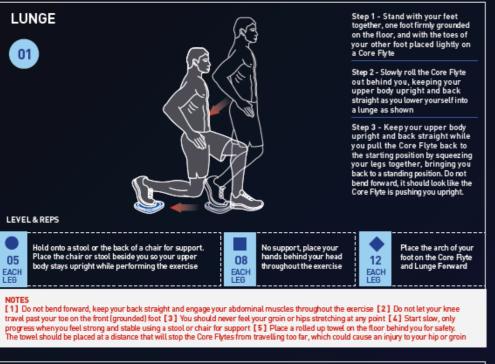


Start with the warmup

- * Perform these exercise circuits in the given order. Complete exercises 1-2-3 three times. Then complete exercises 4-5-6 three times
- **Rest for 1 minute after completing each circuit of 3 exercises

Stretch down





bent at 45° while holdin onto the back of a chair

until thiahs the floor, no chair!

this exercise [6] Lower your butt toward your heels, and do not lean forward too far

are parallel to

Hold for 3 seconds at the bottom of the Squat

[1] For beginners performing a Squatwhile using the Core Flyte, do not lower yourself past a 45° bend at the knees, only progress when you feel strong and stable [2] Do not archyour back forward. Keep your head upright and back straight throughout the exercise [3] Keep your

bodyweight centered between both legs throughout the exercise. Do not lean to one side! [4] Do not allow your knees to travel pastyour toes

[5] Don't lower yourself past where your thighs are parallel to the floor. You shouldn't feel any stress in your knees at any point throughout

Step 1 - Stand with one foot grounded, and the arch of the other foot on the Core Flyte. With your feet close together your toes should be pointing outwards slightly

Step 2 - Lower yourself into a Squat by rolling the Core Flyte to the side until your feet are shoulder width apart. As you lower your hips and bend at the knees make sure your knees don't travel past your toes. Engage your abdominal muscles and raise your straight arms to eye level in front of you to keep your back straight and counterbalance your weight

Step 3 - Lower yourself no more than until your thighs are parallel to the floor. Maintain alignment of both legs throughout the exercise, and do not allow your foot to roll past shoulder width apart or your foot to turn outward too far

Step 4 - Raise yourself back to the starting position by pressing your feet into the ground and Core Flyte, while at the same time squeezing your thighs together. Be sure to keep your bodyweight centered between both legs while raising yourself back to the starting position



Step 1 - Place one foot on the floor facing slightly outwards no more than 45°. Lightly place the toes of your other foot on the

Step 2 - Bend at the knee on your supporting leg while leaning forward to touch your toes with both hands. Make sure your knee doesn't travel past your toes on the supporting leg. At the same time allow the Core Fixte to roll sideways while keeping that leg straight

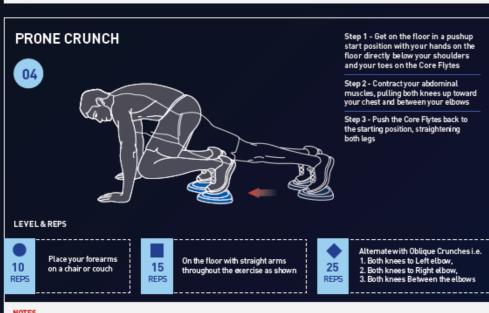
Step 3 - Return to a starting position by squeezing your thighs together, bringing the Core Flyte back to your supporting foot and standingyou upright

Hold onto a stool or back of a chair, keeping your upper body upright and back straight

Bend forward and touch the floored foot with both hands

Combine/alternate each repetition with a Lunge

[1] You shouldn't feel your hamstring or groin stretching at any point throughout this exercise [2] Do not allow your knee on the far, which could cause an injury to your hip or groin

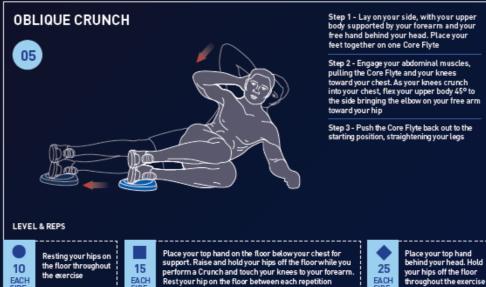


[1] Do not bend forward, keep your back straight and engage your abdominal muscles throughout the exercise [2] Do not let your knee

travel past your toe on the front (grounded) foot [3] You should never feel your groin or hips stretching at any point [4] Start slow, only

rogress when you feel strong and stable using a stool or chair for support [5] Place a rolled up towel on the floor behind you for safety.

he towel should be placed at a distance that will stop the Core Flytes from travelling too far, which could cause an injury to your hip or groin



supporting leg to travel past your toes [3] Keep your head upright and back straight throughout the exercise [4] Place a rolled up towel on the floor beside you for safety. The towel should be placed at a distance that will stop the Core Flyte from travelling too



Step 1 - Lie on your back with your knees bent and feet flat on the Core Flytes. Place your palms flat on the floor to help stabilize yourself. Engage your abdominal muscles and leave your head resting on the floor throughout the exercise

Step 2 - Lift your hips up off the floor by contracting your abdominals and pressing the arches of your feet into the Core Flytes, floor. Raise your hips until you have a straight line from your knees to your chest, do not extend too far and arch your back

Step 3 - Slowty lower yourself back down to the starting position

LEVEL & REPS

REPS

Use 1 Core Flyte underneath 1 foot. with the other foot firmly grounded on the floor

Place both feet on Core Flytes, maintain 90° bend atyour knees throughout the exercise

Place both feet on Core Flytes, press heels toward your butt while holding your hips in the raised position. You shouldn't feel stress in your knees, ankles or lower back at any point throughout this exercise

Start with both feet together and alternate rolling out the Core Flytes to extend one leg while holding your hips in the raised position

[1] Beginner & Intermediate maintain 90° bend at your knees throughout the exercise [2] Do not extend your hips too high and arch your back, this could cause injury to your back [3] Start slow and low, only progress when you feel strong and stable. When first using the Core Flyte raise your hips only a few inches off the ground [4] Position your feet hip width apart, maintain this position throughout the exercise [5] You shouldn't feel stress in your knees, ankles or lower back at any point throughout this exercise

[1] Keep looking at your knees with your chin close to your chest throughout the exercise, do not allow your head to tilt or twist [2] Do not allow your back to arch forward, this could cause injury to your back.