

# Quick Start Guide

**STEALTH**®  
GAME YOUR CORE

**IMPORTANT:**  
PLEASE READ BEFORE USING STEALTH CORE TRAINER.



**WARNING**



# DO NOT STAND ON STEALTH

STEALTH IS SPECIFICALLY DESIGNED FOR PERFORMING THE PLANK EXERCISE ONLY.

STEALTH IS AN UNSTABLE EXERCISE DEVICE. PLEASE USE CAUTION WHEN USING STEALTH.

USE ON A FLAT STABLE SURFACE. READ ALL INSTRUCTIONS BEFORE USE.

KEEP BODY PARTS, HANDS AND FEET AWAY FROM BOTTOM OF STEALTH WHILE IN USE.

KEEP STEALTH OUT OF THE REACH OF CHILDREN.

**Questions? Contact Customer Support:**

☎ (877) 247-8325 ✉ [support@gameyourcore.com](mailto:support@gameyourcore.com) 🌐 [www.stealthbodyfitness.com](http://www.stealthbodyfitness.com)

# MANUFACTURER LIMITED WARRANTY

The manufacturer warrants that your STEALTH is free of defects in materials and workmanship and will, at its option, repair or replace any defective STEALTH that is returned to it.

All parts and components are warranted from the original date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty.
2. The warranty extends only to the original purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
3. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
4. This limited warranty is for 90 days from the original date of purchase.

5. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty.
6. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product.

MANUFACTURER MAKES NO WARRANTY OTHER THAN THE WARRANTY SET FORTH HEREIN. SUCH WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.



BEGINNER



ADVANCED

## RIGHT WAY

### Proper Form

If you have a weak core or have never performed the plank exercise then we recommend you start out in the **BEGINNER** position.

In the Beginner position, stay on your knees while you plank. This will make the exercise significantly easier.

Once you can comfortably plank in the beginner position for 1-2 minutes, you may proceed to the advanced position (straight leg - no kneeling).

# WRONG WAY

## Improper Form

To avoid straining your lower back, it is very important that you maintain proper form. If you feel any discomfort return back to the beginner position.

Keep your back straight like a plank of wood. Do not drop your hips or raise them too high.



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# TILT - RIGHT, LEFT, FORWARD & BACK



# HOLD LEVEL - TWIST RIGHT & LEFT



# DOWNLOAD THE APP

## Search for STEALTH BODY FITNESS



**STEALTH BODY FITNESS**  
Make Core Exercise Fun!





Create your STEALTH account  
using the  
**SAME EMAIL ADDRESS**  
you used when you ordered  
Stealth Core Trainer

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