

**Disclaimer:**

All information provided herein is offered on an "as is" basis. There is no warranty expressed or implied concerning its applicability or fitness for any particular purpose. Consult a trained professional or physician before attempting to utilize this product or any of the activities described in this document; it is not intended to be a substitute for proper professional instruction.



*"I injured my back several years ago. I have gained over 25 lbs and have not been able to do "regular sit ups". They are **painful** and due to my abdominal weakness, I can't do enough to really matter.*

*Since I've been using the PIVOT, I've been able to do more sit ups and crunches with no back pain! My abs have gotten stronger, my pants fit better and I've lost almost 10 lbs in less than a month, thanks to the Pivot.*

*Mary H. - Mission Viejo, Ca*



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*More Motion!*

*More Resistance!*

*More Results!*

*The Pivot™*

*Total Abdominal Developer*



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**NEW!!**

## WHAT IS THE PIVOT?



The **PIVOT** is a unique new product that makes sit-ups/crunches easier and more effective. The **PIVOT** is a simple, safe and effective workout tool. This product is currently being used by Chiropractors, Personal Trainers, Physical and Rehabilitation Therapists, both professional and amateur athletes, as well as, the general public. Neurologists and Orthopedic Surgeons have also recommended that their patients use the **PIVOT** because it protects the low back by stabilizing the spine. **This is not a pillow or back support pad.**

The **PIVOT** is anatomically designed to cradle the low back while allowing complete range of motion. It has a sturdy plastic base (adding the right amount of support) and is covered with a soft foam pad with specific arches and angles to eliminate the use of the hip flexors (cheating). This tool isolates the abdominal muscles and the obliques.

Synapse  Fitness

**Alternate Arm and Leg Back Extension**  
Set Pivot aside and position yourself on your knees.  
Extend right leg and extend left arm straight ahead  
Lift right arm simultaneously with left leg.  
as shown. Alternate sets with right arm, left leg etc.  
Continue to hold each pose for 10-15 seconds.  
Contract abdominals.

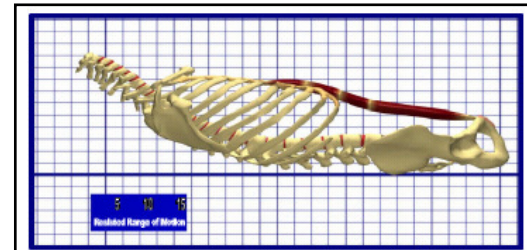
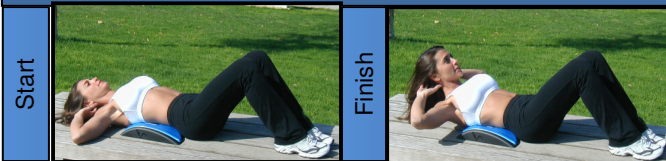
**Beginner** -1 set  
15 to 20 Reps  
**Intermediate**  
2 sets / 15 to 20 Reps  
**Advanced**  
3 sets / 15 to 20 Reps



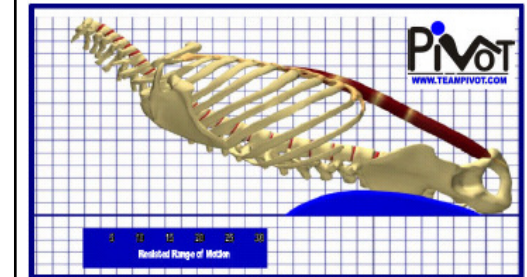
**Abdominal Oblique Crunch**  
Position your Pivot beneath you in the small of your low back.  
Place your hands across your chest or behind your head (advanced).  
Slowly roll into a crunch position and rotate across your body.  
Return to starting position and alternate right side then left side etc.



**Abdominal Crunch**  
Position your Pivot beneath you in the small of your low back  
Place your hands across your chest or behind your head (advanced)  
Slowly roll into a crunch position straight forward as shown  
Keep the head in a neutral / straight position



**Resisted Range of Motion without the Pivot**



**Resisted Range of Motion with the Pivot**

