

# YOGA WHEEL

## QUICK START GUIDE

### OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Yoga Wheel as easy as possible. Check out the included link and QR code to help you through the process.



To see all of the FAQ's in one place visit [vhealth.link/8ee](https://vhealth.link/8ee)

### Supported Lunge

Place beneath the thigh and bend the knee at various ranges to stretch the hamstrings.



### Back Stretch

From a seated position, bring the yoga wheel to the top of your spine. Keep your feet planted as you slowly begin to roll your spine up and onto the wheel.



### Reclining Hero Pose

Bring your backbend stretch down into your quads, knees, and ankles by trying this cross legged position.



### Full Stretch

From the back stretch position you can raise your butt as you reach your arms over your head to grab the wheel. From here, you can feel a stretch in your arms and upper back.



### Core Plank Workout

Start at the position below and roll the wheel out to a full plank position so your body is completely straight and your feet are on top of the wheel. Repeat in and out for your core workout.



## Glute Workout

From this position, roll the wheel up the leg away from your heel as you bend your knee.



## Malasana Pose

This pose is a great way to build strength, agility, and balance.



**Caution:** Some of these poses are for a more advanced level of skill. Please use at your own risk and do not attempt anything outside of your skill and balance ability.

## WARRANTY INFORMATION



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