

A Message From Jack LaLanne

I originally released this exercise series on 33 1/3 rpm records in the 1960s. This CD has been completely re-mastered and is jam-packed with exercises for the entire body. I'll be talking you through an entire body experience accompanied by my usual organist keeping time to the exercises. This workout was designed to exert virtually every part of the body from head to toe. The first series is designed to work the upper body followed by a series for your midsection, and ending with your thighs and legs. Of course, I'll be there every step of the way, encouraging you to move forward. Remember to work at your own pace, and above all, consult with your physician before beginning this or any exercise program.

Jack LaLanne

CD CONTENTS

- Track 1.) Help for Your Face and Neck,
- Track 2.) Help for Your Chestline,
- Track 3.) Help for Your Waist,
- Track 4.) Help for Your Hips,
- Track 5.) Help for Your Thighs,
- Track 6.) Help for Your Legs

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Jack LaLanne's
Full Body Audio
An Audio Exercise Experience on CD



Exercise Guide

BEFORE YOU START YOUR EXERCISE PROGRAM... DO THIS!

1. REMEMBER TO WORK AT YOUR OWN PACE AND ABOVE ALL CONSULT WITH YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE PROGRAM.
2. SET YOUR GOALS
3. EXERCISE REGULARLY (at least every other day)
4. BREATH DEEPLY AND SLOWLY
5. KEEP YOUR BALANCE (use an extra chair for support if needed)
6. TAKE CARE! (make haste slowly)

YOU SHOULD HAVE...

1. A REGULAR CHAIR of sturdy construction.
2. LOOSE FITTING CLOTHES for exercising comfort.
3. A PAD OR SMALL RUG for floor exercises.
4. A DETERMINATION TO ACCOMPLISH YOUR GOALS.



Track 1. "HELP FOR YOUR FACE AND NECK"

- A.) NECK FIRMER – HEAD LIFT (lie across chair face up)
- B.) Repeat NECK FIRMER
- C.) CHIN on CHEST (lie across chair face up)
- D.) Repeat CHIN on CHEST
- E.) HEAD UP and DOWN (lie facedown across chair)
- F.) Repeat HEAD UP and DOWN
- G.) HEAD SWINGS
- H.) FACE FIRMER-CHEEKS IN AND OUT
- I.) Repeat CHEEKS IN AND OUT
- J.) TENSE MUSCLES AROUND EYES AND MOUTH
- K.) PURSE LIPS TIGHT-RELAX
- L.) OPEN MOUTH WIDE-CURL LIPS IN
- M.) CHIN LINE FIRMER
- N.) FACE CONTORTIONS
- O.) NECK CONTRACTIONS
- P.) FACE PATS (bend forward)

Track 2. "HELP FOR YOUR CHESTLINE"

- A.) SIMPLE PUSH-UPS (on hands and knees)
- B.) ELBOWS WIDE PUSH-UPS (same position)
- C.) REGULAR PUSH-UPS (on hands and feet)
- D.) ARM CIRCLES (on floor on back)
- E.) Repeat ARM CIRCLES (faster)
- F.) ARM CROSS-OVERS (book in each hand)
- G.) Repeat CROSS-OVERS
- H.) STRETCH AND LIFTS OVER-HEAD
- I.) ARM PUSH & PULL (sitting in chair)
- J.) PALMS & ELBOWS "ISO-PUSH"
- K.) ELBOW TOUCH TO BACK
- L.) Repeat "ISO-PUSH"
- M.) Repeat ELBOW TOUCH to BACK
- N.) DYNAMIC STRETCH
- O.) WALK THROUGH DOOR – Straighten chest

Track 3. "HELP FOR YOUR WAIST"

- A.) WARM UP MARCH
- B.) KNEE LIFTS TO CHEST
- C.) Repeat KNEES TO CHEST
- D.) STRAIGHT LEG LIFTS (point toe)
- E.) Repeat LEG LIFTS
- F.) SIDE TO SIDE BENDS
- G.) Repeat SIDE BENDS
- H.) ALT. KNEE LIFTS TO CHEST (sit in chair)
- I.) Repeat ALT. KNEE LIFTS TO CHEST
- J.) DOUBLE KNEE LIFTS TO CHEST
- K.) Repeat DOUBLE KNEE LIFTS TO CHEST
- L.) SIT-UPS (lie on floor)
- M.) LEG CURLS TO CHEST (lie on floor)
- N.) Repeat LEG CURLS TO CHEST
- O.) LEG CROSSOVERS (on floor, legs up)

Track 4. "HELP FOR YOUR HIPs"

- A.) LEG EXTENSIONS TO BACK (use chair; alternate)
- B.) Repeat LEG EXTENSIONS (faster)
- C.) LEG LIFTS TO BACK (use chair; alternate)
- D.) LEG SIDE EXTENSIONS (back of chair; alternate)
- E.) Repeat SIDE EXTENSIONS (faster)
- F.) LEG LIFTS (lie face down on chair; alternate)
- G.) Repeat LEG LIFTS (faster)
- H.) DOUBLE LEG LIFTS (still face down)
- I.) Repeat DOUBLE LEG LIFTS
- J.) SIDE LEG LIFTS (right side on floor)
- K.) SIDE LEG LIFTS (left side on floor)
- L.) LEG EXTENSIONS (on hands and knees; alternate)
- M.) Repeat LEG EXTENSIONS
- N.) Stand-up TUCK HIPs UNDER (hold/relax)

Track 5. "HELP FOR YOUR THIGHs"

- A.) WARM-UP...RUN IN PLACE
- B.) LEG EXTENSIONS TO BACK (sit in chair)
- C.) Repeat LEG EXTENSIONS (faster)
- D.) HALF SQUATS (stand & point toes)
- E.) HALF SQUATS (toes straight)
- F.) HALF SQUATS (toes pointed in)
- G.) ALTERNATE LEG SPLITS (lunge forward)
- H.) Repeat LEG SPLITS (faster)
- I.) RIGHT LEG "LIFT EXTENSIONS"
- J.) LEFT LEG "LIFT EXTENSIONS"
- K.) TOUCH HEELS TO BUTTOCKS (lie face down)
- L.) RESIST LEG AGAINST OTHER (same position)
- M.) REVERSE LEG POSITION-PRESS (repeat "L")
- N.) ONE LEG STAND (alternate legs-sit in chair)
- O.) RUN FOR YOUR LIFE... JOGGING

Track 6. "HELP FOR YOUR LEGS AND FEET"

- A.) ANKLES & ARCHES LIFT (hold on chair, toes wide, stand on book edge)
- B.) Repeat "A" (with feet parallel to one another)
- C.) Repeat "A" (with toes pointed in)
- D.) LEG SHAKES
- E.) TURN ANKLES IN AND OUT
- F.) Repeat ANKLES IN AND OUT (faster)
- G.) RIGHT LEG-LIFT FOOT CIRCLES (sit in chair)
- H.) LEFT LEG-LIFT FOOT CIRCLES
- I.) Repeat RIGHT LEG-LIFT FOOT CIRCLES
- J.) TOES STRETCH IN and OUT
- K.) Repeat TOES STRETCH (faster)
- L.) LIFT UP ON HEELS and TOES (hold on to chair)
- M.) WALK ON HEELS AND TOES
- N.) WALK ON SIDES OF FEET
- O.) POGO JUMPS BOUNCE
- P.) ONE LEG POGO JUMPS (alternate legs)