

ABSOLUTE SIX-PACK™



ABSOLUTESIXPACK.COM

ABSOLUTE SIX-PACK™

4x more effective

92% increased range of motion

LESS strain on lower back and neck



Each ABSOLUTE SIX-PACK™ contains the follow components:

- ABSOLUTE SIX-PACK™ training unit
- Resistance Bands – one (1) medium set
- Exercise Guide – includes 50+ exercises
- Exercise DVD – includes three (3) workouts
- Nutrition Guide
- Owners Manual

Unit Size: 33.0" x 12.75" x 4.0" (Unit Wt.= 6.0 lbs)

Carrying Bag: 33.75" x 15.0" x 4.75" (Bag Wt. =2.0 lbs)

TOTAL WT. = 9.3 lbs (includes resistance bands, DVD, & manuals)

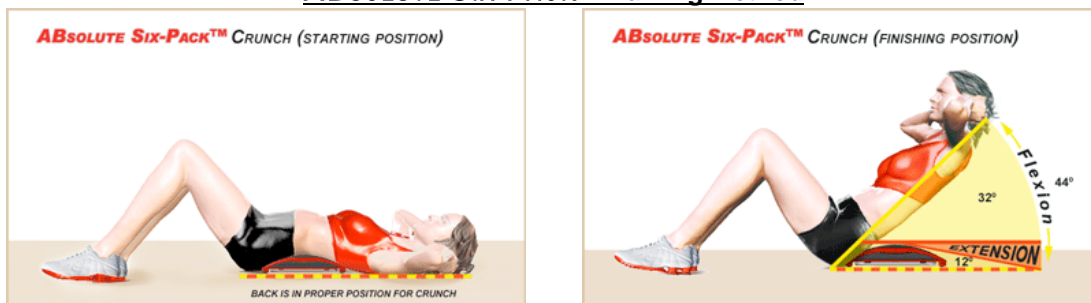
Core Muscle Strength Definition

The strength of the abdominal (core) muscles is measured in terms of: (1) how much weight (or resistance) a muscle can lift, (2) how many repetitions a muscle can perform, or (3) how long a muscle can hold a neutral (flexed) position.

ABSOLUTE SIX-PACK™ Training Method

Training abdominal (core) muscles with the ABSOLUTE SIX-PACK™ puts the whole body, most importantly the pelvis and spine, in the ideal position to maximize training. The ABSOLUTE SIX-PACK™ increases **core training range of motion** by 92%.

ABSOLUTE SIX-PACK™ Training Method



- ABSOLUTE SIX-PACK™ supports the lumbar area of the spine and maintains the natural and neutral curvature position of the spine throughout a variety of abdominal (core) strengthening exercises.
- ABSOLUTE SIX-PACK™ adds 10 to 15 degrees of "flexion" and "extension" that is lost while lying flat on the floor.
- ABSOLUTE SIX-PACK™ allows the spine to flex up to 44 degrees, which nearly doubles the range of motion.
- ABSOLUTE SIX-PACK™ frees each spinal joint to complete a full range of motion, stimulating abdominal (core) muscles to contract and flex 100%.
- ABSOLUTE SIX-PACK™ is the **most effective** and **ideal method** to recruit the entire group of abdominal (core) muscles, eliminating unnecessary strain on the neck and unwanted lower back tension. The result is increased abdominal strength and stability through fewer repetitions.
- ABSOLUTE SIX-PACK™ incorporates 50+ exercises for a complete and total body workout.

Regular Training Method



- The regular training method of lying on the floor (example: regular crunch type of exercises) flattens out the natural curvature of the spine and a significant loss of range of motion occurs, which results in losing 10 to 15 degrees of flexion or movement.
- The regular training method causes a loss of 30 to 50% range of motion before the exercise begins, making it ineffective at capturing and working the abdominal (core) muscles.
- The regular training method only recruits 26 degrees of spinal flexion.

- The regular training method increases tension on the neck and lower back and requires twice the amount of time and twice the number of exercise repetitions with limited results.