

Balance Trainer Exercise Guide



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Welcome

The purpose of this ebook is to provide you with exercises which you can perform with our Core Balance Dome Balance Trainer.

For a core workout that utilises the best of both worlds, this versatile balance trainer reigns supreme. Place it dome side down or dome side up to work out in two different ways and take your core strength, balance and stability training to a whole new level.

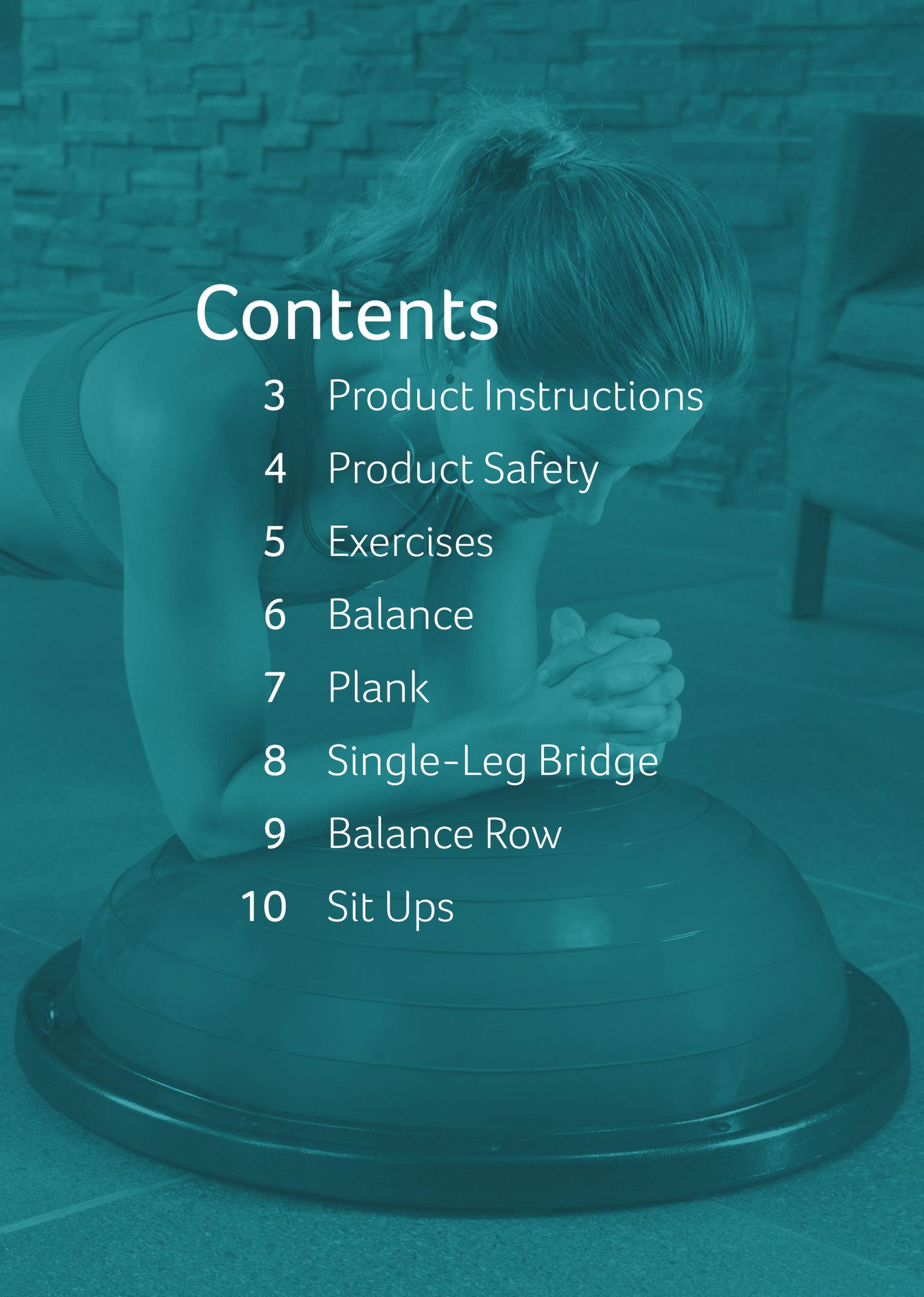
The exercises within the ebook have been selected because they demonstrate the versatility of the balance trainer and the many ways you can use it to target different muscle groups.

We hope that you find the information in this ebook useful and, along with your new Core Balance product, it helps you to achieve your fitness goals.

We are passionate about every product we sell and every customer we serve. We are here to help you meet your fitness goals and we hope this exercise guide helps you on your way.

Best wishes

The Core Balance Team



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Please read these instructions prior to use.

- Balance Trainers are an exercise aid and must always be used with the correct technique.
- Always consult your doctor prior to commencing any new exercise programme.
- Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using the Balance Trainer.

How to inflate your Balance Trainer

- Insert the hand pump nozzle into the inflation hole on the inflatable dome side of the balance trainer.
- Inflate the dome to the required firmness, then carefully remove the nozzle.
- To deflate the dome, disconnect the nozzle from the pump and place it in the inflation hole. This will allow air to escape.

Product Safety

- Before use, ensure that the Balance Trainer is in a safe operating condition. Inspect it for any signs of wear and tear. If damage is apparent, do not use the item.
- Do not attempt to repair any damages.

Do's and Don'ts

- Do check the surrounding area for objects which could puncture the inflatable dome or cause injury if you lose your balance.
- Do use the balance trainer in a large, open area such as the centre of a room.
- Do use the balance trainer on a dry, flat surface.
- Don't overinflate the inflatable dome. Deflating it slightly makes it easier to use.
- Don't release the attachable resistance bands while they're under tension. This could cause them to snap back and cause you injury.
- Don't stretch the attachable resistance bands more than 2.5 times their maximum length. Doing so could cause them to snap.



Exercises



Balance

Standing on the balance trainer strengthens a number of muscles in your legs, including your hamstrings and gluteal muscles, as they tighten up to help you maintain your balance.

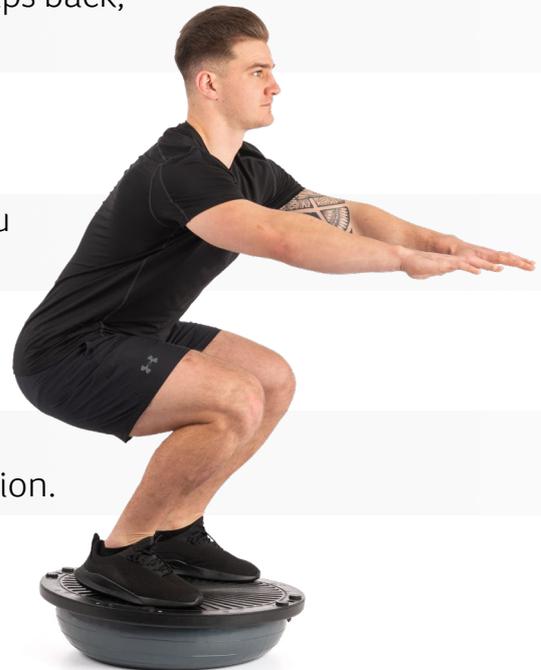
1. Place the balance trainer dome side down, so the platform is facing up.
2. Carefully step onto the centre of the platform and slowly spread your feet, so they're hip width apart.



3. Bend your knees slightly and drive your hips back, as if you're about to do a squat.

4. Bring your arms up and out in front of you to help you maintain your balance.

5. Hold the position for 30 to 60 seconds, before moving back to your starting position.



Plank

Performing a plank with a balance trainer is a great way to strengthen your core stabiliser muscles whilst toning your abs.

1. Place the balance trainer dome side down, so the platform is facing up.

2. Bend down and grip the sides of the platform with your hands.

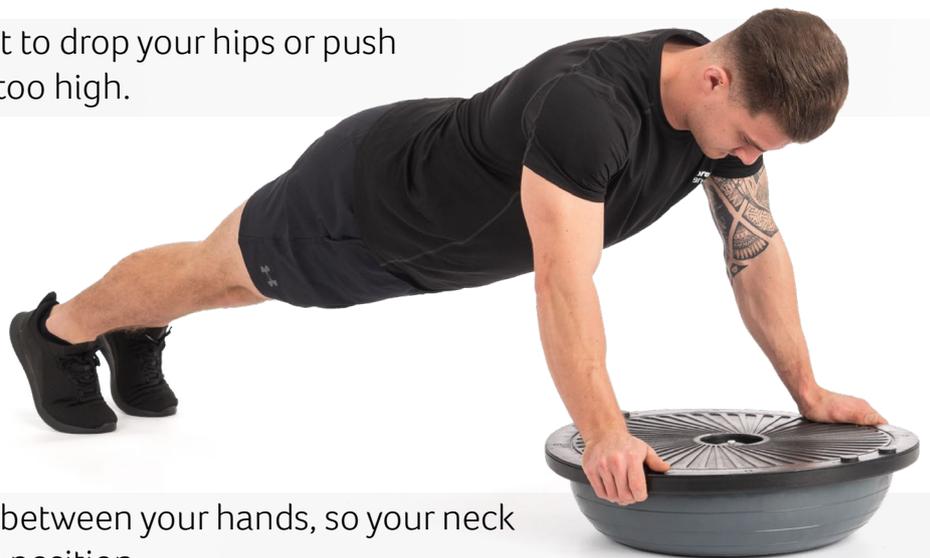
3. Extend your legs behind you, so your weight is supported by the balls of your feet and your body forms a straight line from your shoulders to your heels.

4. Squeeze your core, glutes and quads to keep your lower back straight.

5. Be careful not to drop your hips or push your butt up too high.

6. Fix your gaze between your hands, so your neck is in a neutral position.

7. Hold the position for 30 seconds, before taking a rest of 30 seconds.



Single-Leg Bridge

Challenge your core whilst strengthening your glutes and improving your hip flexibility with this variation on the bridge.

1. Place the balance trainer flat side down, so the inflatable dome is facing up.
2. Lie on your back with your knees bent and your feet on the inflatable dome.



3. Extend your arms by your sides with your hands flat on the floor.
4. Lift your glutes off the floor by driving your hips as high as possible, so your knees, hips and shoulders form a straight line.



5. Point your left leg straight out so it increases the pressure on your right glute.
6. Hold the position for a few seconds, before slowly lowering yourself back down.
7. Repeat the exercise by switching legs so your right leg is extended.
8. Do 2 to 3 sets of 10 reps and increase the number as your strength improves.



Balance Row

As well as improving your core strength and stability, this resistance exercise is a top way to target your back, abs and legs.

1. Place the balance trainer flat side down, so the inflatable dome is facing up.
2. Clip the resistance bands onto the connectors on each side of the balance trainer.
3. Grab the handles of the resistance band, so the left handle is in your right hand and the right handle is in your left hand. They should cross over and form an X.
4. Carefully step onto the centre of the inflatable dome and spread your feet so they're shoulder-width apart.



5. Bend your knees slightly and hinge forward from your hips, so your back is almost at a 45-degree angle with the floor and your arms are hanging by your sides.
6. Drive your elbows out to your sides, squeezing your shoulder blades together to create resistance. Lower your arms and repeat.
7. Do to 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

Sit Ups

Performing sit-ups whilst balancing on the inflatable dome of a balance trainer will work your core, triceps, chest and shoulder muscles whilst building your balance and stability.

1. Place the balance trainer flat side down, so the inflatable dome is facing up.
2. Sit on the curve of the dome with your feet flat on the floor and your knees bent.



3. In a slow controlled movement, lean back with your arms outstretched in front of you.



4. Engage your abs and bring yourself back to your starting position.

5. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.

Thank you for choosing

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Discover more of the Core Balance range at
www.corebalancefitness.co.uk