



YOGA WHEEL
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Yoga Wheel. 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 Yoga Wheel discontinue use & consult your physician.

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

Use & Safety Instructions

- 1.** Always inspect the wheel 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 wheel if it is defective. Replace it immediately.
- 4. DO NOT** attempt to repair this wheel. Discard it immediately.
- 5. DO NOT** use on or around rough surfaces to protect the yoga mat-like exterior

Care & Storage Instructions

- 1.** Outer Ring: Use mild laundry detergent diluted in water and gently scrub the rubber with your hand or a soft cloth. Rinse with water and wipe completely dry with a towel or cloth.
- 2.** Inner Ring: Wipe clean with a warm wet cloth.
- 3.** Store in a cool, dry place away from moisture, heat, and direct sunlight.

All exercises in the manual are intended to improve flexibility, balance and core strength. To perform correctly and safely, make sure to use the ProsourceFit Yoga Wheel on a yoga mat, carpet or smooth floor.

EXERCISE GUIDE

BACK FLEXIBILITY



- 1.** From the same position as the Chest and Back opener, extend arms directly behind your head.
- 2.** Place hands on the floor and bend elbows as you arch back as far as you comfortably can
- 3.** Roll forward, bending knees and extending arms so just your fingertips touch the floor for balance.
- 4.** Continue to roll back and forth, stretching out your back through a full range of motion.

KNEELING BACK & SHOULDER STRETCH



- 1.** From kneeling position, place wheel in front of you
- 2.** With knees forward and hip distance apart, place arms on wheel with palms facing toward each other
- 3.** Keeping back, hips, spine and neck aligned in flat line, extend arms until you feel a stretch in upper back and shoulders.
- 4.** Relax, then extend further when comfortable to increase stretch
- 5.** Hold for 20-30 seconds

CHEST & BACK OPENER



- 1.** Sit on the floor, feet in front of you, and place wheel directly behind your lower back.
- 2.** Lightly place hands on yoga wheel and floor to stabilize yourself as you press up through your heels and rest back on wheel.
- 3.** Place hands lightly on the ground at your sides to support you as you slowly extend legs out until they are straight, feet facing forward and weight on your heels.
- 4.** Relax your upper body across the wheel, so upper back and neck are resting on the wheel comfortably.
- 5.** Once balanced, extend arms out to side, so body is in a "T" position, and hold for 20-30 seconds.

HIP OPENER



- 1.** Kneel on the floor, wheel placed by your side, in line with your hip.
- 2.** Place hands on floor in front of you, wrists directly beneath shoulders.
- 3.** Lift one leg and place on top of the wheel, and hold for 20-30 seconds, then switch sides.
- 4.** To increase intensity, lower yourself so forearms are resting on the ground.

PLANK



- 1.** Set wheel on the floor behind you, then position yourself on hands and knees, wrists directly under shoulders, fingers facing forward.
- 2.** Lift one leg, and extend it behind you onto the wheel so the top of your shin rests on the wheel.
- 3.** Keeping your core tight for balance, lift your other leg and place beside it on top of the wheel.
- 4.** Once balanced, make sure your body is in a straight line, core tight and not rounded or sinking toward the floor. Hold for 30-60 seconds, or as long as you are able.
- 5.** To advance, lift one leg at a time off the wheel and hold.

PIKES



- 1.** Set wheel on the floor behind you, then position yourself on hands and knees, wrists directly under shoulders, fingers facing forward.
- 2.** Lift one leg, and extend it behind you onto the wheel so the top of your shin rests on the wheel.
- 3.** Keeping your core tight for balance, lift your other leg and place beside it on top of the wheel.
- 4.** Once balanced, make sure your body is in a straight line, core tight and not rounded or sinking toward the floor.
- 5.** Contract your core, and slowly let the contraction draw your legs in and upwards; continue contracting as your legs move toward you and glutes press toward the ceiling. Come as far as you can with a tight core, then return to start position.
- 6.** Repeat 10-12 times, or as many as you can.

BACKBEND ASSIST



- 1.** Sit on the floor and place wheel behind your tailbone, so it aligns with your spine.
- 2.** With feet flat on the floor, hip distance apart, toes pointed forward, place your hands on the wheel behind you to hold it in place as you begin to press yourself up and against the wheel.
- 3.** Once balanced, begin to lay back on the wheel and carefully extend arms behind you, arms next to your ears.
- 4.** Reach back and place palms on the floor, fingers facing toward your head, and keep elbows in tight by your ears.
- 5.** Hold here to help increase flexibility and learn proper form for a backbend.
- 6.** As you increase strength and flexibility, begin to press up through shoulders to increase strength until you are able to press up through heels and palms and lift yourself completely off of the wheel into a full backbend.

ADVANCED CRESCENT POSE



Level 1:

1. Stand with feet hip distance apart, then place the wheel slightly behind one of your legs.
2. Lift leg and carefully place it on top of the wheel so that the top of your foot rests on the wheel.
3. Extend back leg while bending front leg to 90 degrees, keeping knee directly above heel.
4. Raise arms and touch palms together directly above head, arms next to your ears.
5. Hold for 30-60 seconds.

Level 2:

1. Roll the wheel in so that it is underneath the top of your back thigh.
2. Bend back leg, and extend your arm to reach back and wrap hand around foot, drawing it gently toward your body.
3. Hold 10-20 seconds, or as long as you are comfortable

BALANCE LUNGE



- 1.** From Advanced Crescent Pose, press through your heel to straighten your front leg.
- 2.** Extend hands out to side if needed for additional balance.
- 3.** Keeping core tight and chest lifted, bend front leg once again.
- 4.** Repeat 12-15 times on each side.

ASSIST TO UPWARD-FACING TWO-FOOT STAFF POSE



- 1.** From the Chest and Back Opener stretch, straighten directly out in front of you and bring feet together, flat on floor.
- 2.** Roll to where your lower and mid back are fully supported on the wheel, and head is resting on the ground.
- 3.** Bring palms in toward the wheel and grasp each side, letting elbows turn out slightly to each side. Roll back as far as you can comfortably can, aiming to set your forearms on the ground.
- 4.** To advance, draw feet in closer toward your shoulders and shift upper body backwards until shoulders are directly above elbows.

PLOW POSE



- 1.** Lie on your back on the floor, arms at your side, and wheel a few feet behind your head.
- 2.** Contract your abs, and lift your legs up off the floor, straightening them directly above your hips.
- 3.** Then, slowly lower your legs down toward the wheel, until tops of feet can rest on the wheel.
- 4.** If you need additional support, place your hands against your lower back. If able to comfortably balance, interlock your fingers and press hands into the floor.

HEADSTAND ASSIST



1. Kneel on the floor and place the wheel directly in front of you.
2. Use hands to hold wheel in place on the floor, forearms and elbows on the floor with elbows directly under shoulders.
3. Place head on the floor between forearms, and press upper back and neck against the wheel.
4. Draw your feet in toward your body until you can kick or lift them into the air, extending straight above shoulders, and hold as long as you are comfortable.
5. **Tip:** If this is still too difficult or you have trouble holding the wheel in place, set it against a wall to get used to the feeling and form before using it without support.

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.

