



**REACTIVE TRAINING**

## User Manual

**Read all enclosed materials prior to use.**

Congratulations and thank you for your purchase of Core-Tex Sit!

Please take the time to review all enclosed materials to maximize the benefits and safety associated with the Core-Tex Sit.

Movement is life and the Core-Tex Sit is an exercise device that can help keep us healthy doing something most people do for up to 10 hours a day! Your Core-Tex Sit allows for a controlled, dynamic sitting experience that provides benefits to the lower back, hips, core and pelvic floor.

The patented design allows the Core-Tex Sit to tilt, slide and rotate all at the same time and at just the right amount. Core-Tex Sit is designed to be sensitive and responsive to any subtle weight shifts of your body once you are sitting on it. Its motion and how far the top can move is limited by an internal stopper. As soon as your buttocks make contact your Core-Tex Sit, your body will immediately need to engage your muscles to control the motion.

Use your Core-Tex Sit

- in the office to improve ergonomics
- for targeted exercises to strengthen the core and pelvic floor muscles
- to keep the lower back mobile and strong
- burn calories while working at the computer

## Step 1

**Choose your chair.** The ideal seated surface for your Core-Tex Sit is on a flat, firm chair with slight padding or no padding at all. Sloped, contoured or very soft, deep cushioning on the chair will interfere with motion of your Core-Tex Sit. Larger individuals will find chairs with minimal to no padding to work best. If using with a swivel chair and/or a chair on wheels, it is recommended that you lock the chair and wheels so that the chairs motion does not counter the motion of Core-Tex Sit.

## Step 2

**Center your Core-Tex Sit.** Place your Core-Tex Sit directly in the center of your chair and away from the edges.

## Step 3

**Center the top.** Use your hand on the foam top to bring the top as close to center as possible before you sit. As you sit, hold the top place until your buttocks comes in contact with it. Center your “sit bones” on either side of the peak of the top. The sit bones are the bones under each of your buttocks. The center of the logo should now be in the center of your hips and buttocks. This will allow for equal movement in all directions.

*Never grab the underside of the padded section of your Core-Tex Sit when sitting. Keep fingers and clothing clear of the space between the top and bottom sections.*



## Step 4

**Sit with feet flat on the floor or feet on a stool as needed.** Your foot contact with the ground or stool will provide the needed foundation to safely and effectively engage the muscles of the hips, abdominals and lower back.

### **How to use your Core-Tex Sit:**

1. Unconsciously reacting to movement of Core-Tex Sit while you are engaging other parts of your body. For example, as you work at your desk and reach for your phone, your body's center of gravity shifts slightly. Core-Tex Sit will move, and your body will need to engage to react and control the motion without you having to think about it.
2. Purposefully moving Core-Tex Sit in directions you desire. You decide how you want Core-Tex Sit to move by controlling which direction it moves.

3. Use your Core-Tex Sit for as little as a few minutes per day or up to 30:00 increments while working. If your buttocks gets tired from the sitting surface, simply remove from your chair and use again later when ready.

### Start with our FOUNDATIONAL FIVE:

- a. Front to back
- b. Side to side
- c. Diagonals
- d. Circles
- e. Spinning

The analogy of sitting in the center of a clock can be helpful. With the FOUNDATIONAL FIVE, always keep your torso tall and still with your head over your shoulders. Movement of your body should occur from the bottom of your ribs (midsection) to your hips. Avoid tilting the torso in response to motion of Core-Tex Sit.



**Front to Back**-tilt the front down toward 12 o'clock, creating a backward pelvic tilt and flattening the lower back. Tilt the back down toward 6 o'clock causing a backward pelvic tilt and arch in the lower back. Move continuously back and forth for the desired repetitions.



**Side to side**-tilt the left side down toward 9 o'clock, causing your right hip to raise and creating a side bend of your body to the right. Tilt the right side down toward 3 o'clock, causing your left hip to raise and a side bend of your body to the left. Move continuously back and forth for the desired repetitions.





**Diagonals**-tilt the back to left to 8 o'clock then right front toward 2 o'clock. Move continuously back and forth for the desired repetitions. After the desired repetitions, move from 10 o'clock to 4 o'clock. Move continuously back and forth for the desired repetitions.



**Circles**-use the top of Core-Tex Sit to create a full circle around the base as if you were touching every number on the clock. Move your hips like a hula dancer. First move in a clockwise direction for the desired repetitions and then repeat in a counter-clockwise direction for the same repetitions.



**Spinning**-with your feet pointing straight ahead and your head and shoulder pointing straight, spin Core-Tex Sit back and forth from left to right by shifting knees side to side. Do your best to keep your shoulders and head facing forward. Move continuously back and forth for the desired repetitions.

*\*Please view the free exercise video library available at [www.coretextfitness.com/sit](http://www.coretextfitness.com/sit) in its entirety for important information related to the Core-Tex Sit safety tips, set-up and exercise applications.*

## **INDEMNITY**

Reactive Training, LLC has no control over Customer's use or operation of the Core-Tex Sit. Customer therefore assumes all responsibilities and risks associated with the Core-Tex's use and operation. Customer agrees to indemnify and hold Reactive Training, LLC and its distributors harmless from any claims, losses, damages or injuries (including court costs and attorney's fees) arising out of or associated with the sale, as well as Customer's or any third party's use or inability to use the Core-Tex.

## **USERS RESPONSIBILITY**

1. Core-Tex Sit comes fully assembled and ready to use. Any disassembling of parts could lead to the product not operating correctly and will void the warranty.
2. Never stand or attempt to stand on your Core-Tex Sit.
3. Inspect the equipment. Before each use, visually inspect the Core-Tex Sit for any damage. Never use the equipment if the equipment is damaged or not function properly.
4. Use this equipment only for intended use as described in this document or videos provided by the manufacturer. Do not modify the equipment or use attachments on Core-Tex Sit or use in any manner not recommended by the manufacturer.

## **Warranty**

1. **Equipment Warranty.** Company warrants all Equipment to be free from defects in material or workmanship under normal use and service for a period of 1 year from the date of delivery. All repairs covered by this warranty must be done at Company's factory, or other such warranty repair facility as designated by Company. Any defect corrected within ninety (90) days and found to be within this scope of the warranty will be repaired by Company and all charges for labor and material, will be borne by Company. If it is determined that either no fault exists in Company, or the damage to be repaired was caused by negligence of Customer or agents, or unauthorized modifications to the Equipment, or use of the Equipment in a manner contrary to Company's instructions and specifications, Customer agrees to pay all charges associated with each such repair. **THIS CONSTITUTES THE SOLE WARRANTY MADE BY COMPANY EITHER EXPRESSED OR IMPLIED.**

2. **Misuse of Equipment.** Any tampering, misuse or negligence in handling or use of Equipment renders the warranty void. The warranty is void if, at any time, Customer attempts to make any changes to any of the components of the Equipment; if any external device attached by Customer creates conditions exceeding the tolerance of the Equipment; **OPERATION OF THE EQUIPMENT THAT RENDERS THIS WARRANTY VOID WILL BE DEFINED TO INCLUDE ALL OF THE POSSIBILITIES**

DESCRIBED IN THIS PARAGRAPH, TOGETHER WITH ANY PRACTICE WHICH RESULTS IN CONDITIONS EXCEEDING THE DESIGN TOLERANCE OF THE EQUIPMENT.

3. Return any warranty related issues directly to the manufacturer. DO NOT RETURN TO THE RETAILER.

## **Support**

For questions and support issues related to the Core-Tex Sit

Email: [info@coretexfitness.com](mailto:info@coretexfitness.com)

Phone: 619.285.9218

Register your warranty at: <http://coretexfitness.myshopify.com/pages/warranty-registration>