URBNFit

ROLLER BOARD

Workout Guide

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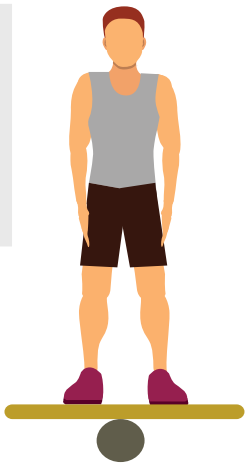
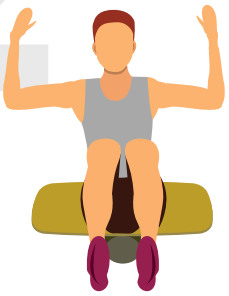
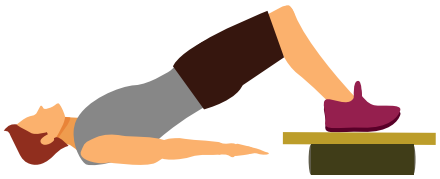
1 Standing



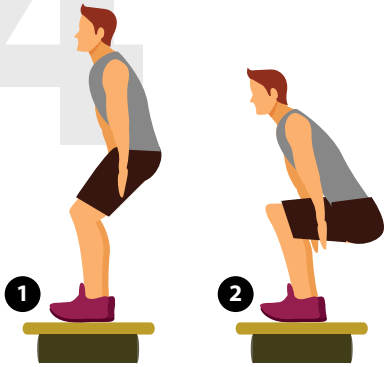
2 Sitting



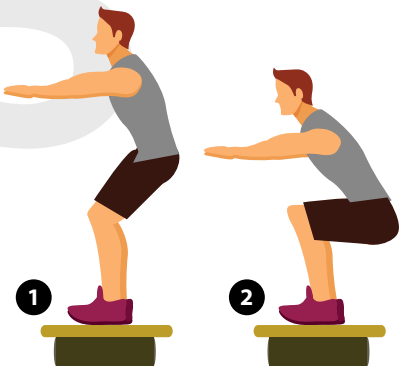
3 Hip Raise/Bridge



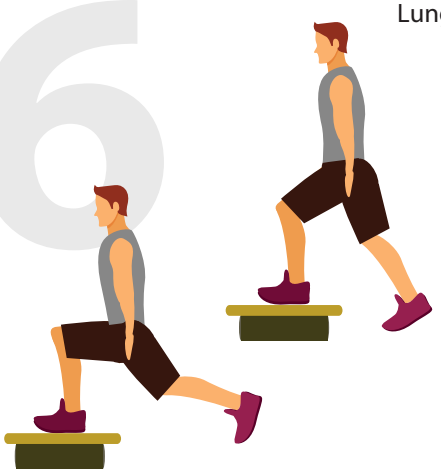
4 Squats



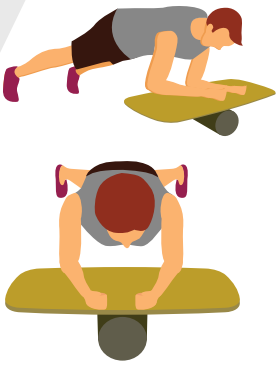
5 40/90 Squats



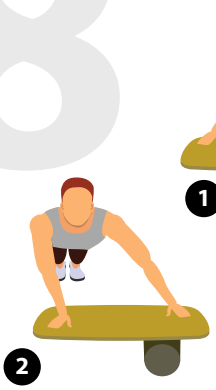
6 Lunges



7 Plank



8 Rolling Plank



9 Push-up

WARNING: It is recommended that you consult with a physician before beginning any new exercise routine.

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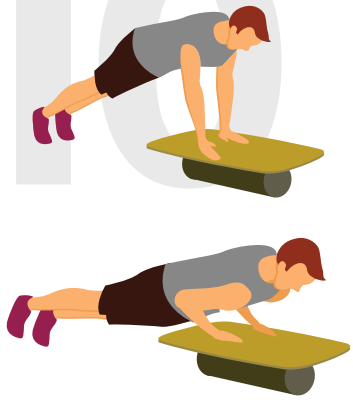
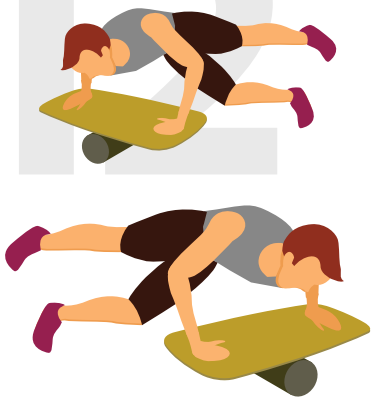
10 Military Push-up



11 Mountain Climbers

12 Oblique Twists



ROLLER BOARD
Quick Start Guide

1 Place the board on top of the roller, so the roller is up against the stop on the bottom of the board.

2 Place one foot above the stop on the other end of the board which is on the ground. Place your other foot over the stop above the roller and gently nudge the board up by pushing down on the roller side.

3 At this point focus on keeping the roller in the center of the board, engage your core and focus on keeping a centered posture. Get comfortable with proper posture.

Safety Tips

Start out by using your Roller Board on carpet or grass. It is also recommended your wear safety gear like a helmet, knee pads, elbow pads and wrist guards to help protect you from injury. Until you feel comfortable on the board, practice near something that you can hold onto and steady yourself. A wall, table or any fixed object.

WARNING: It is recommended that you consult with a physician before beginning any new exercise routine.