



## CORE BALANCE DISC EXERCISE GUIDE

All of these exercises are intended to improve core stabilization, balance, and overall strength. To perform correctly and safely, make sure to always tighten your core (imagine drawing your belly button toward your spine) throughout the exercise.

### CORE ROTATION

**Level 1:** Kneel down on the balance disc with body straight (forming a 90 degree angle at the knees), toes lightly touching the floor. Keeping your body tall and chest lifted, with core and glutes tight, cross your arms in front of your chest. Rotate your torso and head slowly to the left as far as you can while maintaining a straight back. Return to the start position, then rotate to your right side. Repeat 10-15 times on each side.

**Level 2:** Hold a dumbbell or medicine ball straight out in front of you, and keep arms straight as you rotate and/or lift your toes up off the floor.



### STANDING LEG RAISES

Stand on the balance disc with both feet, body straight and tall and core tight.

**Lateral:** Once balanced, slowly lift one leg out to the side to approximately 45 degrees, keeping knee straight and toes facing forward. Extend arms or place on your hips to help maintain balance. Pause for 2 seconds, then lower leg until toe just barely touches the ground. Repeat 8-10 times, then switch to the other leg.

**Sagittal:** Once balanced, slowly lift one leg behind you to approximately 45 degrees, keeping knee straight and toes facing the floor. Keep upper body as upright as possible, hands extended to the side or on your hips for balance. Pause for 2 seconds, then return to start. Repeat 8-10 times, then switch to the other leg

## T POSE

Step onto the balance disc with the other leg slightly bent in front of you so it's off of the ground. Tighten core, then slowly hinge forward at the hip and reach your arms out in front of you, simultaneously extending your other leg straight behind you. Your body should now resemble the letter T. Hold for 5 seconds, then slowly lower back to your starting position and repeat on one leg before switching to the other. Complete 8-10 repetition on each leg.



## BICEP CURL TO SHOULDER PRESS

**Level 1:** Hold a dumbbell in each hand and carefully step onto the balance disc. Keep your core tight, back straight and chest lifted.

**Curl:** Once stabilized, turn palms out and perform a bicep curl by flexing and bending at the elbow, bringing weights toward your shoulders. Keep elbows by your side the entire time.

**Press:** Rotate arms so palms are facing out, then press weights overhead until arms are almost straight. Slowly reverse the shoulder press and bicep curl to the starting position. Perform 10-15 times.

**Level 2:** Stand on one foot and/or increase weight

## FOREARM PLANK

**Level 1:** Rest bent elbows and forearms on the balance disc, elbows directly under shoulders and palms facing each other. Extend legs behind you so just your toes are touching the ground and your body forms a straight line. Keep core tight so you don't arch or sink at the hips and lower back. Hold for 30-60 seconds, and repeat 3 times.

**Level 2:** Lift one leg off the ground and/or place hands on the disc in a push-up position, maintaining the same straight body position as long as you can.





## BRIDGE

**Level 1:** Lie on your back with your knees bent and set your feet on top of the balance disc so heels are underneath knees. Extend arms out at your sides, resting on the floor. Press up through your heels, raising hips toward the ceiling and flexing glutes. Hold for 2-3 seconds, then slowly lower hips back to the ground. Repeat 10-15 times.

**Level 2:** Place one foot flat on the balance disc with heel under your knee. Fully extend the other leg in front of you, then press up through your heel, using glutes and hamstring to lift hips as high as you can. Extended leg should stay even with your bent leg, so hips and knees remain aligned. Hold for 1-2 seconds, then return to start position. Repeat 8-12 times, then switch and repeat on the other leg.



## PUSH-UPS

Align two balance discs slightly wider than shoulder distance. Place one hand on each disc and extend legs straight behind you with only toes touching the floor. Keeping core tight and body in a straight line, lower yourself as close to the ground as possible, then return to start. Perform 10-15 repetitions.

To make push-up easier, drop knees to the ground. You may also perform push-ups with both hands on one disc for more of an emphasis on your triceps.



## CRUNCHES

Lie on the floor with knees bent, with the balance disc under lower back and hips, and arms behind your neck and head for support. Contract abs, crunching up toward knees and keeping chin lifted. Stop when body is at approximately 45 degrees, then lower toward floor until back is straight, shoulders slightly off the floor. Repeat 15-20 times.



### V-HOLD

Sit on the center of the disc, knees bent with heels on the ground, and extend arms out to your sides. Slowly lift one leg up off the ground. Once stable, lift the other leg up until both are at approximately 90 degrees. Hold in this position as long as you can, up to 30 seconds.



### SQUATS

Step onto the balance disc with both feet and brace your core for balance. Once stabilized, slowly bend your knees and waist to perform a squat. Continue squatting until your knees are bent to approximately 90 degrees, and stand back up. Perform as many squats as possible maintaining even balance and good form. You can also do this with two balance discs about shoulder distance apart, standing with one foot on each.



## INFLATION INSTRUCTIONS



**Step 1.** Pull the handle of the pump to remove the inflation needle from the pump.

**Step 2.** Screw the needle into the end of the pump. Moisten the needle before inserting it into the disc valve. The valve is a small hole located near the perimeter of the knob side of the disc.

**Step 3.** Carefully insert the needle at a slight angle into the valve with a slight twisting motion. Make sure the needle is pushed all the way in.

**Step 4.** Inflate to the desired level. Maximum recommended inflation height is 5 inches. Do not overinflate.



## WARNING

This inflatable disc is used for seating, balance training, chiropractic care, physical therapy, and general exercise. Always consult your health professional before beginning any exercise program and performing exercises related to your specific uses of this disc. Unfit and untrained persons and those with poor balance should never use this product as a balance training device unless approved and supervised by your health care professional. Stop exercising immediately if you ever experience head or chest pain, nausea, dizziness, shortness of breath, or similar symptoms.

ALWAYS inspect the disc for any damage or defects before each use.

ALWAYS select an exercise space free of objects that may cause injury.

DO NOT use the disc if it is defective. Replace it immediately.

DO NOT attempt to repair this disc. Discard it immediately.

CHOKING HAZARD: The inflation needle is a small part considered a choking hazard. Keep away from children.

MAXIMUM USER WEIGHT RATING: 300 LB.

## DEFLATION INSTRUCTIONS



Remove the inflation needle from the pump.



Insert the needle at slight angle into the valve with a slight twisting motion.



Squeeze the disc until the desired air amount is removed from the disc.

### Care

Wash with warm water and a very mild household detergent.

### Warranty

ProSource provides a 30-day money back guarantee and a limited life time warranty for all of its products.

For more information please visit [www.pro-](http://www.pro-)

## CUSTOMER SERVICE

**Email:** [support@prosourcefit.com](mailto:support@prosourcefit.com) **Phone:** (855) 552-2637 **Website:** [www.prosourcefit.com](http://www.prosourcefit.com)

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