

# GABRIELE

## FITNESS & PERFORMANCE



## Fitness Equipment from an Infomercial?

There are thousands of pieces of home exercise equipment that are advertised on TV. Most of them are not worth their weight in plastic but there are a few that will always stand the test of time.

I was once an ignorant fitness enthusiast in my early 20's. In search of having a six pack before I stepped on the beaches of San Diego I strapped on the Ab Belt. This was an electronic belt that promised to give me a six pack in just few weeks without doing a single sit-up! Needless to say that six pack never appeared but I am sure I was just not using the belt as prescribed.

With all the junk out there, this one is a gem. The Ab Dolly, although made from the cheapest plastic on the planet serves as a great progression for our Anterior Core Training. If you are about to throw your Ab Dolly away because it's been in your basement still in the box, STOP! Bust it out and perform a few sets because you are storing one of the best pieces of equipment ever put in an infomercial.

STOP Again! and follow the progression in the video below. You have to earn your AB Dolly workout!

[Click here to see the progression we use for Anterior Core Training.](#)

- Swiss Ball Roll Out
- AB Dolly Roll Out
- Wheel Roll Out

### **Gabriele Fitness and Performance**

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