

WORKOUT

A

LEGS & CORE

01

Start with the warmup

02

* Perform these exercise circuits in the given order. Complete exercises 1-2-3 three times. Then complete exercises 4-5-6 three times

** Rest for 1 minute after completing each circuit of 3 exercises

03

Stretch down

LUNGE

01



Step 1 - Stand with your feet together, one foot firmly grounded on the floor, and with the toes of your other foot placed lightly on a Core Flyte

Step 2 - Slowly roll the Core Flyte out behind you, keeping your upper body upright and back straight as you lower yourself into a lunge as shown

Step 3 - Keep your upper body upright and back straight while you pull the Core Flyte back to the starting position by squeezing your legs together, bringing you back to a standing position. Do not bend forward, it should look like the Core Flyte is pushing you upright.

LEVEL & REPS

05
EACH
LEG

Hold onto a stool or the back of a chair for support. Place the chair or stool beside you so your upper body stays upright while performing the exercise

08
EACH
LEG

No support, place your hands behind your head throughout the exercise

12
EACH
LEG

Place the arch of your foot on the Core Flyte and Lunge Forward

NOTES

[1] Do not bend forward, keep your back straight and engage your abdominal muscles throughout the exercise [2] Do not let your knee travel past your toe on the front (grounded) foot [3] You should never feel your groin or hips stretching at any point [4] Start slow, only progress when you feel strong and stable using a stool or chair for support [5] Place a rolled up towel on the floor behind you for safety. The towel should be placed at a distance that will stop the Core Flytes from travelling too far, which could cause an injury to your hip or groin

SQUAT

02



Step 1 - Stand with one foot grounded, and the arch of the other foot on the Core Flyte. With your feet close together your toes should be pointing outwards slightly

Step 2 - Lower yourself into a Squat by rolling the Core Flyte to the side until your feet are shoulder width apart. As you lower your hips and bend at the knees make sure your knees don't travel past your toes. Engage your abdominal muscles and raise your straight arms to eye level in front of you to keep your back straight and counterbalance your weight

Step 3 - Lower yourself no more than until your thighs are parallel to the floor. Maintain alignment of both legs throughout the exercise, and do not allow your foot to roll past shoulder width apart or your foot to turn outward too far

Step 4 - Raise yourself back to the starting position by pressing your feet into the ground and Core Flyte, while at the same time squeezing your thighs together. Be sure to keep your bodyweight centered between both legs while raising yourself back to the starting position

LEVEL & REPS

05
EACH
LEG

Squat with legs bent at 45° while holding onto the back of a chair

08
EACH
LEG

Bend legs until thighs are parallel to the floor, no chair!

12
EACH
LEG

Hold for 3 seconds at the bottom of the Squat

NOTES

[1] For beginners performing a Squat while using the Core Flyte, do not lower yourself past a 45° bend at the knees, only progress when you feel strong and stable [2] Do not arch your back forward. Keep your head upright and back straight throughout the exercise [3] Keep your bodyweight centered between both legs throughout the exercise. Do not lean to one side! [4] Do not allow your knees to travel past your toes [5] Don't lower yourself past where your thighs are parallel to the floor. You shouldn't feel any stress in your knees at any point throughout this exercise [6] Lower your butt toward your heels, and do not lean forward too far

SIDE LUNGE

03



Step 1 - Place one foot on the floor facing slightly outwards no more than 45°. Lightly place the toes of your other foot on the Core Flyte

Step 2 - Bend at the knee on your supporting leg while leaning forward to touch your toes with both hands. Make sure your knee doesn't travel past your toes on the supporting leg. At the same time allow the Core Flyte to roll sideways while keeping that leg straight

Step 3 - Return to a starting position by squeezing your thighs together, bringing the Core Flyte back to your supporting foot and standing you upright

LEVEL & REPS

05
EACH
LEG

Hold onto a stool or back of a chair, keeping your upper body upright and back straight

08
EACH
LEG

Bend forward and touch the floored foot with both hands

12
EACH
LEG

Combine/alternate each repetition with a Lunge

NOTES

[1] You shouldn't feel your hamstring or groin stretching at any point throughout this exercise [2] Do not allow your knee on the supporting leg to travel past your toes [3] Keep your head upright and back straight throughout the exercise [4] Place a rolled up towel on the floor beside you for safety. The towel should be placed at a distance that will stop the Core Flyte from travelling too far, which could cause an injury to your hip or groin

PRONE CRUNCH

04



Step 1 - Get on the floor in a pushup start position with your hands on the floor directly below your shoulders and your toes on the Core Flytes

Step 2 - Contract your abdominal muscles, pulling both knees up toward your chest and between your elbows

Step 3 - Push the Core Flytes back to the starting position, straightening both legs

LEVEL & REPS

10
REPS

Place your forearms on a chair or couch

15
REPS

On the floor with straight arms throughout the exercise as shown

25
REPS

Alternate with Oblique Crunches i.e.
1. Both knees to Left elbow,
2. Both knees to Right elbow,
3. Both knees Between the elbows

NOTES

[1] Do not bend forward, keep your back straight and engage your abdominal muscles throughout the exercise [2] Do not let your knee travel past your toe on the front (grounded) foot [3] You should never feel your groin or hips stretching at any point [4] Start slow, only progress when you feel strong and stable using a stool or chair for support [5] Place a rolled up towel on the floor behind you for safety. The towel should be placed at a distance that will stop the Core Flytes from travelling too far, which could cause an injury to your hip or groin

OBLIQUE CRUNCH

05



Step 1 - Lay on your side, with your upper body supported by your forearm and your free hand behind your head. Place your feet together on one Core Flyte

Step 2 - Engage your abdominal muscles, pulling the Core Flyte and your knees toward your chest. As your knees crunch into your chest, flex your upper body 45° to the side bringing the elbow on your free arm toward your hip

Step 3 - Push the Core Flyte back out to the starting position, straightening your legs

LEVEL & REPS

10
EACH
SIDE

Resting your hips on the floor throughout the exercise

15
EACH
SIDE

Place your top hand on the floor below your chest for support. Raise and hold your hips off the floor while you perform a Crunch and touch your knees to your forearm. Rest your hip on the floor between each repetition

25
EACH
SIDE

Place your top hand behind your head. Hold your hips off the floor throughout the exercise

NOTES

[1] Keep looking at your knees with your chin close to your chest throughout the exercise, do not allow your head to tilt or twist [2] Do not allow your back to arch forward, this could cause injury to your back

GLUTE BRIDGE

06



Step 1 - Lie on your back with your knees bent and feet flat on the Core Flytes. Place your palms flat on the floor to help stabilize yourself. Engage your abdominal muscles and leave your head resting on the floor throughout the exercise

Step 2 - Lift your hips off the floor by contracting your abdominals and pressing the arches of your feet into the Core Flytes/floor. Raise your hips until you have a straight line from your knees to your chest, do not extend too far and arch your back

Step 3 - Slowly lower yourself back down to the starting position

LEVEL & REPS

10
REPS

Use 1 Core Flyte underneath 1 foot, with the other foot firmly grounded on the floor

15
REPS

Place both feet on Core Flytes, maintain 90° bend at your knees throughout the exercise

25
REPS

Place both feet on Core Flytes, press heels toward your butt while holding your hips in the raised position. You shouldn't feel stress in your knees, ankles or lower back at any point throughout this exercise

Start with both feet together and alternate rolling out the Core Flytes to extend one leg while holding your hips in the raised position

NOTES

[1] Beginner & Intermediate maintain 90° bend at your knees throughout the exercise [2] Do not extend your hips too high and arch your back, this could cause injury to your back [3] Start slow and low, only progress when you feel strong and stable. When first using the Core Flyte, raise your hips only a few inches off the ground [4] Position your feet hip width apart, maintain this position throughout the exercise [5] You shouldn't feel stress in your knees, ankles or lower back at any point throughout this exercise