

1,Description

Made in the China

Dimensions: 36cm L x 30cm W x 7.5cm H

Material:PU + wooden board + EPE/Foam

One Size Fits All

Easy Portability / No Set-Up

Low compression set foam and durable vinyl construction

Stable positioning on almost any surface

Contoured design for optimal comfort and range of motion on crunches, sit-ups, and other similar exercises

Color: Black or optional

Packing details:each in a PPbag or white box

Production Capacity:100,000SETS per month

Figure #1

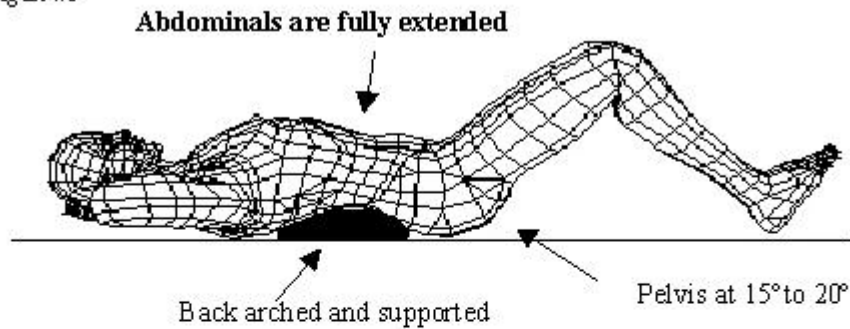


Figure #1a

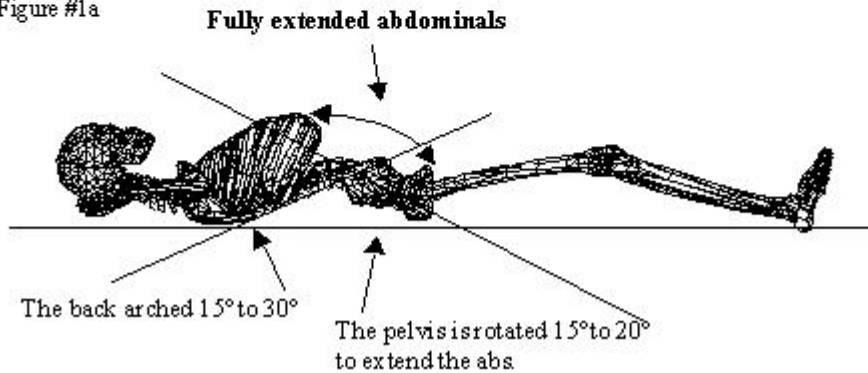


Figure #2

The "Ab Mat" allows for proper stabilization of the pelvis, so the abdominals can fully contract.

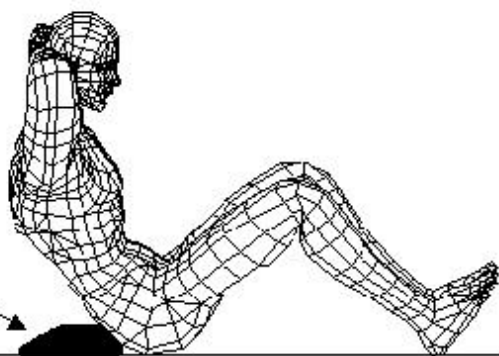
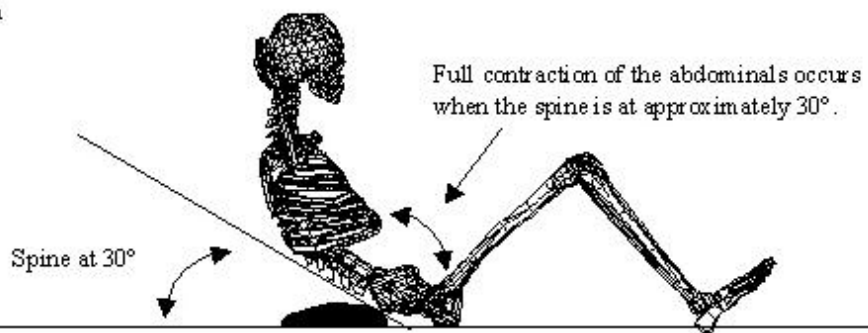
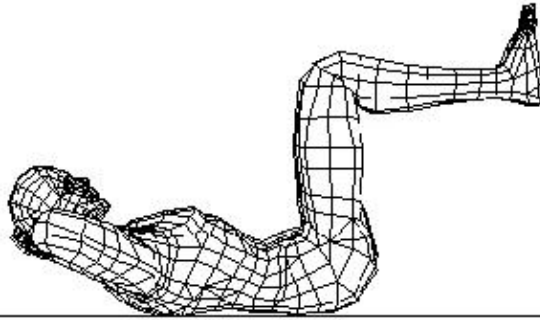


Figure #2a



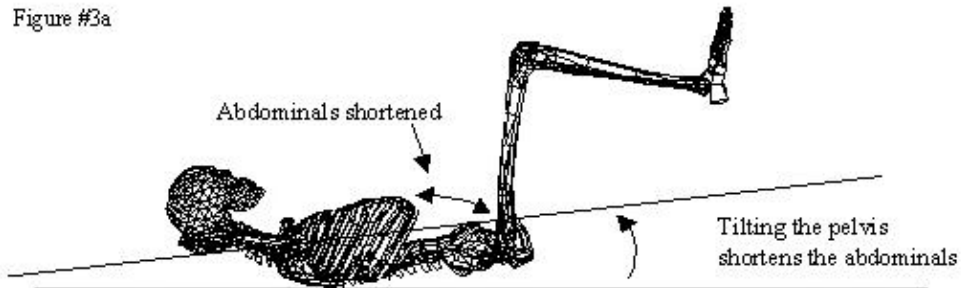
With the pelvis in the proper position, full contract of the abdominals can occur.

Figure #3



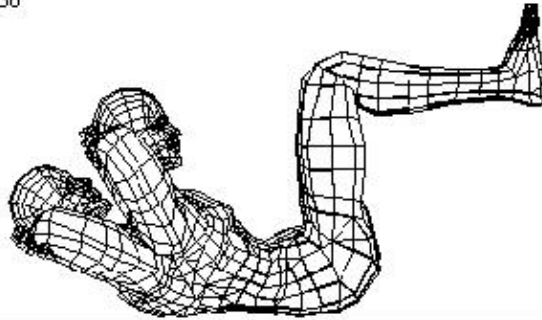
Starting position of the crunch does not allow for full extension of the abdominals due to the flat floor.

Figure #3a



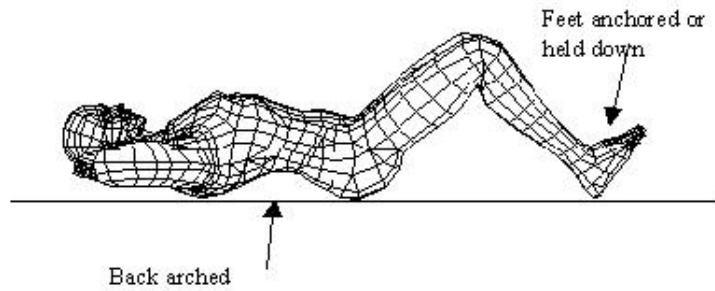
In the beginning of a crunch, just the act of pulling the knees up to flatten the back tilts the pelvis in such a way to further shorten the abdominals.

Figure #3b



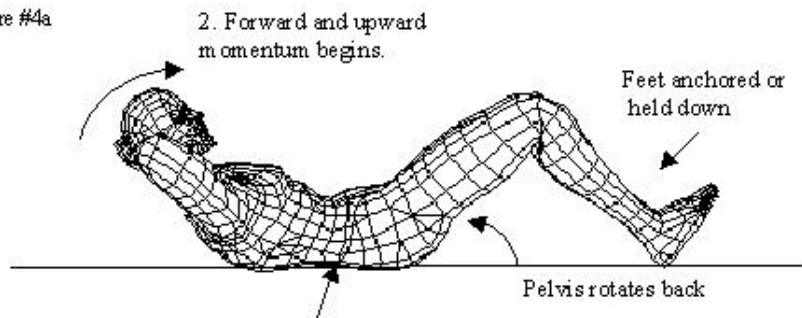
The abdominal muscles cannot work in a full range during a crunch.

Figure #4 **Old Sit-Up starting position**



Now the momentum is immediately picked up by the hip flexors. They begin contraction with the spine already partially flexed. The abdominals are forced into an isometric contraction, never really dynamically contracting under a load. By the time the sit-up reaches the stage the abdominals and

Figure #4a



1. In the old sit-up, just the initial movement of snapping the head up and setting the back flat on the floor, tilts the pelvis back, shortening the abs, while starting the movement with momentum, not muscle contraction.

Figure #4b

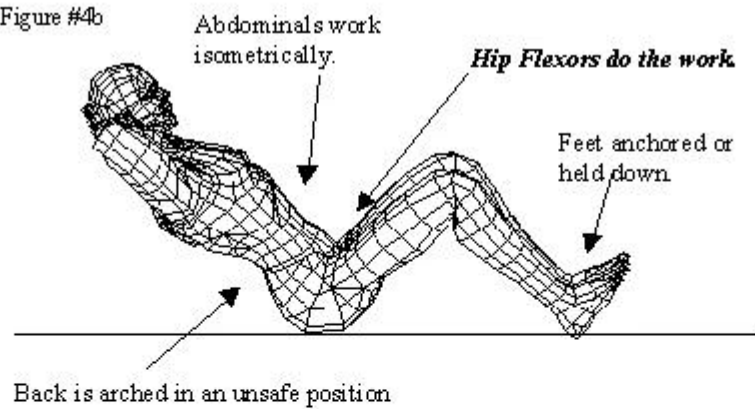


Figure #4c



Figure #5

Practice with your hands between your legs until you learn the form.

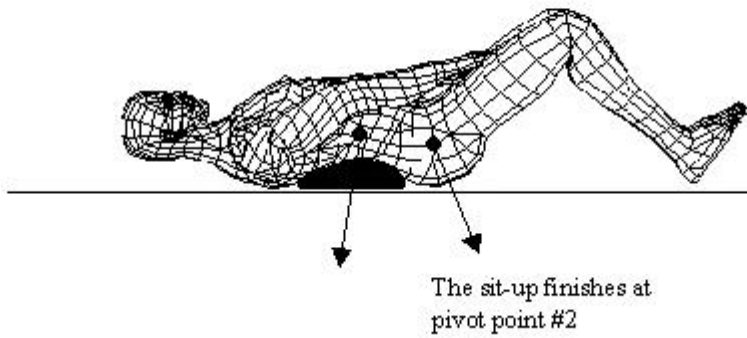


Figure #5a

The external obliques and rectus pull you over the mat, PP1. As the pivot point moves down the spine to PP2 the rectus and lower internal obliques finish the movement.

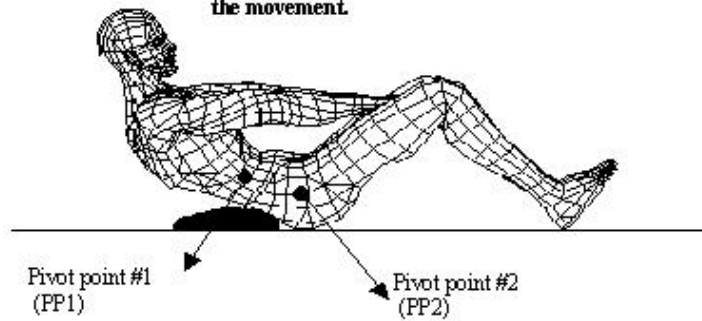
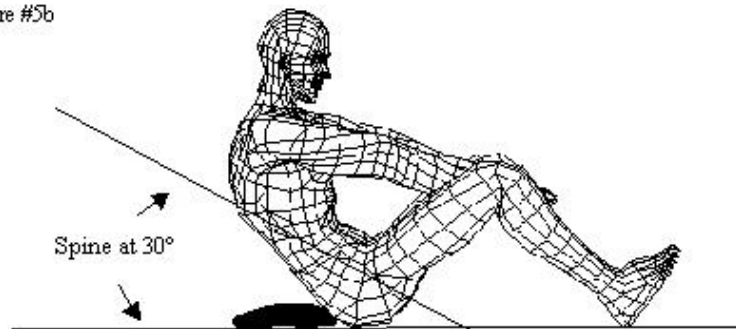
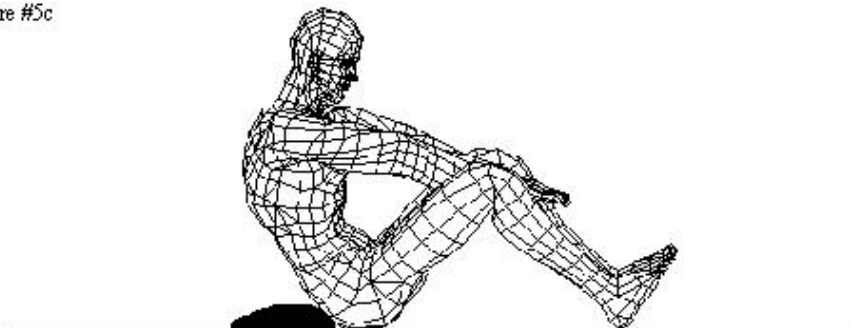


Figure #5b



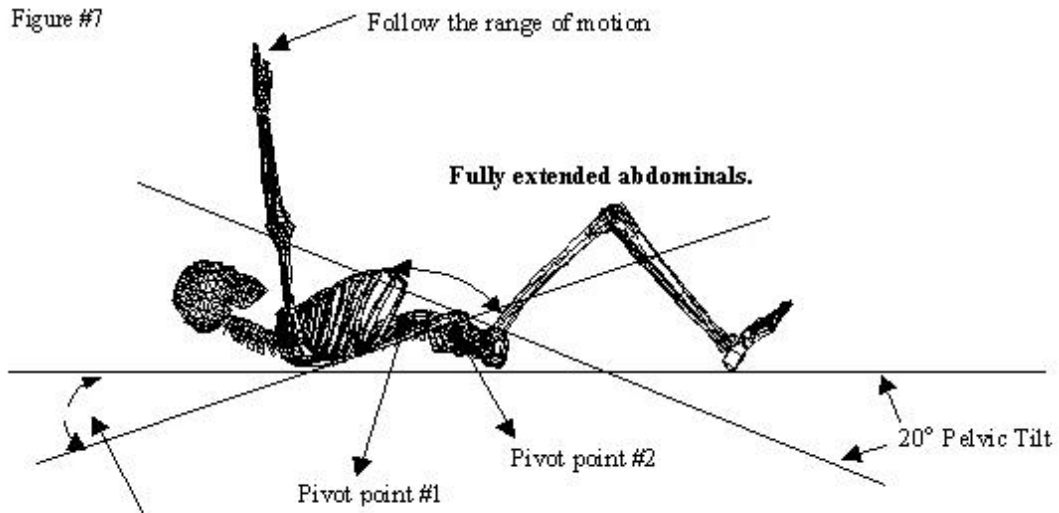
Full Contraction of the abdominals occurs when the spine is at about 30°.

Figure #5c



The Hip Flexors pull the body to the end of the compound movement called the Sit-Up, by tilting the pelvis.

Figure #7



Between 15°-30° Depending on the individuals spinal flexibility.

Figure #7a

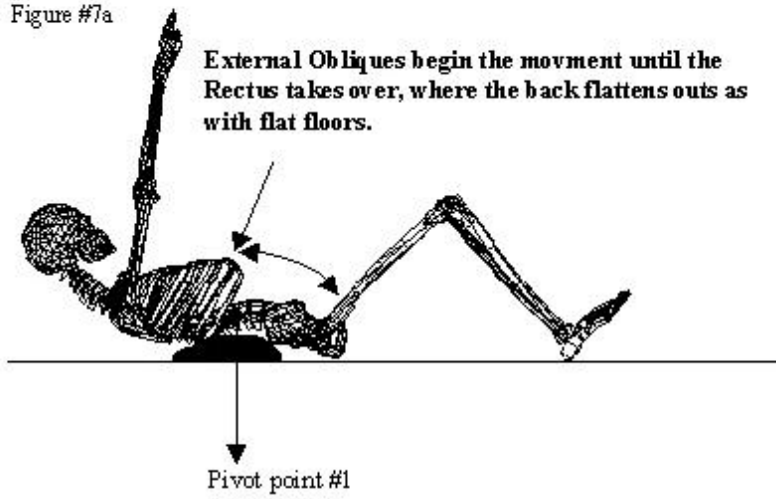


Figure #7b

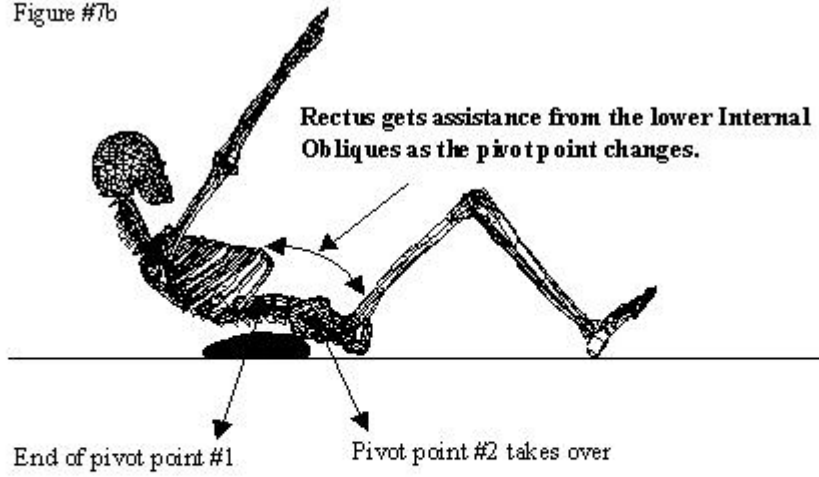


Figure #7c

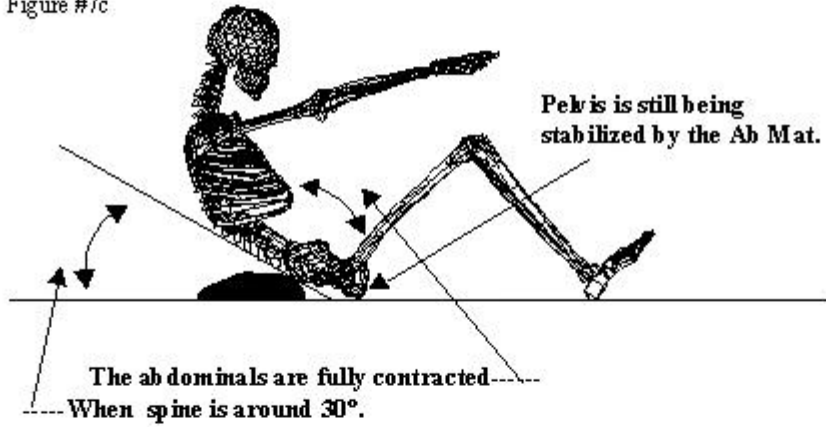
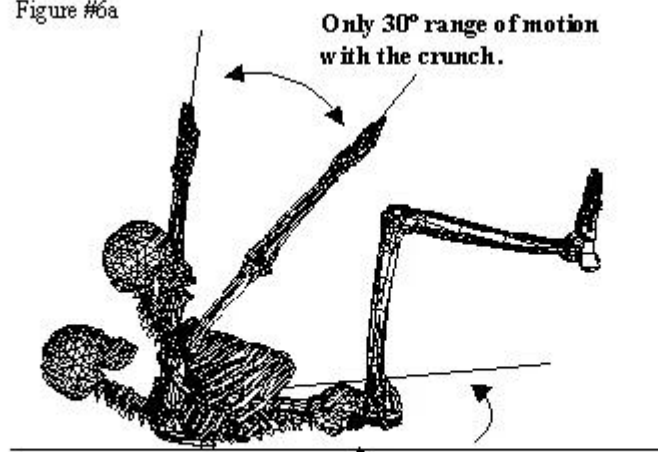


Figure #7d

The Hip Flexors rotate the pelvis about another 10° to finish the compound movement called the *Sit-up*.

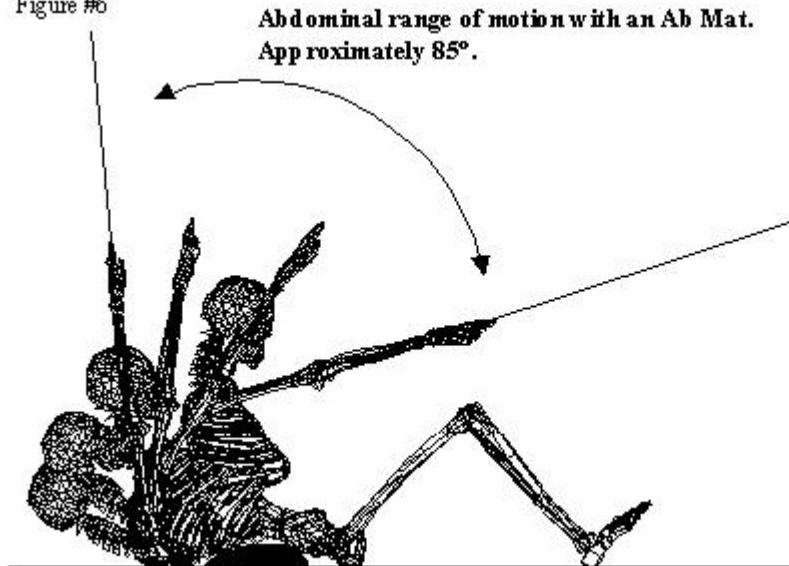


Figure #6a



The pelvis is rotated back, shortening the abdominals even further from the start.

Figure #6



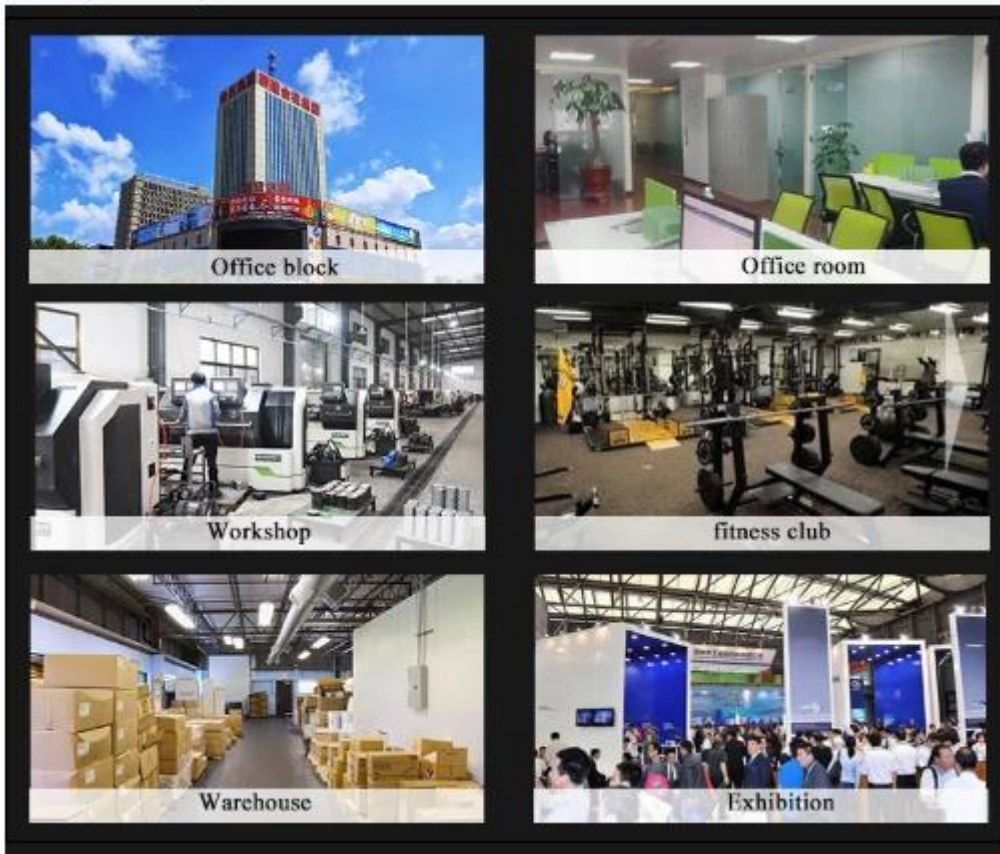
Pelvis in the correct position.

2, Packing details: each in a PPbag or white box



3,Shandong Xingya Sports Fitness Inc. is a factory and trading company.

We mainly produce weightlifting bars, weight plates, dumbbells, kettlebells, fitness balls, storage racks, power racks and other strength accessories . With high quality and competitive price, our products are mainly exported to Europe, America, the Middle East, South Asia and other nations. We always believing in that good service and high quality is a soul of a company. We sincerely hope to establish long-term business relation with you. Could you kindly consider us?



4,Product of line

Dumbbells



Barbells



Kettlebell & free weights



Crossfit Rig & Cross fit products



5,Exhibition:

We attend the Canton Fair in 2016. We met many friends from worldwide. They are very kind and impressed with our products, such as, dumbbells, kettlebells, wall balls. We have made many orders from our clients we met on the canton fair. This is really our honour to make friends with our clients and they satisfied with our quality and service. We always remembering quality first.



6,Contact

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