



GAIAM

SLIDING Core Discs

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Sliding Core Discs.

SETUP

1. Remove the Sliding Core Discs from the box and check for possible shipping damage.
2. Your Sliding Core Discs are now ready for use.

WORKOUT TIPS

1. Use the Sliding Core Discs on a flat surface. Always use in a open area free of furniture or other items that could get in the way while exercising.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercise routines to the best of your ability without strain.
4. Avoid holding your breath while exercising.

CARE

1. Dry with a towel after use.
2. Use a damp cloth to clean.
3. Avoid exposing to heat or excessive sunlight.
4. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Ensure the Sliding Core Discs are secure in your hands or under your feet before beginning each exercise.
4. Perform exercises in a slow and controlled manner.
5. Stop and rest if you feel dizzy or short of breath.
6. Use product only as intended and demonstrated in the exercise guide.

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