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CARGYM

Arms 6



Put car in park. Tummy up and in.

- Begin as in exercise 5, with your fist at your shoulder, elbow relaxed to the side.
- Lift the elbow to the front, then up to the roof, open to the side, then lower the elbow down to your body from the lifted side position, making a circle.
- Do 8 times, then reverse directions.

Repeat on the other side.

Form

Feel the shoulder blade sliding out and in as you circle. Neck relaxed, tummy up and in.

Breath

Breathe in before beginning the movement. Breathe out as you do the first circle, in as you do the second circle, and so on.

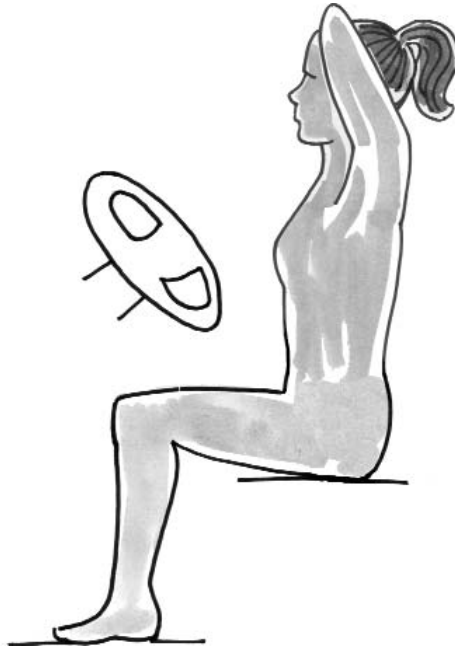
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Oooh, make a nice big circle in the air, with your elbow.

*Exercises 3 through 6 may also be done with the arm extended straight to the front and side if space allows. For example, if you are doing the exercises in your office or at home, you will have more space for this exercise. This will work the back and arm muscles with more weight for additional strength.

CARGYM

Abdominals • Gluts • Lower Back 4



Abdominals • Gluts • Lower Back 4

Put car in park. Tummy up and in.

- Do exercise 3 again, except this time alternately raise your left and right knees up to the steering wheel as you lower your body.
- Do 20 repetitions, alternating sides, then hold each side for 10 counts with the knee up and the body in the crunch position.

Form

Relax the quadriceps as much as possible. Feel you are raising the legs from underneath, rather than pulling up from the top. Neck and shoulders relaxed; tummy up and in as always.

Breath

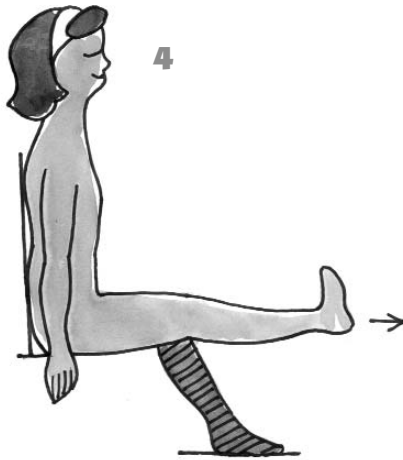
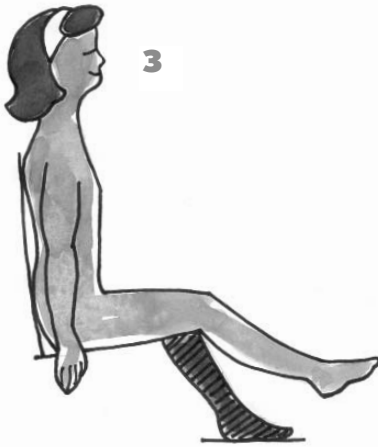
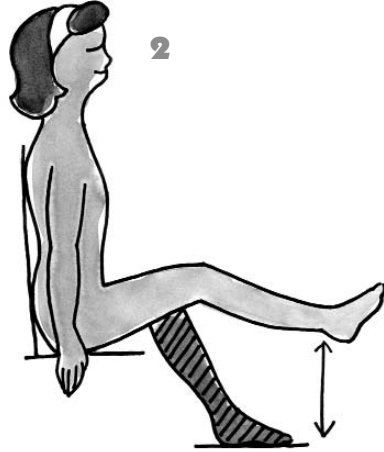
Breathe out as you lift and crunch, in as you release. One long exhalation as you hold the position at the end.

Image

Fold like a clam closing up, knee rising as the body lowers.

CARGYM

Legs 3



Put car in park. Tummy up and in.

- Position your right leg so that your foot is not in line with any pedal. Lift your right leg off the floor and straighten it until your knee is only slightly bent.
- Lift and lower the whole leg so that the back of the thigh lifts off the seat. Do this 10 times, without touching the seat. With the foot still slightly off the floor, slowly press your heel away from your body until your leg is straight.
- Bend your knee and repeat 10 times to start, without placing the foot on the floor.

Repeat on the left.

Form

Do as full an extension as possible. Have the seat pushed back. Be sure your abdominals are working properly to support the leg. Imagine you are lifting the leg from underneath. Be sure to straighten the leg by pressing the heel away from the body. This will increase your stretch. Do not lock the knee.

Breath

Breathe out as you lift, in as you lower, out as you extend, in as you bend.

Image

Feel as if the leg is FLOATING up in one piece on the lift. When you straighten the leg, imagine you are pushing something yucky away from you with your heel.