

WORKOUT

B

CHEST, BACK, SHOULDERS & CORE

01

Start with the warmup

02

\* 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

03

Stretch down

PRONE CRUNCH

01



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

PLANK PIKE

04



Step 1 - Place your forearms, or hands for intermediate and advanced, on the floor and your toes on the Core Flytes. Look at the floor so that your head stays aligned with your spine. Engage your abdominal, butt, and thigh muscles to help maintain stability and a rigid body

Step 2 - Keeping your legs rigid, slowly pull the Core Flytes in toward your chest and raise your hips toward the ceiling until you are bent 90° at the hips like an inverted V (a Pike)

Step 3 - Slowly lower your hips and push the Core Flytes back to the starting position

LEVEL & REPS

- 10 REPS Perform the exercise on your forearms and raise hips only 6 inches
- 12 REPS As shown with straight arms and your hands on the floor, try for 90° inverted V
- ◆ 15 REPS Place both feet, stacked one on top of the other on 1 core flyte, try for 90° inverted V

**NOTES**  
 [1] Keep your head and neck aligned with your spine throughout the exercise [2] Do not allow your back to arch forward and your hips to sag, this could cause injury to your back

UPWARD DOG TO DOWNWARD DOG

02



Step 1 - Place your hands on the Core Flytes directly below your shoulders, and your toes on the floor (pushup start position). Engage your abdominal muscles and look at the floor so that your head stays aligned with your spine. Engage your butt, hips and thigh muscles to help maintain stability and a rigid body

Step 2 - Downward Dog - Raise your hips toward the ceiling by contracting your abdominals and slowly walking your feet in toward your chest while keeping your arms straight and legs rigid. Keep raising your hips until you are bent 90° at the hips making an inverted V with your body. Be sure to keep your head aligned with your spine. Hold for 1 breath

Step 3 - Upward Dog - Slowly walk your feet backwards and lower your hips toward the floor. Point your toes behind you, but do not let your hips rest on the floor. Face straight ahead, straightening your arms and lift your chest. Hold for 1 breath

LEVEL & REPS

- 05 UP 05 DOWN 1 hand on 1 Core Flyte, the other hand on the floor. Legs slightly bent
- 08 UP 08 DOWN Hands on 2 Core Flytes
- ◆ 12 UP 12 DOWN Roll the Core Flytes, instead of moving your feet, to transition between upward and downward dog

CORE ROLLOUT

05



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 BEGINNER
  - 12 REPS INTERMEDIATE
  - ◆ 15 REPS ADVANCED

**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

SEATED LATERAL RAISE

03



Step 1 - Sit upright on the floor or mat with your legs slightly bent out in front of you. Place one hand on a Core Flyte beside you, and place the other hand on your knees or stomach

Step 2 - Roll the Core Flyte out to the side while allowing your body and legs to lean to that side. Only raise your arm to shoulder height as shown

Step 3 - Keeping your arm straight, press your hand toward your hip to return to the starting position and bring yourself upright

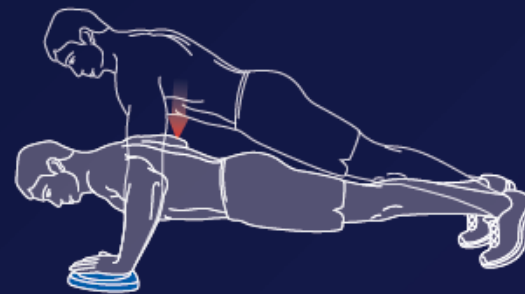
LEVEL & REPS

- 10 EACH SIDE Keep your legs straight and slightly apart for extra support throughout the exercise
- 15 EACH SIDE As shown
- ◆ 20 EACH SIDE As shown

**NOTES**  
 [1] Keep your arm straight throughout the exercise [2] Do not raise your arm above shoulder height, this could cause shoulder injury [3] Make sure you keep your head aligned with your spine, do not tilt or twist your head at any point throughout the exercise

PUSH-UP

06



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