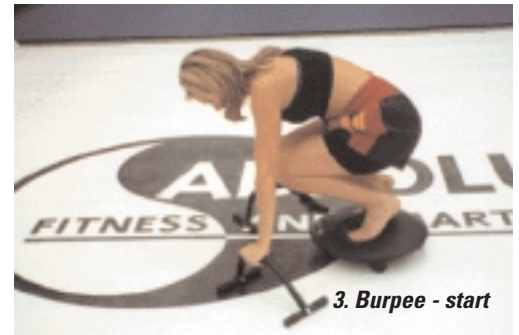
2a. Extension



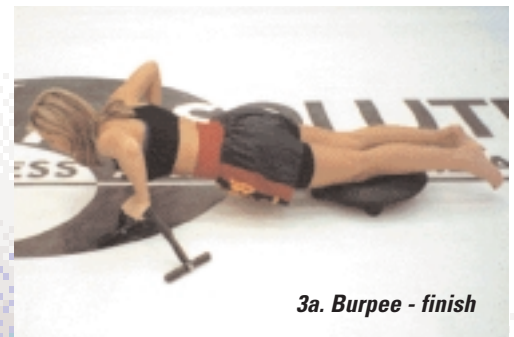
2b. Extension to push up

10-minute routine everyone was sweating, and saying that it was tough. When the next Muay Thai class started, students were excited about doing the workout on the UFO. Since that time, many students come in every day and use the UFO. Any ab routine or piece of equipment might have worked well and might accomplish the same results, but the important thing was that the students liked working with the UFO and felt that it was giving them a great workout. A solid 10 minutes of crunches and push-ups would not have generated as much excitement, even though it could give them a good workout. If people enjoy doing something they will put more effort into it, and gain more benefit from it

A sample workout on the UFO, in sets of ten, would start with stretches, followed by three sets of extensions, one each - straight out, left, right, and circles. Take time between sets to shake your arms out. After that a set of hip rotations and a set of extensions with push-ups. Now we'll sit on the floor with our feet on the UFO. Lift your but off the floor and pull your legs in towards head. This is a great for your hamstrings, gluts, and hips. Now we'll finish with three sets of Burpees, which gets your heart rate up. There are some more advanced exercises, but these should be done only after mastering these basic moves. 🏆



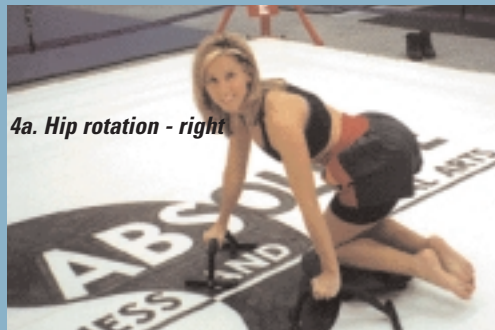
3. Burpee - start



3a. Burpee - finish



4. Hip rotation - left



4a. Hip rotation - right



5. Leg curl - start



5a. Leg curl - finish

For more information or to order  
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### UFO

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