

# BALANCE DISC

## EXERCISE GUIDE

### EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Resistance Cord.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Resistance Cord that provides a lesser amount of resistance.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a Resistance Cord that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Cord exercise session.

### 1. DOUBLE LEG LIFT



**START**  
Position disc on chair seat, hips centered on top of disc.

**FINISH**  
Contract stomach muscles; grasp sides of chair seat, lean back slightly and lift feet off floor, hold for 2-3 seconds. Place feet on floor and repeat.

### 2. SINGLE LEG LIFT



**START**  
Position disc on chair seat, hips centered on top of disc.

**FINISH**  
Contract stomach muscles; lift foot off floor, hold for 2-3 seconds. Place foot on floor and repeat with opposite leg.

### 3. BACK ARCH



**START**  
Position disc on chair back, lower back centered in middle of disc.

**FINISH**  
Straighten and lift arms up and backward behind head while tilting head slightly backward and arching lower back.

### 4. DOUBLE LEG SQUAT



**START**  
Place disc on floor, position feet hip-width apart on top of disc, straighten legs, balance and stand upright.

**FINISH**  
Bend legs and sit back while raising arms forward and maintaining balance. Straighten legs and return to start position.

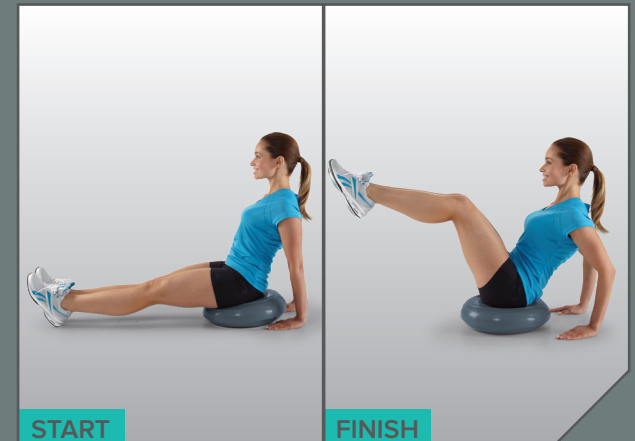
### 5. SINGLE LEG LUNGE



**START**  
Place disc on floor, position foot on top of middle of disc with leg slightly bent; straighten opposite leg and position foot directly behind hip while maintaining balance and standing upright.

**FINISH**  
Bend legs, maintain balance with head, shoulders and hips aligned and arms along sides of body. Straighten legs and return to start position.

### 6. REVERSE AB CURL



**START**  
Place disc on floor, hips centered on top of disc with legs slightly bent, heels on floor, arms straight, hands on floor with upper body leaning slightly backward.

**FINISH**  
Contract stomach muscles; lift heels off floor while bending knees toward chest with upper body leaning slightly backward. Hold for 2-3 seconds.