

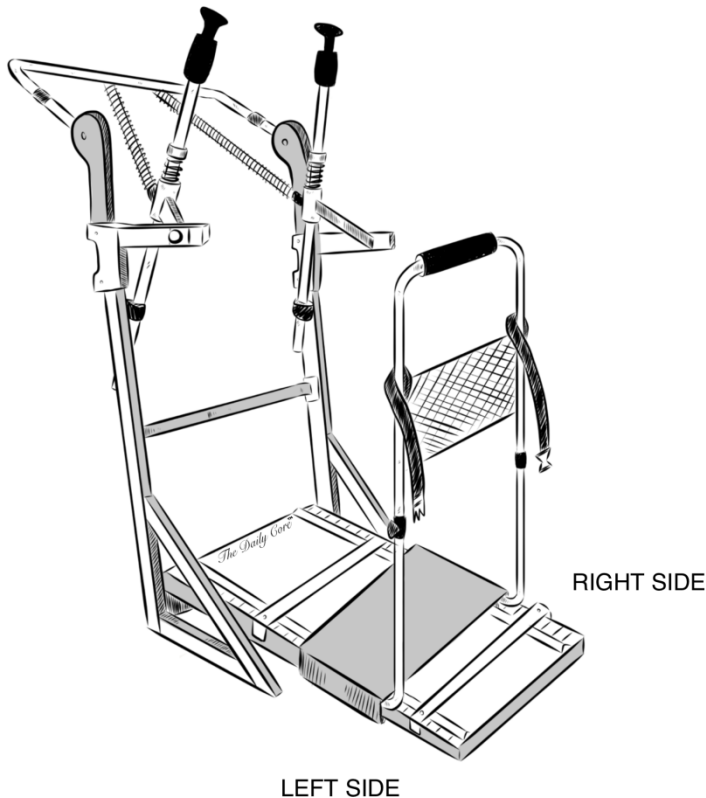
The Daily Core™

US and International Patents

OWNER'S MANUAL



WARNING !!!



Consult a physician before beginning an exercise program with The Daily Core™. Exercise of any type can present health risks. Discontinue using the equipment immediately if you feel dizzy, faint, have chest pain or any medical condition. Always use the safety belt included with The Daily Core™. If you decide to not use the safety belt, you will be using The Daily Core™ at your own risk. Serious bodily injury or death may result if the equipment is not used correctly and/or The Daily Core™ is not assembled properly. Use only as described. Before each use, make sure that all nuts and bolts are tightened. Keep young children and pets at a safe distance while using The Daily Core™. You must be 18 years or older to use The Daily Core™. The minimum height requirement for use of The Daily Core™ is 56 inches and maximal weight (your body weight plus any added weight) is 325 pounds (148 kg).

CAUTION:

Total weight on this product should not exceed 325 lbs

PLEASE READ THE ENTIRE OWNER'S MANUAL BEFORE USING THE DAILY CORE™.

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***** NOTE: The complete Daily Core Owner's Manual (available with purchase) contains a detailed 20 page exercise section here. Please see examples of exercises given under Product Education which include Standing Sit-ups and Twister 1. These and other proprietary exercises are presented in a similarly illustrated easy to understand format and are included with your purchase of The Daily Core. They can all be done without back pain and be completed in 10 minutes or less while providing a complete core workout. (Of course, they can be done over a longer period depending on the goals of the individual).*****

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Safety Instructions

WARNING:

PLEASE READ THE FOLLOWING SAFETY INSTRUCTIONS BEFORE USING THE DAILY CORE™ TO REDUCE THE RISK OF SERIOUS INJURY OR DEATH. AS THE OWNER OF THE DAILY CORE™ EXERCISE MACHINE, IT IS YOUR RESPONSIBILITY TO INSTRUCT ALL OTHER USER'S ABOUT THE WARNINGS AND PRECAUTIONS LISTED HERE PRIOR TO THEIR USE OF THIS MACHINE.

- 1) The main springs which connect the front U-Bar to the metal cylinders on the rotating arm assemblies are potentially dangerous in that if not properly handled could spring back and strike the person handling them. This risk is significantly reduced if the person handling the springs **always stands on the slantboard when adjusting, placing or removing the springs. Never stand in front of the machine when handling these springs.**
 - main springs should be replaced every 2 years or sooner if any signs of wear are noted such as: a gap in the coils at rest, a wave irregularity in the coils, a kink in the coils, rust or discoloration, when expanded, coils that don't open evenly.
- 2) Position The Daily Core™ on a level surface and be sure to use the rubber levelers on the bottom of the frame to compensate for any irregularities of the floor present.
- 3) Tighten all nuts, bolts, and knobs securely before using The Daily Core™.

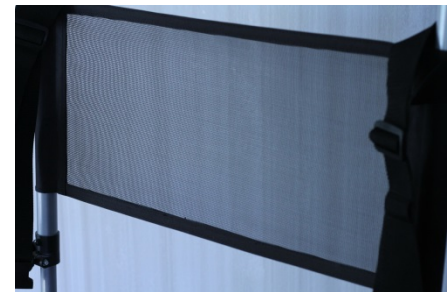


4) BEFORE STEPPING ON THE SLIDING FOOTPLATE:

- a) use the locking pin on the right rear frame to lock the sliding footplate in place
- b) tighten the 2 knobs which secure the roll bar to the sliding footplate
- c) stand on the locked in place sliding footplate and adjust the height of the roll bar so that the large foam roller across the top is about 4 inches below the level of your shoulders. Tighten the 2 knobs on each side of the roll bar to maintain this height.



- d) adjust the height of the mesh back support so that it extends from about the level of your hips to the middle of your back.
- e) note: the safety belt loops should be positioned above the mesh back support.



- f) adjust the safety belt length so that when the 2 ends are clasped, there is about a 3-4 inch gap between your abdomen and the clasp. This should provide enough leeway to enable you to perform The Daily Core™ exercises but help secure you should you lose your balance or slip.
- g) note also that the roll bar will help stop you from falling backward. If at any time the roll bar becomes deformed/bent, please contact Standing Fitness, Inc. to obtain a replacement and do not use The Daily Core™ until you have installed the new roll bar.



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- h) do not wear loose clothing that could become caught up in The Daily Core™.
 - i) please keep small children and all pets at a safe distance away during assembly and use of The Daily Core™.
 - j) only 1 person at a time should use The Daily Core™.
 - k) remember to readjust the roll bar height, the mesh back support, and safety belt settings when changing users.
 - l) take care to maintain your focus and balance while mounting, dismounting, using, adjusting and assembling The Daily Core™.
 - m) keep your hands and fingers away from pinch points on The Daily Core™. These include the areas where the sliding footplate meets the frame and where the mobile arm rotates past the horizontal bar.
 - n) remember to consult your personal physician before starting any exercise program to determine if you first require a complete checkup and physical exam. This is especially important if you have not been exercising recently, are pregnant, or suffer from any medical illnesses. Individuals with reduced mental, physical or sensory capabilities that could impair the safe use of The Daily Core™ should not use it.
 - o) Only mount the sliding footplate when it has completely stopped and at rest at it's lowest level (with or without the Spacer Bars)
 - p) The Daily Core™ should be stored and used indoors only. Do not use it in damp, wet or high humidity conditions.
 - q) Please heed the above and do not overestimate your current abilities and fitness level. Building new muscles, improving your mobility and functionality takes time. It is far better to start slow at your current level than to overdo it and have to recover from an unwanted injury.

- r) **PLEASE FOLLOW ALL SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY OR DEATH. STANDING FITNESS, INC. IS NOT RESPONSIBLE FOR INJURY OR DAMAGE RESULTING FROM INAPPROPRIATE USE. USE ONLY AS DESCRIBED.**

Additional Notes on Assembly Instructions

See separate guide which came with original equipment

1) Springs

- you must stand on the slantboard whenever placing, adjusting, or removing the main springs
- never stand in front of The Daily Core™ when handling the main springs
- the circular end of the spring attaches to the U-Bar
- the J shaped end attaches to the metal cylinder on the arm assembly
- while standing on the slantboard, first secure the circular end of the spring to the U-bar ring, then attach the J-shaped end to the metal cylinder into the front tab hole. Use both hands with one hand holding the spring and the other to insert the J-shaped end into the tab hole.
- remember to replace main springs every 2 years or sooner if there are any signs of wear (review under Safety Instructions for further details)



2) Lubrication

Apply petroleum jelly to the inner side rails of the slantboard using a paper towel or cloth. This will stop the squeaky sound due to the wheel contact with the metal rail. This has to be repeated periodically as necessary.



3) Use of the Safety Belt

Please use this for all exercises performed when standing on the sliding footplate. The upper level of the mesh back support should be at the middle of your back, with the safety belt ends looped around the upper aspect of each side.

Adjust the belt length so that when the 2 ends are clasped together there is about a 3 to 4 inch gap between the clasp and your abdomen.



4) Use of Spacer Bars

There are 2 identical spacer bars. The purpose of the rear (behind the sliding footplate) spacer bar is to set the start position for the sliding footplate. This will vary depending on the exercise involved. Use the 2 pins on each side of the spacer bar to lock it into the desired position on the numerically marked frame. The function of the front spacer bar is to set a forward limitation to the movement of the sliding footplate. When you first start using The Daily Core™ you will most likely not know what the expected range of motion is for each set of muscles/muscle groups you are trying to activate. This can vary from 1 to 2 inches up to extending to the length of the slantboard. Therefore, in the notes next to the exercise illustrations, suggested spacer bar positions are given. When learning each exercise you should use these guidelines. After you become acquainted with these ranges of motion, you will no longer need to use the spacer bars.



- 5) Remember to periodically check to make sure all nuts, bolts and Knobs are tightened.

Introduction to using the Daily Core™

One thing is certain – we are all different and yet, beneath the skin, we all have the same muscle groups. Where you fit on the muscle utility scale varies greatly from the uber professional athlete to the sedentary disabled elderly person. Therefore, beginning an exercise program differs greatly from individual to individual. It is always advised that you see your physician first before starting any exercise program and this applies to using The Daily Core™. Also if you have not been exercising regularly, have been sedentary, have chronic back or other pain, chronic dizziness/imbalance, a disabling condition, are recovering from an injury or surgery, then our absolute recommendation is to consult with a physical therapist or personal trainer to first determine if you are able enough to use The Daily Core™ and if so, to help get you going until you can be observed to exercise alone proficiently without assistance. Doing this will be worth the investment for your future health.

As a general rule, you must be 18 years or older to use The Daily Core™. A person needs to be about 56 to 58 inches or taller to perform all of the exercises listed in this user manual. Any bystanders should keep a safe distance away of at least 3 feet. Please keep young children and toddlers safely away at a distance from The Daily Core™. If there is any chance that they could come in contact with The Daily Core™, especially while you are focused and exercising, then you should place them in a playpen or another room.

The illustrations, photos, and videos have not shown the figures using the safety belt as it is intended. This was done to highlight and focus in on the specifics and form needed to perform the exercises. However, PLEASE ALWAYS USE THE SAFETY BELT WHEN USING THE DAILY CORE™.

There are 12 basic exercises (currently) to perform on The Daily Core™, which once learned, can be completed in about 8-10 minutes. These will activate and tone all of your core muscles. Additionally, there is a Paddle Stroke Technique which is a conditioning and aerobic exercise that can be done in as few as 12 repetitions on each side or continued for 45 minutes or longer alternating from side to side. It all depends on the goals that you set. The more athletic minded can increase the slope of the slantboard and add additional weight onto the sliding footplate to further improve both strength and aerobic capacity. On the other hand, those individuals who just wish to enjoy better performance ,body mechanics, and safety in their daily activities can use The Daily Core™ at it's lower settings.

Let's get started: How to Setup for First Use:

- 1) Lock the sliding footplate to the frame using the pin.



- 2) Lock the rotating arm to the horizontal arm using the pin



- 3) Stand on the front aspect of the slantboard (not the sliding footplate). The horizontal bar should be about 3-4 inches above your elbow when your arms hang down at your side. (To do this, loosen the 2 knobs facing inward on the front assembly part of the horizontal bar which secures it to the front vertical post. Then pull the T handle on the outside of this same assembly outward and move the assembly up or down to the height needed, releasing the T handle so that it's pin is secured into a hole on the vertical post)



- 4) Adjust the back roll bar to about 4 inches below shoulder height using the knobs on the roll bar.
- 5) adjust the woven back support so it extends from your waist to mid-back.



- 6) The safety belt loops should be on the top aspect of the woven backing. Adjust the safety belt length so when it is clasped, there is about a 3 to 4 inch gap in front of your waist.



7) To start, one spacer bar should be secured with a pin on each side at 1 or 0, while the other spacer bar should be all the way forward at 47 or 48.

8) The paddle shaft height should be adjusted using the ring above the spring (above the metal cylinder) with its pin and the multiple holes on the shaft. Properly adjusted, the handle at the top of the Paddle shaft should be at about the same level as the top of your head or up to 2 inches above it when you are standing on the sliding footplate and holding the handle with an overhand grip.



9) Note that the handle is contoured so that the concave (indented) part fits your fingers in front.

10) If you have not already done so, attach the main springs from the U-Bar in front to the metal cylinders on the rotating arm assemblies. Remember, **ALWAYS STAND ON THE SLANTBOARD WHEN ADJUSTING, PLACING OR REMOVING THESE SPRINGS.** Never stand in front of the Daily Core™ to adjust, place or remove these springs.



11) Adjusting the height of the Slantboard

- note: there are 3 levels, beginners should start on the lowest level and not advance to the middle level until familiar with all of the exercises. Even on the lowest level, weight plates can be added to increase resistance.

A) To raise the slantboard to a higher level:

- kneel in front of The Daily Core with the Knees centered (one knee on each side of the Front T frame handle)
- lean your chest against the horizontal crossbeam for support
- grip the bottom aspect of the slantboard frame with each hand about 6 inches in from each vertical post
- lift the slantboard up and out and then in to the desired slot



- tighten the T-handle so it is snug but do not overtighten or the protruding ends on each side of the front of the slantboard will not seat properly in the lower front aspect of the slots.



B) To move the slantboard to a lower level:

- turn the T handle counterclockwise until it stops (which lowers the central frame support)
- center your knee and hand positions as above - lift the slantboard up and out, then in to the new lower slot position
- tighten the front center frame T-handle until just snug

Now, the Daily Core™ is set up and ready to be used. You will need to unlock the rotating arm and sliding footplate by removing the pins you previously inserted. There are notes corresponding to each illustration to provide the user with specific pointers to help perform the exercises correctly and achieve maximal benefit. In some cases, the targeted muscles are highlighted in red to help the user understand which area/muscle group he/she is trying to activate. If these muscles have degenerated from lack of use it can take many months to get them to function to any extent. Therefore, if this applies to you, please start at the lowest slantboard setting, go slow, try to visualize the muscle area highlighted and tense the area as you twist or bend.

Most of all focus, be patient and do not overexert. If you feel a cramp in the target area, that is a good sign, but stop there and wait until the next day to try again with a slightly lesser effort. Remember, a personal trainer or physical therapist can be extremely helpful if you are having difficulty.

Note that as alluded to above, the illustrations are simplified so that the critical features of The Daily Core™ are shown to allow for performance of the exercises. Neither The Daily Core™ itself or the figures illustrated are drawn to exact scale and elements may have been removed to aid in better visualization. **IN ALL CASES, EXCEPT FOR EXERCISES 1,2,3 & 4, THE SAFETY BELT ON THE ROLL BAR SHOULD BE USED.** When an illustrated exercise is identified as LEFT or RIGHT, the user should first thoroughly familiarize and learn how to perform the exercise on this side only. After the technique is learned and can be performed well, then switch to the other side using the same technique but repositioning the arms, legs, feet, body position, etc. This can be confusing at first, especially with Twister 1 and 2.

Advanced use of the Daily Core™

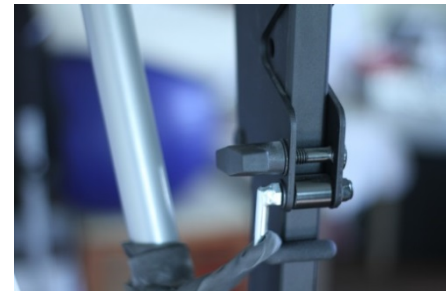
Once you have learned how to do the basic exercises and paddling technique, you will have gained a simple method to activate all of your core muscle groups effectively in 10 minutes or less. If you wish to further enhance the benefits of The Daily Core™ there are currently several options to do so:

- 1) **Add more repetitions of each exercise, do 2 sets of each exercise**

- 2) **Tension Bands** (also known as Exercise Resistance Bands)
 - these are optional (not included with The Daily Core™)
 - they are reasonably priced and available at most sporting goods stores or online
 - you can start with one band of about 6 foot length and moderate resistance (red - yellow) then advance to increased resistance (blue - black)
 - cut it in half to a 3 foot length and tie the ends together so that you have a loop measuring about 7-8 inches long



- wind the unknotted end of the loop 3 times around the lower end of a paddle shaft and then secure the knotted end over the rotating U bracket at the bottom of the arm assembly (which goes up and down the front vertical post)



- now, when you do some of the exercises (for example, the paddling technique) you will preferentially be using even more of your core muscles to pull yourself forward.

3) Weight Plate Adaptor

- included with The Daily Core™
- allows you to place and secure a weight plate included with The Daily Core™) to the top of the sliding footplate
- in addition to raising the slantboard to a higher level, additional weight can be added to increase resistance and therefore further improve strength and aerobic capacity.
- recommended starting weight plate = 25-50 pounds



- Note: weight plate should have a center hole measuring 1 ¼ inches (32 mm) in diameter or larger
- also remember, DO NOT EXCEED A TOTAL WEIGHT of 325 pounds/148 kg. on the sliding footplate. (total weight = your weight plus any added weight plates or other weight)

4) **Consult with a Sport's Trainer/Sports Physiologist**

- a Sport's Trainer or Sport's Physiologist can assess your current fitness level and outline a specific training program using The Daily Core™ to further advance/accelerate it, depending on your goals and motivation.

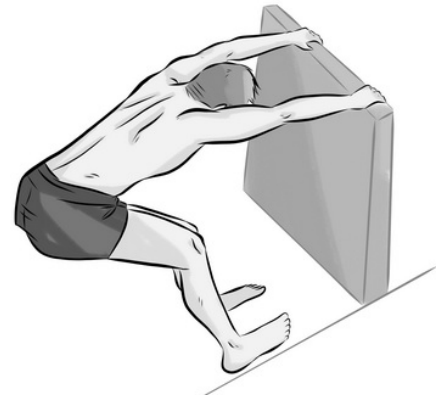
Conditioning: Recommendations and Guidelines

Ideally, your muscles will be relaxed, but strong, toned and ready to be used. Using The Daily Core™ four or more times a week (even for less than 10 minutes a session) will help you achieve this, as you should soon become aware of using the same muscles during your daily routine activities. In essence, you will find that you can “exercise” while doing such activities as lifting a bag, getting up from a chair, turning to reach for something, lifting a garage door, etc, etc.

To also help you maintain good conditioning, there are multiple stretching techniques available online and elsewhere as well as traditional yoga and related activities. Here are a some simple recommended stretches that you may find useful. Currently, stretches are usually recommended when your muscles are warm, typically after exercise. See photos.

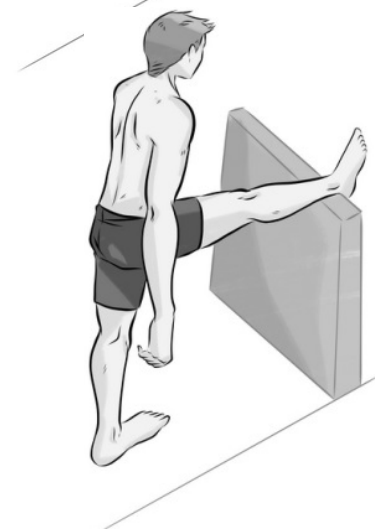
1) Simple Back stretch

grasp a solid horizontal structure, such as a railing, with both hands, plant your feet about 12 inches back, keep your legs generally straight or knees slightly bent, keeping your back generally straight and lean back preventing yourself from falling backwards with your grip holding onto the railing. Hold for count of 20-40 seconds.



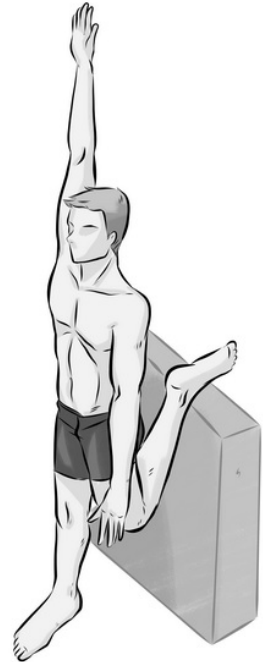
2) Hamstring/glute stretch

Use the same railing, ideally about hip high, plant one heel onto the top of the railing and step back with your other leg so that the raised leg is straight. The foot on the ground will be about 18-30 inches back. Now bend slowly forward with a straight back. The goal is to feel your glutes and hamstrings stretch. You are not trying to bend your lower back or touch your toes. Hold for count of 20-30. Repeat on other side.



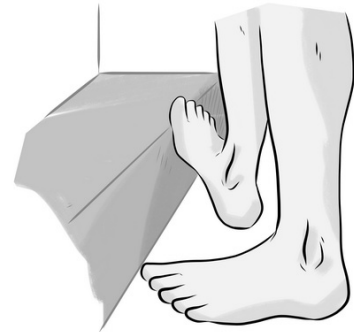
3) Quad stretch

Use the same railing and step back about 10 inches with both feet. Turn and face away from the railing. Grasp the railing with your hand/hands for support and bend one knee and raise up this leg such that the top of your foot rests on the top of the rail. Put some weight on that leg while lifting your opposite arm straight up. Hold for count of 20-30. Repeat on the other side.



4) Calf stretch

Believe it or not, this can be really helpful when your lower back is tight/sore. Move up close to the corner of a wall/post or step (about 4 inches away). Keep the heel of the leg (calf) you wish to stretch on the ground and bend (flex) your foot upward so that the front of the foot just below the toes is pressing against the vertical aspect of the wall/post/step. Straighten this leg out (keep the other leg straight with foot flat on the ground) and lean forward. Hold for 40-50 seconds. Repeat on the other side.



5) Cross shoulder stretch

With the arm of the shoulder you wish to stretch held straight, cross it across your chest toward the opposite shoulder. Use the hand of your other arm to push the elbow of the straight arm towards your chest. Hold for 20-30 seconds. Repeat on the other side.



6) Back scratch shoulder/arm stretch

Reach straight back with the arm/shoulder you wish to stretch such that your elbow is bent and you are touching that shoulder. Reach over the top of your head with your other arm and grab the elbow of the arm/shoulder to be stretched. Push it back until you feel a stretch. Hold for 20-30 seconds. Repeat on other side.



Frequently Asked Questions

1) How much floor space does The Daily Core™ take up?

ANS: The Daily Core™ measures 60 inches long and 32 inches wide.

2) What are the height and weight limits?

ANS: Minimum height is 56-58 inches and maximum height is 78 inches.

Maximum (total)weight on the sliding footplate is 325 lbs.

3) Can I use my heart rate monitor while exercising?

ANS: yes

4) How will The Daily Core™ be delivered?

ANS: The Daily Core™ will be delivered by UPS or other shipping/freight service.

5) Does The Daily Core™ require assembly?

ANS: The Daily Core™ does require assembly and two people are recommended to assemble it. Complete assembly instructions are included in one of the three boxes that it is packaged in.

6) How often should I do maintenance?

ANS: every 6 to 12 months and as needed, but nuts, bolts and knobs should be checked before each use.

7) How do I clean the Slantboard?

ANS: use a damp cloth with water or 70% isopropyl alcohol.

70 % isopropyl alcohol is best for stubborn scuff marks

8) What do I do about noises/creaking?

ANS: tighten all nuts and bolts on the frame. If there is creaking when standing on the sliding footplate remove it by:

- removing the rear spacer bar (remove the 2 pins)
- remove the nut (1/2 inch wrench), black plastic spacer, and bolt on each side of the rear of the slantboard
- slide off the sliding footplate/roll bar and turn on it's side

Then:

- lubricate the bearings on each wheel with machine oil
- tighten all nuts attaching the wheel bases (8 mm wrench or socket) to the bottom of the sliding footplate
- replace the sliding footplate/rollbar
- replace the bolts/plastic spacers/nuts
- replace the spacer bar
- also, check to make sure that the front frame T-handle is not loose or overtightened (either can cause movement of the slantboard and noise. Make sure it is just snug.
- lubricate with petroleum jelly the contact area where the sides of the wheels touch the slantboard

9) **What if there is some side to side rocking when using The Daily Core™?**

ANS: adjust the rubber levelers on the front frame to compensate for any irregularities of the floor so the base is level

10) **What if I decide The Daily Core™ is not for me?**

ANS: We fully understand that no exercise device/program will fit everyone's needs and sincerely thank you for giving The Daily Core™ a try. If within the sixty (60) day trial period, you decide, for whatever reason this is the case, please contact us for a full refund and shipping instructions. If you have been using The Daily Core and still not sure, please see our **exclusive 1 year Limited Performance Guarantee**. Standing Fitness, Inc. does not cover the repackaging and return shipping costs so please keep your original boxes and shipping materials until you are certain that you are going to keep The Daily Core™.

11) **What if the assembly on the front vertical post which allows height adjustment up and down of the horizontal bar does not slide up and down easily when the 2 knobs are loosened and the T-handle is pulled out?**

ANS: There are 4 bolts (2 in the front and 2 in the back) of the assembly piece. One or more may have been overtightened in the factory which compresses this part to the vertical post. The solution is to loosen these 4 bolts so there is less compression and the assembly piece should then slide relatively easily.

Standard Warranty

(also, please see our 1 year Limited Performance Guarantee on our Website)

Standing Fitness, Inc. (the “Warrantor”) warrants to the original purchaser only, that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 1 year on the parts and 5 years on the frame from the date of purchase by the original purchaser. This warranty shall not apply to any product which has been subject to commercial use, abuse, misuse, use in a manner unintended and not as described in the user manual, alteration of any type or cause or to any defect or damage caused by repair, replacement, substitution or use with parts other than the parts provided by Standing Fitness, Inc. Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities and other public or semipublic facilities whether or not the product is in furtherance of a profit making enterprise, and all other use which is not for personal, family or household purposes.

To engage this limited warranty, please send a written notice (by mail or email) or call (408) 418-8255 stating your name, date, place of purchase, along with a brief description of the defect and your receipt to: Standing Fitness, Inc., 708 Gravenstein Hwy N, Ste. 248, Sebastopol, CA 95472. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. No action for breach of this limited warranty may be commenced more than (1) year after the date the alleged breach was or should have been discovered. No action for breach of any implied warranty may be commenced more than (1) year after delivery of the product to the purchaser. This limited warranty is non transferable. If any part of the product is not in compliance with this limited warranty or any implied warranty, the remedy or repair or replacement is the exclusive remedy available to you. In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require that the product be returned for inspection at the

purchaser's expense to the Warrantor's premises in Sebastopol, California. Return of any warranty registration card is not required for warranty coverage.

Standing Fitness, Inc. shall not be liable for the loss of use of any product, loss of time, inconvenience, commercial loss or any other indirect, consequential, special or incidental damages due to breach of the above warranty or any implied warranty.

This limited warranty is the only written or express warranty given by Standing Fitness, Inc. This warranty gives you specific legal rights and you may also have other legal rights which vary from state to state. Any other right which you may have, including any implied warranty or merchantability or fitness for a particular purpose, is limited in duration to the duration of this warranty.

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

Parts Ordering

To order any parts, you can consult the schematic illustration and parts list in the Assembly Manual or take a picture of the part needed and email this information to info@standingfitness.com

Please indicate when appropriate if this part is for the left or right side of The Daily Core™ and any other information you feel might be helpful to be certain you receive the proper component you request.

You can also call customer service at (408) 418-8255 any questions or concerns. Please leave a message and your call will be returned in a timely manner. Unfortunately, due to excessive SPAM calls we are unable to directly answer calls at this time.