

## BOBYBLADE TRAINING

The Bodyblade challenges the entire musculo-skeletal system by 'catching' the energy expended by the user as the flexible blade is set in motion, and firing it back – forcing development of strength, balance, co-ordination and core stability.

By holding the Bodyblade in a variety of positions, these forces can be channelled into different muscle groups, efficiently targeting every part of the body and training the body from the inside out.

Using the Bodyblade is easy; however, the workout can be as challenging as required. By shaking the blade rhythmically, a rapidfire exchange of opposing muscle contractions is initiated, from the core to the extremities. The Bodyblade is scaled and weighted to flex at 4.5 times per second (no matter how hard it is driven), producing 270 contractions every minute in hundreds of different muscles, all at once!



### The Bodyblade is available in 5 sizes, each with an instructional wall chart & DVD:

- Bodyblade Lite (32")** – suitable for rehabilitation, paediatrics and seniors, delivering up to 5lbs resistance
- Bodyblade Cardio (2 x 32")** – suitable for sustained cardiovascular workouts, sold in pairs delivering up to 5lbs of resistance each
- Bodyblade CXT (40")** – suitable for group fitness training, delivering up to 8lbs of resistance
- Bodyblade Classic (48")** – suitable for beginners to intermediate users, delivering up to 22lbs of resistance
- Bodyblade Pro (60")** – suitable for intermediate to advanced users, delivering up to 34lbs of resistance

### BICEPS / TRICEPS CURL

#### target muscles:

- Biceps brachii and Triceps brachii / upper arms

#### execution:

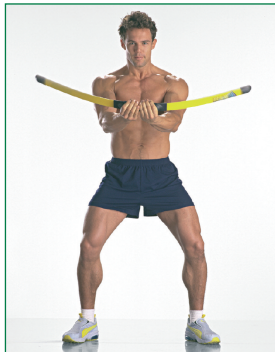
- stand in a neutral position holding the blade in two hands from underneath
- flex the elbows to a 90° angle
- move the blade back and forth so that the ends of the blade oscillate or flex at a steady rate

#### teaching points:

- tuck the elbows into the sides of the body
- keep the shoulders relaxed

#### variations:

- hold the blade closer to the body to reduce the intensity
- extend the elbows or move slowly through a range of motion for a greater challenge



### FLOOR CRUNCH

#### target muscles:

- Rectus abdominis, internal & external obliques and Transversus abdominis / abs and core

#### execution:

- lie on the floor, holding the blade in two hands from on top
- assume a partial crunch position with the heels raised off the floor
- move the blade up and down so that the ends of the blade oscillate or flex at a steady rate

#### teaching points:

- keep the chin lifted off the chest
- draw the navel into the spine when lifting the feet off the floor

#### variations:

- allow the heels to lightly touch the floor for greater support
- slowly move the blade up and down through a range of motion for a greater challenge
- to vary the exercise further slowly rotate the spine from one side to the other in a continuous movement.



seated as shown



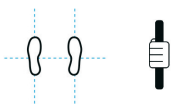
### LATERAL RAISE

#### target muscles:

- Deltoides and trapezius / shoulders

#### execution:

- stand in a neutral position holding a blade in each hand, palms facing in towards the body
- raise the arms to just below shoulder height
- move the blades up and down so that the ends of the blades oscillate or flex at a steady rate



#### teaching points:

- maintain slightly flexed elbows
- keep the shoulders relaxed

#### variations:

- a single arm raise can be performed using only one blade
- forward flexion will provide greater stability through the trunk at various degrees of flexion

### JAB

#### target muscles:

- Transversus abdominis, internal & external obliques and multifidis / core

#### execution:

- stand in a neutral position holding the blade in one hand
- hold the blade just below shoulder level and drive it in a push/pull motion, matching the pulse of the blade



#### teaching points:

- maintain a slightly flexed elbow
- draw the navel in towards the spine

#### variations:

- move the blade up and/or down, or through a range of motion to increase the challenge
- use two blades, one in each hand, to increase the intensity of the exercise
- Kneel on one leg to increase lateral stability, working the hips, inner thighs & lower core.



### LUNGING HIP & THIGH

#### target muscles:

- Semitendinosus, semimembranosus and Biceps femoris, Gluteus minimus, medius & maximus, Rectus femoris, Vastus medialis, intermedius & lateralis / buttocks and thighs

#### execution:

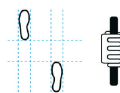
- hold the blade level with the chest with a lace hand grip and drive it in a push/pull motion, matching the pulse of the blade
- with the feet hip width apart, step forward into the lunge position
- keeping the feet facing forward, slowly lower and raise the back knee towards/away from the floor

#### teaching points:

- keep the hips facing forward and the upper body long and lengthened

#### variations:

- reduce the depth of the lunge to reduce the challenge
- rotate the blade, clockwise or counter clockwise, to a 45° angle to the floor to increase the challenge on the core



### ALTERNATING ALL 4'S

#### target muscles:

- Gluteus maximus, semimembranosus, semitendinosus and Biceps femoris / buttocks and hamstrings

#### execution:

- kneel on all 4's with the hands directly underneath the shoulders
- take the opposite arm and leg away from each other, grasping the blade in the raised hand
- drive the blade in a push/pull motion, matching the pulse of the blade
- repeat on the other side

#### teaching points:

- maintain neutral posture in the cervical and lumbar spine
- draw the navel into the spine and look down at the floor

#### variations:

- rest the toes of the raised leg on the floor for added support
- slowly move the blade up and down through a range of motion for a greater challenge



all fours

