

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Crunch

By Rick Mitchell

Exercise The Right Way – The Crunch by Rick Mitchell

In this article we'll take a close look at the crunch.

MUSCLES TARGETED: rectus abdominis

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

The Swiss Ball Makes Exercise Fun and Effective!

By Dan Farrell

The Swiss Ball Makes Exercise Fun and Effective! Copyright 2005 MHG Consulting

I urge you to try including the Swiss ball into your exercise routine. You will see and feel a difference!

For more tips, articles and resources on effective weight loss exercises, go to:

<http://www.weight-loss-exercises.info>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!