

Fitness Mat 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 Fitness Mat.

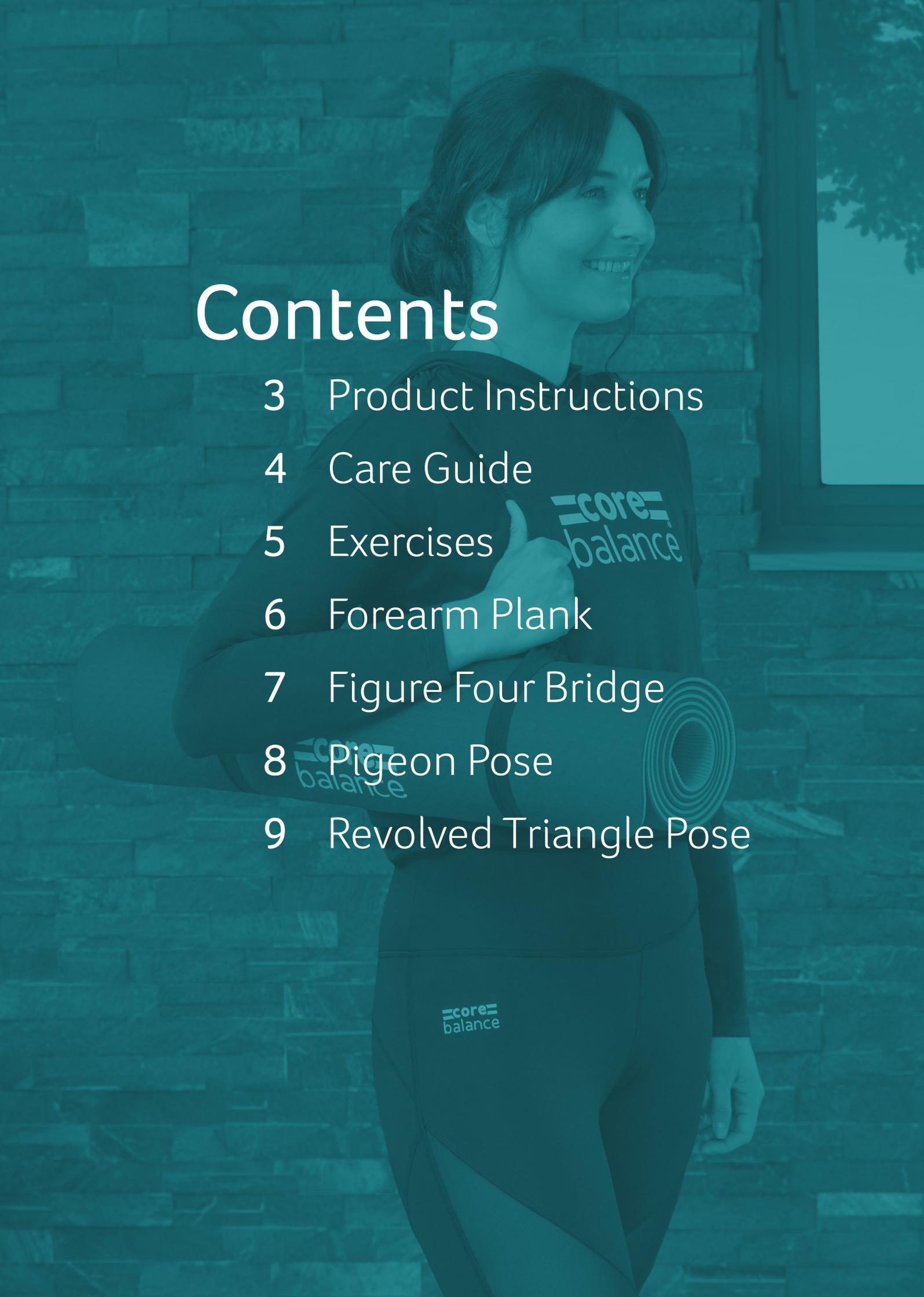
This is a mat suitable for every type of exercise. Its grippy, textured surface makes it perfect for balancing and stretching exercises, such as yoga, while its high-density construction puts less strain on your joints and muscles if you're doing Pilates and other low-impact exercises.

The exercises within this ebook have been selected because they demonstrate how you can really make the most of your 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 when first using your fitness mat.

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.

Best wishes

The Core Balance Team

A woman with dark hair tied back, smiling, is shown from the waist up. She is wearing a dark long-sleeved top and leggings, both with the "core balance" logo. She is holding a rolled-up yoga mat. The background is a brick wall. The entire image has a teal overlay.

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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 while using 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 our fitness mat.



Care Guide

Hand Wash:

If you need to clean the mat, use a wet washcloth with soapy water and gently wipe it down.

Air Dry:

After cleaning the mat, hang it outside for a couple of days to dry. The mat can become very slippery when wet so ensure it's 100% dry before using it. 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 the mat 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 could 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 the fitness mat is in a safe operating condition. Inspect it for any signs of wear and tear. If apparent, do not use the item. Do not attempt to repair any damage yourself.

Exercises



Forearm Plank

Develop core strength and balance with this simple beginner's exercise. As well as your abdomen, it targets your shoulders, chest, legs and back.

1. Lie face down with your arms bent at your elbows and your weight resting on your forearms.



2. Engage your core and raise your body off the floor, keeping your forearms flat and your legs extended. Ground your toes into the floor to stabilise your bottom half.

3. Tighten your abs, clench your glutes and hold your position.



4. Don't let the ache in your abs stop you from doing this exercise; it means it's working!

5. Hold the pose for 1-2 minutes, slowly increasing the amount of time each time.

Figure Four Bridge

Expect to feel the burn in your glutes, quads and core muscles with this variation on the classic bridge exercise.

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

2. Ensure your feet are flat on your mat and positioned below your knees. Walk your heels back so your feet are as close to your glutes as possible.



3. Cross your right ankle over your left leg, so your ankle is resting on your thigh, right below your knees.

4. Tighten your abs and buttocks, then raise your hips until your body creates a straight line from your shoulders to your knees.



5. Squeeze your core and try to pull your belly button back towards your spine.

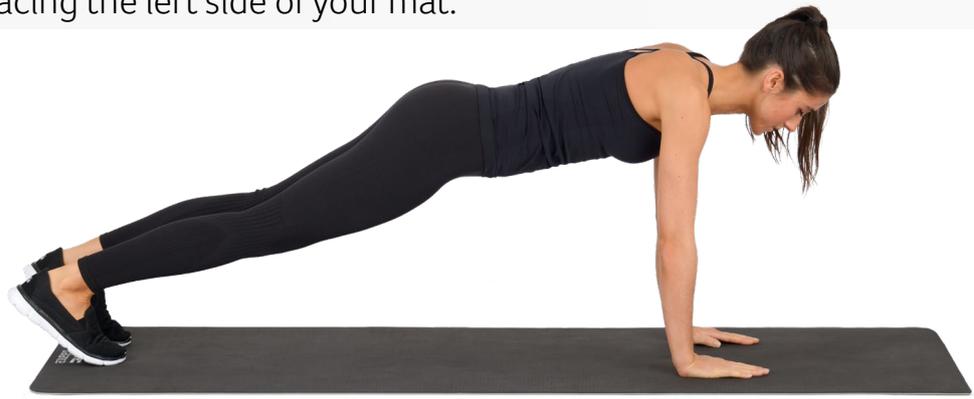
6. Hold the position for 5 full breaths before lowering yourself to your starting position.

7. Repeat 10 times, before switching legs, so your left ankle is on your right thigh.

Pigeon Pose

Although the Pigeon Pose can prove quite challenging at first, it's an excellent way to release tightness in your glutes, stretch your thighs and open up your hips.

1. Start in a press-up position with your arms extended and shoulder width apart.
2. Keeping your left leg extended, bring your right leg up, so that the side of your calf is resting on the mat and the bottom of your right foot is facing the left side of your mat.



3. At this stage, your right shin should be parallel with the front of the mat and your toes should be pointing towards the front of the mat.



4. Bending slowly at the hips, lower your torso towards the mat and extend your arms forward, so you're resting on your forearms. Ensure your face is facing your mat.



5. Hold the position for 5 breaths or longer, then repeat on the other leg.

Revolved Triangle Pose

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

1. Stand in Tadasana, facing the long side of your fitness mat.

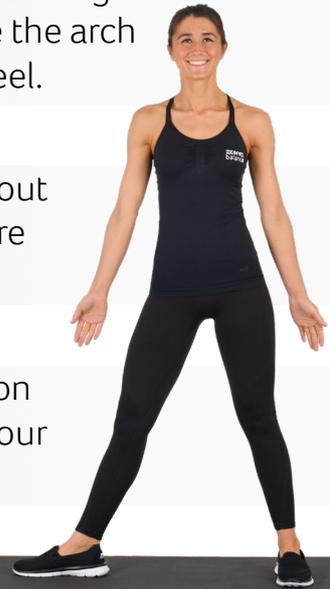


2. Spread your feet so they're about three to four feet apart.

3. Turn your right foot out, so your toes are pointing towards the short side of your mat. Ensure the arch of your left foot is in line with your right heel.

4. Engage your legs and roll your right thigh out so your right knee is aligned with the centre of your right ankle.

5. Take a deep breath and place your hands on your hips. Hinge your torso forward over your right leg, keeping your spine straight.



6. Exhale as you bring your right arm down, placing your hand on the floor. If you can't reach the floor, place your hand on your leg or on a Core Balance yoga block.



7. Rotate your ribs towards the ceiling and point your left arm up, so it's fully extended.

8. Hold the pose for 5 to 10 breaths and repeat the pose with the other leg.

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