

GET IN SHAPE FORUM

HOW IT WORKS:

Have a question about an Exercise? Need help with Proper Technique? Just looking for general pointers?

Post a question to the forum

Think someone else may have had your same question already?

Search previous posts in our forum

How posts are organized?

1) You post! 2) People answer! 3) Answers are voted and down voted!

Users can also upvote relevant or "good" questions that will be useful to other users:

Here are some trending questions

Question 1

Question 2

Question 3

Get in Shape!

Search



Post question here.

You

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have back pain when I sit or lay down?

Try using your hands to release pressure from your back.

tags #tags #value

121 532



Tags # # #

3 84

Top Rated



Tags # #

3,000,000 2



Tags # # # #

3 8,000,000 10

Based on Your Interest in Abs

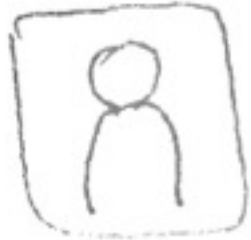


Tags # # # #

Get in Shape! Forum

How it works.

Have a question about an exercise? Need help with proper technique? Just looking for general pointers?



Title

Post question to the forum here.

Add tags to make searching for questions easier.

Think someone may have had your same question already?

Search previous posts in forum.

How Posts Are Organized.

1) You Post! 2) Users respond! 3) Answers are filtered and downvoted!

Top Rated



Wavy lines representing text

tags

1,578 21

86 responses

Based On Your Interest in Abs



Wavy lines representing text

tags

728 47

23 responses

You

Calendar

Favorites

Your Posts

Notifications (2)

Friends

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