



MANYTONEZ



CORE SLIDERS

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WITH
STRAPS
USER GUIDE



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Yes, you've come to the right place to learn how to use your core sliders & band set. You will enjoy the results that you get after consistently exercising with them.

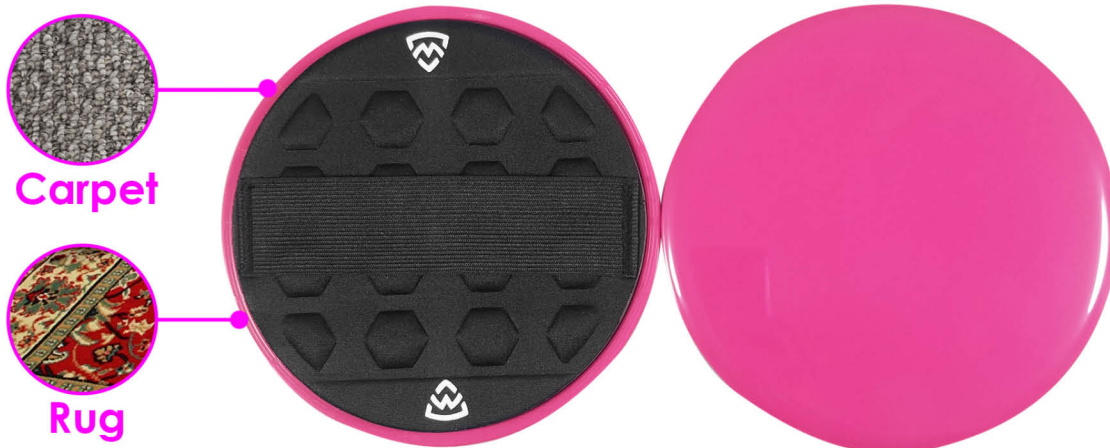
Once you see and feel your stronger toned booty and core, you will want to show others how to do the same.

Before exercising with the products here are a few tips:

1. Can use a damp cloth to clean the the sliders when needed.
2. Ensure that you are free before using.
3. If you need a replacement of any of the products, please contact us @ info@manytone.com
4. Now its time to exercise and become fit and happy with your body.



Use On Carpet



Use On Hard Floor (With sleeves on sliders)



Note: Do not use on rough concrete & rubber floors

Straps illustration



Straps Effectively Secures Your Hands/Feet From Slipping



Front Lunge:

Stand in a upright position and have band slightly above the knee area on legs.


Place sliders on foot that you're going to be performing front lunge with.

Slide your slider foot forward getting to 90 degree bend while the other foot is bent and kept in place.

Then you rise back up and repeat.

Have slider on other foot to perform front lunge on other leg.

Recommend you to do 3 sets of 15 reps with 1 minute between sets.

 **Tip:** Can use resistance band to add resistance to workout




Side Lunge :

Start standing with both feet on sliders, shoulder-width apart and engage glutes.

Send hips back as you slide right foot to the right, bending left leg slightly without allowing left knee to go past toes.

Extend right leg as far as you can, balancing most of your weight on your left (bent) leg. Pull right foot back toward you as you straighten left leg to return to a standing position. Repeat on the other side.

Recommend you to do 3 sets of 15 reps with 1 minute between sets.

 **Tip:** Can use resistance band to add resistance to workout.




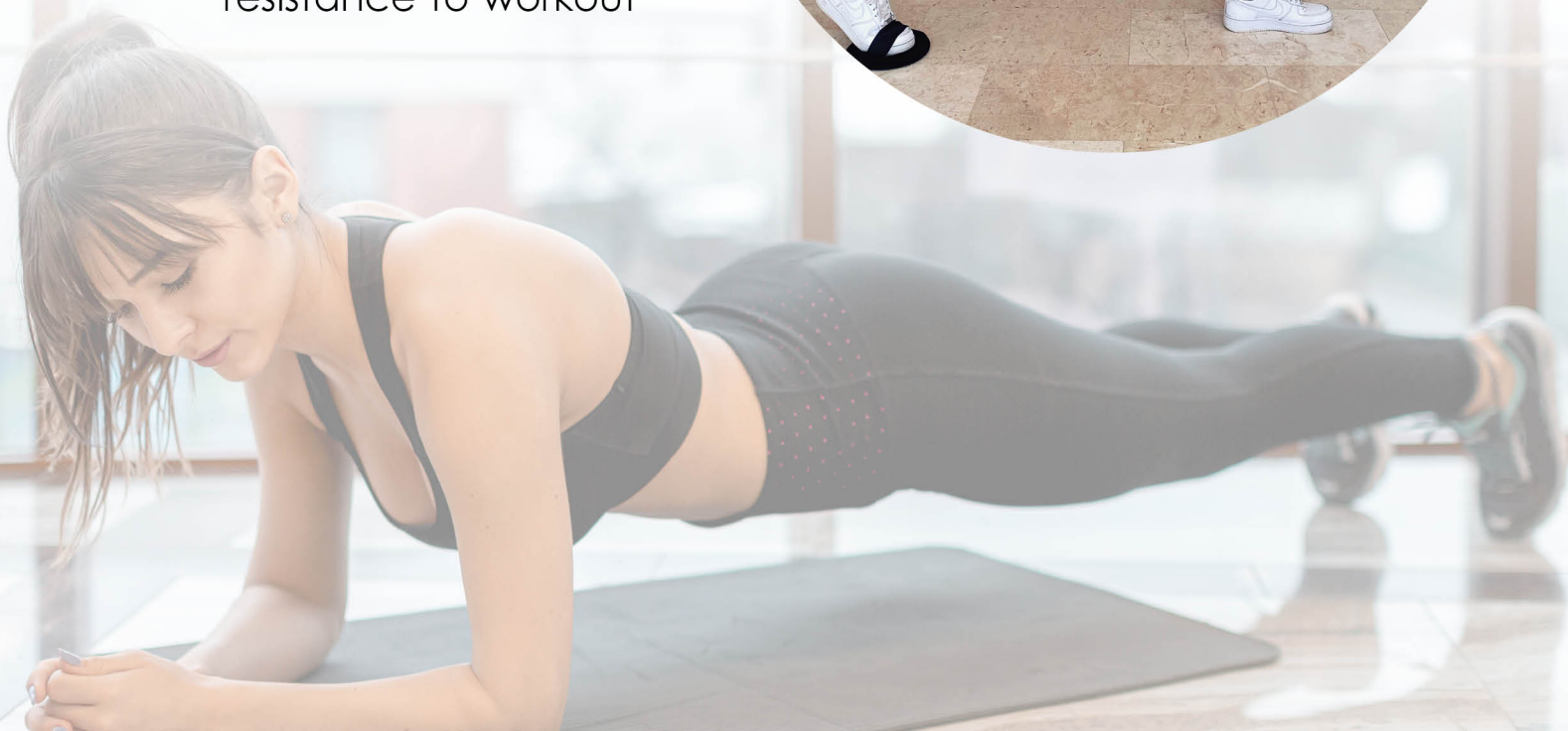
Reverse Lunge:

Start standing with both feet on sliders. Bend right leg and slide right foot back into a low lunge, keeping left foot stationary.

Straighten your leg and pull right foot in to return to starting position. Repeat on the other side.

Recommend you to do 3 sets of 15 reps with 1 minute between sets.

 **Tip:** Can use resistance band to add resistance to workout

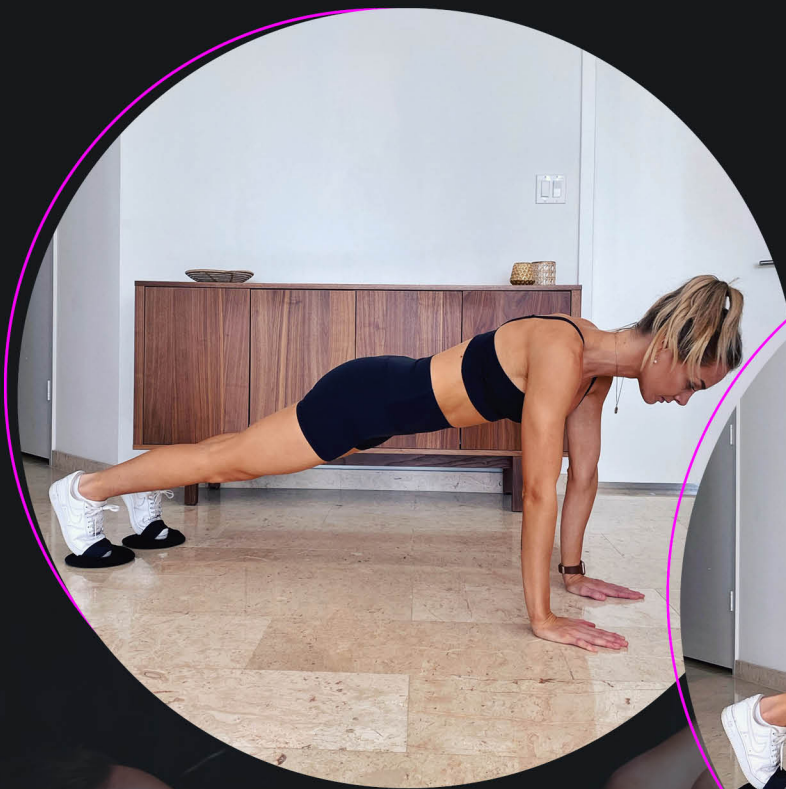


Mountain Climber :

Start in high plank position with both feet on sliders.

1. Slide right knee forward to chest.
2. Push knee back to return to high plank.
3. Repeat on the other side.

Recommend you to perform the exercise for 30 seconds up to 1 minute. Do 3 sets with 2 minute rest between sets.



Plank Jack:

1. Start in forearm plank position with both feet on sliders.
2. Push feet apart to at least hip width, then pull them back together.
3. Repeat as quickly as possible.


Recommend you to perform the exercise for 30 seconds up to 1 minute. Do 3 sets with 2 minute rest between sets.



Knees to Chest:

Start in plank position with hands on the floor and toes on the sliders.

1. Inhale, lifting through your abdominals and keeping your shoulders over your wrists, then exhale to slowly bend your knees and draw them under your hips.
2. Then inhale to extend your legs back into plank position, keeping your abdominals engaged.
3. Exhale.
4. Repeat for 30 seconds to 1 minute.

 **Tip:** Place your knees on the sliders in a modified plank. Bring your knees in and out by lifting your hips. You can also do the exercise balancing on your forearms.



Lying Leg Curl :

1. Lie flat on your back, with your arms at your sides, and heels on top of sliders.
2. Engage your hamstrings, bend your knees, and bring your feet toward your butt.
3. Slowly return to start. Repeat for multiple reps

Recommend you to do 3 sets of 15 reps with 1 minute between sets.

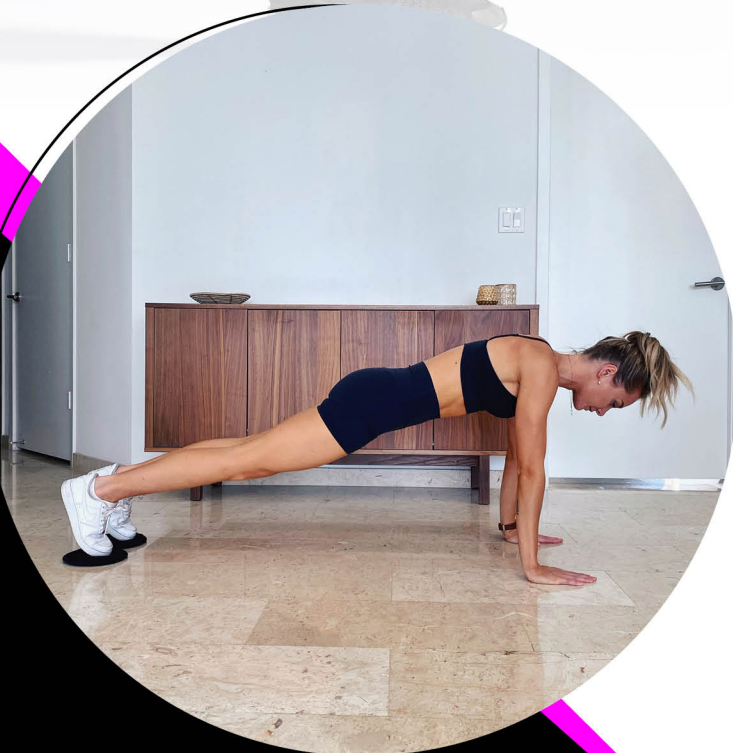




Knee Tuck :

1. Start in high plank position with both feet on sliders.
2. Pull knees in to touch chest.
3. Focus on keeping core tight, and don't hike hips too high.
4. Push feet back to return to high plank. Repeat.

Recommend you to do 3 sets of 15 reps with 1 minute between sets.



How's are the core sliders ?

Click here to Write a product review

We would love to hear from you and see how much you enjoyed the product by leaving us a product review. It would help us tremendously if you took a few minutes to do so.

If you have any questions regarding your order please let us know directly @ info@manytonez.com so we can fix it!

Become Fit & Happy with Your Body!

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