

Face Off 2010
Week #3
January 25 – January 31

Name: _____ Team # _____

Abdominal Muscles/ Pilates

Workout of the week: Pilates and/or Ab Work

Researcher Michele Olson presented the results of a study that measured abdominal muscle activity during five Pilates mat exercises. Participants performed the Pilates exercises and also performed basic crunch exercise for comparison. Her results showed that the abdominal muscles were activated during all five Pilates exercises. However, the Teaser exercise and Roll-Up (both Pilates moves) challenged rectus abdominal muscle more than the basic crunch. The external obliques were activated more during all of the Pilates exercises when compared with the basic crunch.

Take a Pilates Class on the following days and earn an extra (500 points)

Tuesday, January 26, 5:30pm – 6:15pm w/ Melissa

Friday, January 29, 9am – 9:45am w/ Dorothy

Saturday January 30, 8:30am – 9:15am w/ Melissa

Or Extreme Physique Challenge on Monday, January 25, 9:45am -10:15am Arms and Abs/ OR

Tues. January 28, 4:15pm – 4:45pm Guts and Butts

Learn Something New: Read the Article: Top 10 Foods for Flat Abs. 200 points

Take the “Abs Quiz” on the back of this log sheet. Points depend on your score.

Laughter is GREAT Exercise, stimulating both abdominal and facial muscles. For 300 points write your best CLEAN joke down on a piece of paper and post it on your board. The team that has the best joke will receive an additional 500 points. (Sports Complex staff and significant others are the panel of judges)

Other Ab Exercises. Try one out of the three. 200 points

PLEASE COMPLETE THE LOG SHEET BELOW AND THE BACK FOR POINTS:

Monday, January 25:

Total Points:

Tuesday, January 26:

Total Points:

Wednesday, January 27:

Total Points:

Thursday, January 28:

Total Points:

Friday, January 29:

Total Points:

Saturday, January 30:

Total Points:

Sunday, January 31:

Total Points:

_____ **500 points.** Please check here if you took a Pilates Class. What did you think? _____

_____ **200 points.** Please check here if you read the Article of the Week.

_____ **300 points.** Please check here if you posted a CLEAN joke on your board

_____ **200 points.** Please check here if you tried one of the three ab exercises

_____ **300 points.** Design The Face Off T-Shirt. Draw a T-shirt and Write A Slogan on it. USE THE SPACE BELOW. We will just be ordering one “color” t-shirt, probably white. But we will vote on it...What color T-shirt would you like? _____

Name: _____ Team # _____

Abdominal Quiz
Each Question is worth 25 points

1. **True or False** I can lose belly fat by doing lots of abdominal crunches and ab work.
 2. **How often should I do abdominal exercises?**
 - a. No research to date has found any benefit from doing abdominal exercises more than 3-5 times per week; so 3-5 times per week.
 - b. In order to see results, I must work my abdominals every day with some form of resistance, such as a dumbbell or weighted ball.
 - c. Everyday. There is no harm in working my abdominals every day.
 3. **True or False** The order in which I perform my abdominal workout or routine is important and will effect my results.
 4. **I can add resistance, such as weights, or a weighted ball, to my abdominal workouts when:**
 - a. I am able to perform the exercises correctly with proper form.
 - b. All the time. This is the only way my abdominals will get stronger.
 - c. Every other day. I should let my abdominals heal. Especially if they are sore, after doing an ab workout that involves resistance.
 - d. Both a and c
 5. **True or False** Standing side bend exercises help my abdominals, specifically my internal obliques and external obliques, and are the number one exercise to perform to rid my love handles.
 6. **True or False** In order to rid my belly fat, it is suggested that I perform short, hard cardio workouts to increase metabolism instead of performing a cardio workout that keeps my heart rate constant for over 40 minutes.
 7. **If your goal is to thin your waist line and have a nice flat stomach, the first thing you need to do is decrease/ eliminate the layers of fat that are on top of your abs. The most effective way of flattening your stomach is a combination of (pick the best answer):**
 - a. Strength training (with extra focus on mid-section), cardiovascular exercise (short and hard workouts), a healthy eating plan (one that stabilizes your blood sugar and limits the fat from your diet)
 - b. Strength training (focus on full body), cardiovascular exercise (4- 5 days a week), a healthy eating plan (limit ALL fat from my diet)
 - c. Ab workouts that are over 30 minutes long, 5-6 times a week, and just watch what I eat.
 8. **This fruit has about 5 grams of fiber, but also has nearly 85% water, which helps you feel full. This fruit also contains quercetin, a compound shown to help fight certain cancers, reduce cholesterol damage and promote healthy lungs:**
 - a. Pears
 - b. Berries
 - c. Apples
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