



CORE SLIDERS

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Core Sliders. 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 ProsourceFit Core Sliders Rollerdiscontinue use & consult your physician.

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

Use & Safety Instructions

- 1. DO NOT** use Core Sliders on concrete or other rough surfaces.
- Ensure that all obstructions & sharp objects are removed from the workout area.
- Only use Core Sliders as intended and demonstrated in this guide for exercise purposes. Inappropriate use of Core Sliders may lead to serious injury or property damage.
- Core Sliders are not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN,** pets, or any individual who may require supervision.
- Always perform a warm-up before using the Core Sliders.
- Begin all exercises slowly and use smooth, controlled movements learning to use the Core Sliders.
- Begin your workout slowly to build strength and stamina, especially if you are new to exercise. Do not perform exercises that are beyond your ability to maintain control.
- Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.
- Store in a cool, dry place away from moisture, heat, and direct sunlight.

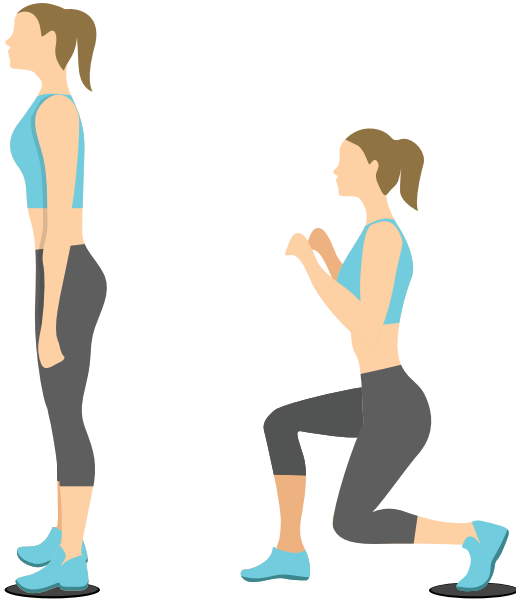
EXERCISE GUIDE

SPLIT SQUAT



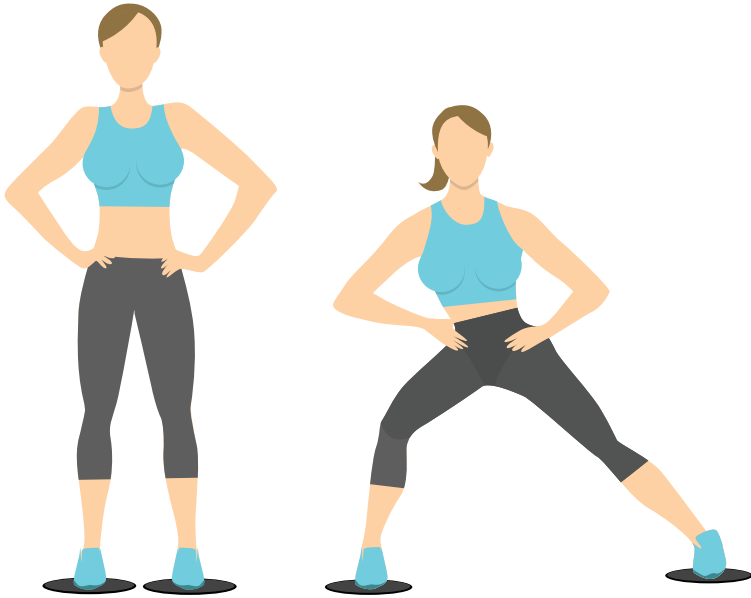
- 1.** Begin standing in front of a sturdy object – a weight bench, jump box, couch, chair, etc – with one foot back on the bench, front foot on a slider.
- 2.** Place hands on hips or clasp them in front of you and engage your core.
- 3.** Slowly slide your front foot forward as you bend your knee, until your leg is bent at 90 degrees.
- 4.** Pause, then pull your foot back in to the starting position.
- 5.** Repeat 10-15 reps, then switch to the other leg.

REVERSE LUNGES



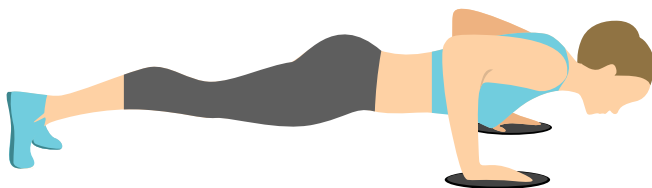
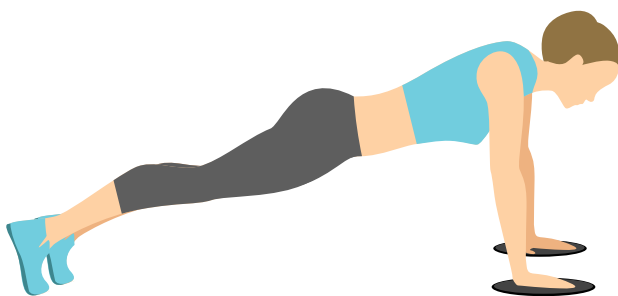
- 1.** Begin standing with feet together and one foot on a slider.
- 2.** Place hands on hips or clasp them in front of you. Engage your core to help you balance, and maintain an upright torso throughout.
- 3.** Slowly extend the leg on the slider back behind you as you bend your front knee to lower into a lunge position. Continue until both knees are bent at a 90 degree angle.
- 4.** Then straighten your back leg and pull foot back to the start position
- 5.** Complete 10-15 reps on each leg. You can switch legs, or complete all reps on one side before switching.

SIDE LUNGES



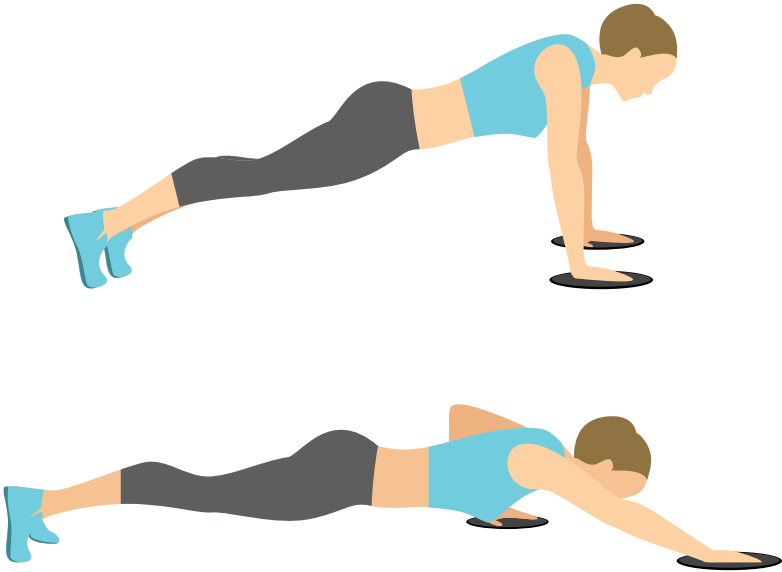
- 1.** Start standing with feet about hip-distance apart with both feet on sliders.
- 2.** Engage your core, then bend one leg and push hips backward as you slide the other leg out to the side. Make sure to keep chest lifted and head up, and that your bent knee does not go past your toes.
- 3.** Sit down into the lunge as far as you comfortably can, then pull your straight leg back in toward you as you straighten your bent leg to return to the start position.
- 4.** Repeat on the other side, alternating sides for 10-20 reps.
- 5.** For more stability, you can stand with only one foot on a slider and complete all reps on one side before switching to the other leg.

PUSH-UPS



- 1.** Begin in a push-up position on hands and toes with hands on sliders.
- 2.** Carefully slide hands out to the side as you lower your upper body toward the floor for a push-up.
- 3.** Then pull both hands inward, returning to the start position.
- 4.** Repeat 10-20 times, or as many as you are able to complete.

FORWARD PLANK REACHES



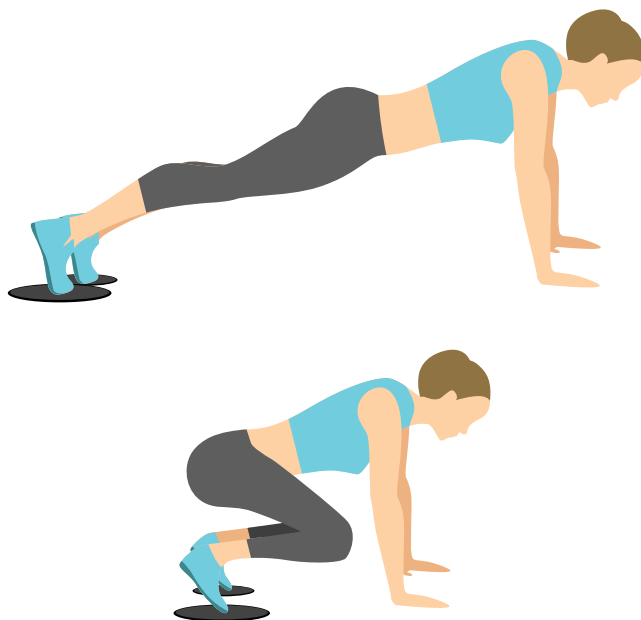
- 1.** Begin in a push-up position on hands and toes with hands on sliders.
- 2.** Engage core, then slide one arm forward, maintaining a flat back and straight body. You can stop as soon as your opposite arm begins to bend, or for more of a challenge, extend all the way to the floor like push-up.
- 3.** Draw arm back in to the start position, then repeat on the other side, completing as many reps as you can.

MOUNTAIN CLIMBERS



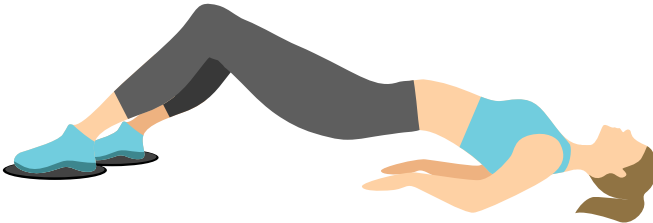
- 1.** Begin in a high plank position on hands and toes with both feet on sliders.
- 2.** Pull one leg in toward your chest, then extend back to start position. Just before your leg is completely straight, begin bringing the opposite leg into your chest.
- 3.** Repeat, quickly switching legs and making sure to keep hips down, not letting them pop up into the air. Complete 20-30 reps or go for 20-30 seconds, or as long as desired.

KNEE TUCKS



- 1.** Begin in a high plank position on hands and toes with both feet on sliders.
- 2.** Draw both feet in, bending your knees, until you're as close to your chest as you can get. Make sure to focus on pulling with your core muscles.
- 3.** Then press both feet back to the start position.
- 4.** Repeat 15-20 times.

HAMSTRING CURLS



- 1.** Lie faceup on the floor with knees bent and both feet on sliders.
- 2.** Rest your arms by your sides for support, then press up through your heels and lift hips off floor into a bridge position.
- 3.** Engage your glutes, then extend both feet forward, away from your butt, keeping hips lifted.
- 4.** Pull both feet back in to the start position. Repeat and complete 10-20 reps.

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.



www.prosourcefit.com

All information in the manual is property of ProsourceFit

All trademarks, service marks, word marks, and trade names (collectively "Marks") of ProsourceFit used in this manual (including but not limited to the "ProsourceFit" name and stylized "ProsourceFit" logos) are trademarks or registered trademarks of ProsourceFit. By using these products you accede to all terms and conditions specified herein. All rights reserved.

