



CORE BALANCE DISC
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Core Balance Disc. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using the Core Balance Disc discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using the Core Balance Disc. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

- 1.** Always inspect the disc for any damage or defects before each use.
- 2.** Always select an exercise space free of objects that may cause injury.
- 3. DO NOT** use the disc if it is defective. Replace it immediately.
- 4. DO NOT** attempt to repair this disc. Discard it immediately.
- 5. DO NOT** use on abrasive or jagged surfaces.
- 6.** Choking Hazard: The inflation needle is a small part considered a choking hazard. Keep away from children.
- 7.** Maximum user weight rating: 300 LB.

Care & Storage Instructions

- 1.** Wash with warm water and a very mild household detergent.
- 2.** Store in a cool, dry place away from moisture, heat, and direct sunlight.

All exercises in the manual are intended to improve core stabilization, balance, and overall strength. To perform correctly and safely, make sure to always tighten your core (imagine drawing your belly button toward your spine) throughout the exercise.

INFLATION INSTRUCTIONS



STEP 1

Pull the handle of the pump to remove the inflation needle from the pump.



STEP 2

Screw the needle into the end of the pump. Moisten the needle before inserting it into the disc valve.



STEP 3

Locate the air valve on the Core Balance Disc.

WRONG WAY



RIGHT WAY



STEP 4

Carefully insert the needle at a slight angle into the valve with a slight twisting motion. Make sure the needle is pushed all the way in. Inflate to the desired level. Maximum recommended inflation height is 5 inches. Do not overinflate.

DEFLATION INSTRUCTIONS



STEP 1

Pull the handle of the pump to remove the inflation needle from the pump.



STEP 2

Insert the needle at slight angle into the valve with a slight twisting motion.



STEP 3

Squeeze the disc until the desired air amount is removed from the disc.

EXERCISE GUIDE

CORE ROTATION



Level 1:

1. Kneel down on the balance disc with body straight (forming a 90 degree angle at the knees), toes lightly touching the floor.
2. Keeping your body tall and chest lifted, with core and glutes tight, cross your arms in front of your chest.
3. Rotate your torso and head slowly to the left as far as you can while maintaining a straight back.
4. Return to the start position, then rotate to your right side.
5. Repeat 10-15 times on each side.

Level 2:

Hold a dumbbell or medicine ball straight out in front of you, and keep arms straight as you rotate and/or lift your toes up off the floor.

STANDING LEG RAISES



Lateral:

- 1.** Stand on the balance disc with both feet, body straight and tall and core tight.
- 2.** Once balanced, slowly lift one leg out to the side to approximately 45 degrees, keeping knee straight and toes facing forward.
- 3.** Extend arms or place on your hips to help maintain balance.
- 4.** Pause for 2 seconds, then lower leg until toe just barely touches the ground.
- 5.** Repeat 8-10 times, then switch to the other leg.

Sagittal:

- 1.** Stand on the balance disc with both feet, body straight and tall and core tight.
- 2.** Once balanced, slowly lift one leg behind you to approximately 45 degrees, keeping knee straight and toes facing the floor.
- 3.** Keep upper body as upright as possible, hands extended to the side or on your hips for balance.
- 4.** Pause for 2 seconds, then return to start.
- 5.** Repeat 8-10 times, then switch to the other leg.

T-POSE



- 1.** Step onto the balance disc with the other leg slightly bent in front of you so it's off of the ground.
- 2.** Tighten core, then slowly hinge forward at the hip and reach your arms out in front of you, simultaneously extending your other leg straight behind you.
- 3.** Your body should now resemble the letter T.
- 4.** Hold for 5 seconds, then slowly lower back to your starting position and repeat on one leg before switching to the other.
- 5.** Complete 8-10 repetition on each leg.

BICEP CURL TO SHOULDER PRESS



Level 1:

1. Hold a dumbbell in each hand and carefully step onto the balance disc. Keep
2. your core tight, back straight and chest lifted.
3. Curl: Once stabilized, turn palms out and perform a bicep curl by flexing and bending at the elbow, bringing weights toward your shoulders.
4. Keep elbows by your side the entire time.
5. Press: Rotate arms so palms are facing out, then press weights overhead until arms are almost straight.
6. Slowly reverse the shoulder press and bicep curl to the starting position. Perform
7. 10-15 times.

Level 2:

Stand on one foot and/or increase weight.

FOREARM PLANK



Level 1:

1. Rest bent elbows and forearms on the balance disc, elbows directly under shoulders and palms facing each other.
2. Extend legs behind you so just your toes are touching the ground and your body forms a straight line.
3. Keep core tight so you don't arch or sink at the hips and lower back.
4. Hold for 30-60 seconds, and repeat 3 times.

Level 2:

Lift one leg off the ground and/or place hands on the disc in a push-up position, maintaining the same straight body position as long as you can.

PUSH-UPS



- 1.** Align two balance discs slightly wider than shoulder distance.
- 2.** Place one hand on each disc and extend legs straight behind you with only toes touching the floor.
- 3.** Keeping core tight and body in a straight line, lower yourself as close to the ground as possible, then return to start.
- 4.** Perform 10-15 repetitions.
- 5.** To make push-up easier, drop knees to the ground.
- 6.** You may also perform push-ups with both hands on one disc for more of an emphasis on your triceps.

CRUNCHES



- 1.** Lie on the floor with knees bent, with the balance disc under lower back and hips, and arms behind your neck and head for support.
- 2.** Contract abs, crunching up toward knees and keeping chin lifted.
- 3.** Stop when body is at approximately 45 degrees, then lower toward floor until back is straight, shoulders slightly off the floor.
- 4.** Repeat 15-20 times.

BRIDGE



Level 1:

1. Lie on your back with your knees bent and set your feet on top of the balance disc so heels are underneath knees.
2. Extend arms out at your sides, resting on the floor.
3. Press up through your heel, raising hips toward the ceiling and flexing glutes.
4. Hold for 2-3 seconds, then slowly lower hips back to the ground.
5. Repeat 10 -15 times.

Level 2:

1. Place one foot flat on the balance disc with heel under your knee.
Fully extend the other leg in front of you, then press up through your heel, using
2. glutes and hamstrings to lift hips as high as you can.
3. Extended leg should stay even with your bent leg, so hips & knees remain aligned.
4. Hold for 1-2 seconds, then return to start position.
5. Repeat 8 -12 times, then switch and repeat on the other leg.

SQUATS



- 1.** Step onto the balance disc with both feet and brace your core for balance.
- 2.** Once stabilized, slowly bend your knees and waist to perform a squat.
- 3.** Continue squatting until your knees are bent to approximately 90 degrees, and stand back up.
- 4.** Perform as many squats as possible maintaining even balance and good form
- 5.** You can also do this with two balance discs about shoulder distance apart, standing with one foot on each.

V-HOLD



- 1.** Sit on the center of the disc, knees bent with heels on the ground, and extend arms out to your sides.
- 2.** Slowly lift one leg up off the ground.
- 3.** Once stable, lift the other leg up until both are approximately 90 degrees.
- 4.** Hold in this position as long as you can, up to 30 seconds.

SCISSOR AB HOLD



- 1.** Sit on the center of the disc, legs straight with heels on the ground feet pointed.
- 2.** Extend arms out to the side.
- 3.** Slowly lift one leg off the ground as high as you can above the hip.
- 4.** Once stable, lift the other leg up hip level while keeping back straight and core tight.
- 5.** Hold in this position as long as you can, up to 30 seconds.
- 6.** Switch Sides

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



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