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Lifeline USA Power Wheel

By Mike Mahler

Tired of having weak and flabby abs? Super Charge Your Ab Workouts Today With The Ultimate Abdominal Wheel!

Ab wheel roll-outs are one of the best exercises you can do for your midsection. In case you are not familiar with it, an ab roll-out is an exercise in which you hold onto an ab wheel and roll all the way out across the floor from your knees or for more advanced trainees, from your feet. Once you experience the soreness the day after working with an ab wheel, you will be hooked. In addition to the midsection, you will feel this exercise in the chest and triceps as well.

As effective as ab wheel roll-outs are, that is just the beginning of the benefits that you will derive from Lifeline USA's Power Wheel. The Power Wheel is the ultimate ab wheel and is superior to the cheap ab wheels that you can get at Wal-Mart that break down after a week. Reminds me of some shorts I purchased from Wal-Mart a few years back. I wore them three times, and they literally tore in half during one of my squat workouts. Fortunately, I was training at home. Anyway, let's get back to why the Power Wheel rocks.

The Power wheel has two pedals that you can strap your feet in to for some killer exercises. Try taking the power wheel to a track field, strap your feet into the pedals, and walk on your hands for 50-100 yards. Sure, people are going to look at you like you are crazy and someone may even call the men in white suits to pick you up. However, once your arms get pumped like crazy and you feel your midsection is burning tremendously, the last laugh will be yours as you watch the fat people power walk for half a lap and then check the scale to see how much weight they have lost.

Of course, you do not have to go to track field to use the Power Wheel. Try doing some pushups with your feet in the pedals for a tremendous stabilizer workout for your chest and abs. If that is not enough, try doing one-arm pushups with your feet strapped into the power wheel. You will be amazed by how much harder it is than regular one-arm pushups. If you have always wanted to do handstand pushups, but are not quite there yet, you can use the Power Wheel to work up to them. Just get into the pike position with the Power Wheel and try doing some pushups from there. Great exercise for the shoulders and triceps and of course once again the midsection.

In addition to the upper body, The Power Wheel can also be used to work your hamstrings. Strap your feet in and lie on your back. Now use your hamstrings to pull the Power Wheel towards your glutes for some killer hamstring work. It is similar to a leg curl, except this exercise works your stabilizer muscles as well and is actually beneficial. Moreover, it can be done at home without expensive equipment.

Frequently Asked Questions

Q: Is the Power Wheel appropriate for beginners or just for advanced athletes?

A: Both. Beginners can pick the easier exercises such as ab roll-outs from the knees or from the feet using a wall to decrease the range of motion. As you improve, just step back a few inches until you can do a full ab roll out from your feet. Beginners can also work on Power Wheel pushups and Power Wheel Walks.

Q: What exercises can you do after you have mastered the basics?

A: Try doing Power Wheel hand walks for time. Measure how fast you can do a 50 yard dash and then work on beating that time. For some serious upper body endurance, work on doing a full lap with the Power Wheel. Try doing some one arm pushups with the power wheel for a brutal chest and upper body workout.

Q: I read on a message board somewhere that you stated that you do not like the Power Wheel for ab roll outs because the pedals are uncomfortable. What gives?

A: The new Power Wheel has handles so it is just as comfortable as standard ab wheels for ab roll outs. I stated that comment in regards to the older models that did not have the handle.

Q: I can get an ab wheel at Wal-Mart for less than \$10.00. Why should I blow money on the Power Wheel?

A: Hey, if you want a piece of junk product that will break down in three weeks, go ahead and get the ab wheel at Wal-Mart. Have fun replacing it every month. Make sure to get some shorts there as well so that your friends and family have a laugh when they rip in half. If you want a high quality product that will not break down and offers a variety of effective exercises, get the Power Wheel.

Q: Does the Power Wheel come with some exercise recommendations?

A: Yes, top strength coach Jon Hinds has put together a user guide and DVD that comes with the Power Wheel at no additional charge.

Q: How do you recommend I incorporate the Power Wheel into my regimen?

A: Try replacing some ab exercise with the Power Wheel. A few sets after your workout will suffice. For upper body muscular endurance, try high rep Power Wheel Pushups, and Power Wheel hand walks.

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