



How to get the best use from your Fitness Mat



To help you get the best use out of your new Core Balance Fitness Mat we have written this e-Book with tips on how to care for your product and exercises you can perform using the mat.

Care Guide

Hand Wash: If you need to clean the mat, use a wet washcloth with soapy water and wipe down the mat.

Air Dry: After cleaning the mat hang your mat outside for a couple of days to dry. The mat can become very slippery when wet so ensure it is 100% dry before using. Hanging the mat outside is also great for getting rid of the new mat smell. Fresh-air and UV rays can do wonders.

Storage: Don't store it too close to direct heat sources like a fire or radiator. If you choose to store the mat in a cupboard be careful not to place other items on top of the mat. This will cause the mat to lose its shape.

Footwear: This mat is predominantly designed for Yoga, Pilates and low intensity work outs. Anything which involves heavy and repetitive impact could damage the mat.

First Use: Before use, ensure that the Exercise Mat is in a safe operating condition. Inspect the mat for any signs of wear and tear or damages. If apparent, do not use the item. Do not attempt to repair and damages.



Please read these instructions prior to use.

- ◆ 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 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 this exercise mat.



Exercises

The following exercises are a few examples of Yoga, Pilates and floor movements you can do using the fitness mat. By no means is this product limited to these 4 exercises. This item is extremely versatile and can be used for a wide range of fitness training. These exercises are to give you inspiration and guidance for getting started with using your fitness mat.

Bridge

A popular floor exercise that is perfect for strengthening your core, glutes and hamstrings.

1. Lie on your back with your hands by your sides and your knees bent.



2. Ensure your feet are flat on the mat and positioned below your knees. Walk your heels back so that they're as close to your buttocks as possible.
3. Tighten your abdominal and buttock muscles, then raise your hips. This should create a straight line from your knees to your shoulders.
4. Squeeze your core and try to pull your belly button back towards your spine.



5. Hold the position for 5 full breaths before slowly lowering yourself to your starting position. Repeat 10 times. You can also try holding the bridge for longer.

Superman

Strengthen your back and develop the abs of a superhero with this classic floor exercise.

1. Lay face down on the exercise mat with your arms stretched out in front of you.



2. Ensure your legs are extended behind you so that you resemble Superman, flying through the air.

3. Engage your abs, back muscles and glutes to lift your arms and legs about 4-5 inches off the mat.



4. Hold the position for 5 full breaths before slowly lowering yourself to your starting position. Repeat 10 times. You can also try holding the position for longer.

Marjaryasana Bitilasana (Cat-Cow Pose)

This simple exercise combines two yoga poses: the Cat Pose and the Cow Pose. It's a great way to strengthen your abs, stretch your lower back and improve your flexibility. Practising the Cat-Cow Pose also massages your abdominal organs to stimulate the digestive system.

1. Position yourself on your hands and knees. Your elbows and wrists should be in line with your shoulders and your hips should be set directly above your knees.



2. Ensure that the top of your feet are lying flat and your fingers are pointing towards the top of the mat. Your back should be straight like a table top.
3. Relax your head and neck into a neutral position so you're looking down at the mat.
4. As you inhale, relax your shoulders, lift your tailbone up and lower your belly. Raise your neck so you're gazing upwards. This is called the Cow Pose (Batilasana).



5. As you exhale, draw your belly up towards your spine and round your back towards the ceiling so that you resemble a cat stretching its back out.

6. Release the crown of your head toward the floor. You're now performing the Cat Pose. Inhale and move into the Cow Pose, then exhale and move into the Cat Pose.



7. Practise with 10 rounds of inhalation and exhalation, flowing smoothly from one pose to the other. As your ability improves, increase the number to 20 rounds.

Bicycle Crunch

A great way to work your abdominal muscles and activate your obliques.

1. Lie flat on the floor with your lower back pressed to the ground and your knees bent. Place your feet flat on the floor and your hands behind your head.
2. Engage your core muscles and slowly raise your knees to about a 90 degree angle, lifting your feet from the floor.



3. Ensure both feet are elevated from the ground and slowly go through a bicycle pedal motion, bringing one knee up towards the armpit while straightening the other leg.
4. Rotate your torso so that you can touch your elbow to the knee you're bringing up. Make sure your rib cage is moving and not just your elbows.



5. Alternate by bringing your other knee up and touching it with your other elbow. The more you practice, the faster you'll be able to go through this pedal motion.



6. Aim to do 2-3 sets of 12-20 repetitions, depending on your ability.

Thank you for choosing **core** balance®

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

