

WORKOUT

C

TOTAL BODY CIRCUIT

01

Start with the warmup

02

* Perform these exercise circuits in the given order.

** Rest for 1 minute after completing each circuit of 6 exercises

03

Stretch down

SQUAT

01



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

LEVEL & REPS

05 EACH LEG

Squat with legs bent at 45° while holding onto the back of a chair

08 EACH LEG

Bend legs until thighs are parallel to the floor, no chair!

12 EACH LEG

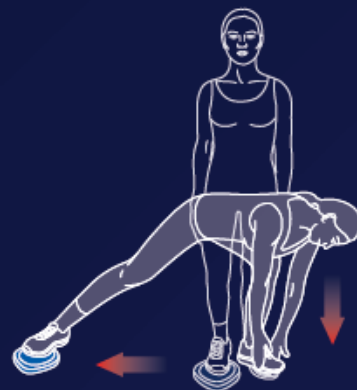
Hold for 3 seconds at the bottom of the Squat

NOTES

[1] For beginners performing a Squat while 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 arch your 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 past your 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 this exercise [6] Lower your butt toward your heels, and do not lean forward too far

SIDE LUNGE

02



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 Core Flyte

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 Flyte 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 standing you upright

LEVEL & REPS

05 EACH LEG

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

08 EACH LEG

Bend forward and touch the floored foot with both hands

12 EACH LEG

Combine/alternate each repetition with a Lunge

NOTES

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

PRONE CRUNCH

03



Step 1 - Get on the floor in a pushup start position with your hands on the floor directly below your shoulders and your toes on the Core Flytes

Step 2 - Contract your abdominal muscles, pulling both knees up toward your chest and between your elbows

Step 3 - Push the Core Flytes back to the starting position, straightening both legs

LEVEL & REPS

10 REPS

Place your forearms on a chair or couch

15 REPS

On the floor with straight arms throughout the exercise as shown

25 REPS

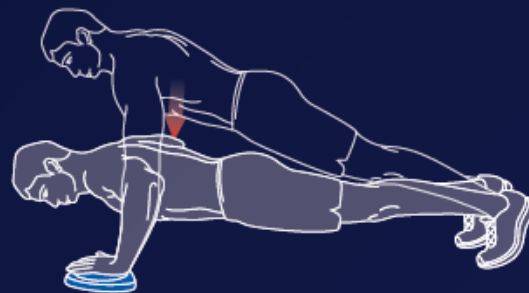
Alternate with Oblique Crunches i.e.
1. Both knees to Left elbow,
2. Both knees to Right elbow,
3. Both knees Between the elbows

NOTES

[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 progress 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. The 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

PUSH-UP

04



Step 1 - Place your hands on the Core Flytes directly under your shoulders, with your toes on the ground as shown. Engage your abdominals, butt, and thigh muscles to help maintain stability and a rigid body. Look at the floor so that your head stays aligned with your spine

Step 2 - Slowly bend your arms at the elbows and lower yourself toward the floor. Lower yourself until your upper arms are parallel to the floor

Step 3 - Press upward by pushing the Core Flytes into the floor, return to the starting position with your arms straight

LEVEL & REPS

10 REPS

On your knees with 1 hand on the floor, using only 1 Core Flyte

15 REPS

On your knees with 2 Core Flytes

25 REPS

On your toes, with 2 Core Flytes as shown

NOTES

[1] Do not allow your low back or ribcage to sag or your hips to hike upward. [2] Keep your elbows close to your sides to engage the triceps and reduce stresses in the shoulder joints [3] When first using the Core Flyte lower yourself only a few inches. Start slow, only progress when you feel strong and stable [4] Keep looking at the floor throughout the exercise, so that your head stays aligned with your spine

OBLIQUE CRUNCH

05



Step 1 - Lay on your side, with your upper body supported by your forearm and your free hand behind your head. Place your feet together on one Core Flyte

Step 2 - Engage your abdominal muscles, pulling the Core Flyte and your knees toward your chest. As your knees crunch into your chest, flex your upper body 45° to the side bringing the elbow on your free arm toward your hip

Step 3 - Push the Core Flyte back out to the starting position, straightening your legs

LEVEL & REPS

10 EACH SIDE

Resting your hips on the floor throughout the exercise

15 EACH SIDE

Place your top hand on the floor below your chest for support. Raise and hold your hips off the floor while you perform a Crunch and touch your knees to your forearm. Rest your hip on the floor between each repetition

25 EACH SIDE

Place your top hand behind your head. Hold your hips off the floor throughout the exercise

NOTES

[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

CORE ROLLOUT

06



Step 1 - Place your knees on the floor or mat and your hands on the Core Flytes. Keep your arms straight, engage your abdominal muscles, and bring your hips down toward the floor so you only have a slight bend at the waist. This is the starting position

Step 2 - Keeping your arms straight, allow the Core Flytes to slowly roll out in front of you. Only go as far as you comfortably can without feeling strain on your shoulders, and so you're able to return to the starting position without bending at the waist

Step 3 - Contract your abdominal muscles and push your hands toward your thighs to return to the starting position while keeping your body rigid

LEVEL & REPS

10 REPS

12 REPS

15 REPS

NOTES

[1] Do not bend at the waist to help you return to the starting position. Keep your body rigid throughout the exercise, and make sure to keep only a slight bend at your waist [2] Place a rolled up towel on the floor in front of you for safety. The towel should be placed at a distance that will stop the Core Flytes from travelling too far, which could cause shoulder injury [3] Do not allow your back to arch forward and your hips to sag, this could cause injury to your back [4] Start slow and only move the Core Flytes back and forth a few inches to begin with. Roll out further in front as you get stronger and more confident with the exercise