

Powercore

BALANCE PAD

ANKLE STABILITY



Starting Position: Stand with one foot on the Powercore Balance pad.

Keep the correct posture with your back straight. Try keep your ankle as stable as possible. Hold for 2-3 minutes.

Benefits:

1. Ankle Stability
2. Excellent for ankle rehab

LUNGES



Starting Position: Place one foot on the Powercore Balance Pad, with the other foot placed on the ground behind. When you bend your back leg, it should be inline with your body

Bend and straighten your legs to perform a repetition. Alternate between legs.

Benefits:

1. Hip, Knee & Ankle Stability
2. Increase in core strength and stability
3. Increase in lower body strength
4. Toning and building of Quadriceps, Hamstrings and Buttocks

WIDE SQUATS WITH TWO BALANCE PADS



Starting Position: Spread legs far apart, with either one foot on the Powercore Balance Pad, or with both feet on each balance pad if you have two Powercore Balance Pads.

Bend and straighten your legs with your body weight resting on your heels.

Benefits:

1. Hip, Knee and Ankle stability
2. Increase in core strength and stability
3. Increase in lower body strength
4. Toning and building of Quadriceps, Hamstrings and Buttocks.

WIDE SQUATS WITH ONE BALANCE PAD



ROTATION WITH GYM BALL



Starting position: Stand with one foot on the Powercore Balance Pad. Place the gym ball with an arms reach of your standing position.

Place your fingers on the gym ball and drag it from right to left and back again to perform a repetition.

Benefits:

1. Hip, Knee and Ankle stability
2. Great for Lower extremity rehab
3. Increase in core strength and stability

CRUNCHES



Starting position: Lie on your back on the Powercore Balance Pad. Place your hands behind your head. Your upper portion of your body should be on the floor.

To perform a crunch lift and lower your upper portion on your body.

Benefits:

1. Increase in Core Strength and stability
2. Toning of your stomach muscles.

PUSH-UP



Starting Position: Place both hands on the Powercore Balance Pad. Place hands a bit wider than shoulder width apart.

Lower your body and push upwards to perform a repetition. Make sure your back is straight at all times. Ladies push-ups can also be performed by following the same instructions but by placing your knees on the ground.

Benefits:

1. Increase in core strength and stability
2. Toning and Building of Triceps and Chest. Increase in upper extremity strength

SIDE PRESS-UP



Starting position: Lie on your side, with your forearm on the Powercore Balance Pad. Your bottom leg must be at a 90° angle, with your top leg stretched long, and the tip of the foot pointing to the front. Your thighs should lie exactly on top of one another.

Lift and lower bottom and upper part of the body.

Benefits:

1. Increase in core strength and stability
2. Tone and strengthen your oblique muscles

WARNING:

This equipment is not to be used without a thorough understanding of its intended purpose and function. By using this equipment the user accepts full responsibility for all risk and injury and waives any rights to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by the use of this equipment. This equipment is intended for usage in a safe, clear, dry environment. Children must be accompanied whilst using this equipment. It is advisable to consult a physician before starting this exercise programme.