1. **DOUBLE LEG LIFT**

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

   - Position disc on chair seat, hips centered on top of disc.
   - Contract stomach muscles; lift foot off floor, hold for 2-3 seconds. Place foot on floor and repeat with opposite leg.

3. **BACK ARCH**

   - Position disc on chair back, lower back centered in middle of disc.
   - Straighten and lift arms up and backward behind head while tilting head slightly backward and arching lower back.

4. **DOUBLE LEG SQUAT**

   - Place disc on floor, position feet hip-width apart on top of disc, straighten legs, balance and stand upright.
   - Bend legs and sit back while raising arms forward and maintaining balance. Straighten legs and return to start position.

5. **SINGLE LEG LUNGE**

   - 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.
   - Bond 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**

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

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**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.

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Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

PRODUCT MAY DIFFER SLIGHTLY FROM ONE SHOWN.