

BALANCE TRAINER EXERCISE GUIDE

Consult a physician prior to beginning a work out program.

Getting Started

It is important to take notice of your posture and balance during training. Focus on keeping the core engaged (the rib cage lifted drawing navel to spine). Maintain the natural lumbar curve with pelvis throughout movement. And don't forget to breathe, never hold your breath.

Warm Up: Do five minutes of low-impact movement; such as brisk walking or stepping up and down a step.



Caution: When using the Balance Trainer we are purposely creating an unstable surface. The Balance Trainer is by no way a simple training tool although it may look as such. Be sure your workout area is free of any and all obstacles to avoid possible injury.

Cool- Down: At the end of each workout, stretch all of your major muscles, holding each stretch for at least 30 seconds without bouncing.

Walking on Balance Trainer



Muscles Worked: Quadriceps & Hip Abductors

Begin by placing the Balance Trainer next to a wall, hold onto the wall, as you step onto the Balance Trainer. Maintain an upright posture, naval pulled to spine.

Let go of the wall and slowly begin a walking motion, lifting one foot up slightly, then the other, this movement is small.

Walk at a comfortable pace for one minute, take a one minute break and repeat the exercise.

Two Foot Squat



Muscles Worked: Quadriceps, Gluteus Maximus, Calf Group

Place the Balance Trainer next to a wall to brace yourself, while stepping onto the Balance Trainer. Position your feet shoulder width apart, toes pointing forward. Engage your core.

Let go of the wall and slowly bend your knees into squat position as though you are sitting in a chair (do not exceed a 90-degree bend at the knees). To maintain a better balance try and raise your arms out straight in front of you. Pause at the bottom of the exercise and slowly return to a standing position. At the top of the movement, do NOT lock your knees. Keep them slightly bent.

Repeat 8-12 times.

One Leg Squat & Hold



Muscles Worked: Quadriceps, Hip Abductors, Calves

Stand with your feet shoulder-width apart with right foot on the center of the Balance Trainer.

Let your hips drop straight down about six inches, when you feel the muscles "catch", while maintaining balance slowly push back to standing.

Repeat 8-12 times, switch sides.

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Lunge & Lift

Muscles Worked: Quadriceps, Hip Abductors, & Gluteus Maximus

Place your left foot about 2 feet behind you and your right foot in the center on top of the Balance Trainer.

Bending your knees, as you lower your hips straight down until your right knee is bent to 90 degrees.

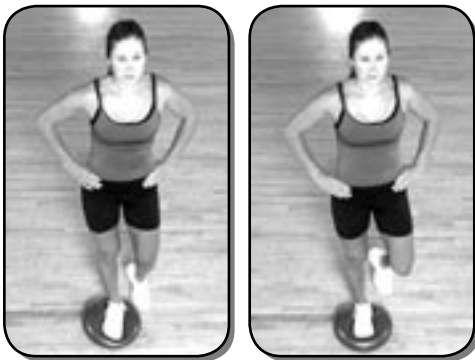
Shift your weight to the right foot as you lift your left foot off the floor and pull it forward, in one motion bringing your knee up in front of your body.

Find balance, pause for one beat before slowly returning your leg to the start position.

Repeat 8-12 times then switch working leg.



1 Foot Hold



Muscles Worked: Quadriceps, Calf Muscles

Place your right foot on top and centered on the Balance Trainer, place the left foot at the side for stability.

Shift weight to the right leg while aligning the hip over the right foot as you raise the left foot up and away from the floor.

Work to hold balanced position for 5 seconds. Pause and repeat 5 times.

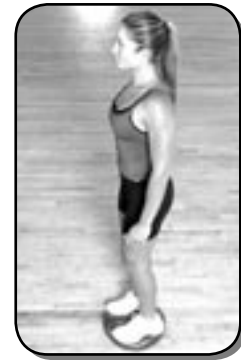


Core Stabilizer

Muscles Worked: Quadriceps, Hip Adductors & Abductors

Position the Balance trainer near a wall, step onto the Balance Trainer one foot at a time with your feet evenly positioned and centered.

Engage core muscles, by pulling navel to spine, goal is to balance for one minute.



Balance Trainer Core Sit



Muscles Worked: Core Stabilizers

Sit down on the center of the Balance Trainer with your knees slightly bent, both feet on the floor and your arms across your chest. Contract your abdominals

Lean back slightly. Hold for 5 seconds. Work to maintain a balanced position.

Repeat 8-12 times.

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Two Handed Push Up



Muscles Worked: Triceps, Deltoids, Pecs

Lie facedown and position the Balance Trainer under your chest. Place both your hands on the Balance Trainer, keeping your elbows by your side. Contract your abdominals to create a straight body.

Slowly straighten your arms, pushing up onto your knees. Keep your body in a straight line and elbows close to body. Lower yourself down and then push up again.

Repeat 8-12 times.



Kneeling Plank Twist

Muscles Worked: Pecs, Rotator Cuff, Core

Position the Balance Trainer directly in front of you. From a kneeling position lean forward, placing your left hand in the center of the Balance Trainer. Maintain a strong body line by contracting your abdominals.

Rotate your right arm and shoulder up toward the ceiling. Hold at the top position for one second then return to floor.

Repeat 8-12 times.



Core Balance Sit



Muscles Worked: Rectus Abdominis, Iliopsoas, Upper Trapezius

Sit on the Balance Trainer with your feet straight out in front of you, arms down at your sides. Pull your shoulders down and back, to engage a neutral head position.

Find your balance point by lifting your arms straight out to your sides. Engage your abdominals to hold the position. Hold for 30 seconds then rest.

Repeat 6-8 times.



Plank

Muscles Worked: Pecs, Core

Position the Balance Trainer directly in front of you. From a kneeling position, position your forearms and elbows onto the Balance Trainer, just off center. Contract your core muscles. Keep your head and neck in line with body. Keep the Balance Trainer level and balanced. Hold as long as you can up to one minute.

Repeat 4-8 times.

> Advanced variation, same set up except be up on your toes.



Advanced

WARNING

Harbinger Product Safety Notice

Harbinger's Balance Trainer is a dynamic core training tool, designed for a variety of exercises and difficulty levels. This Balance Trainer is intended for use only as described on the posted instructions. Serious injury can occur when not used properly. Other uses are not recommended.

In addition to the posted instructions for use, please observe the following precautions each and every time before using your Balance Trainer:

1. Inspect the Balance Trainer prior to each use. Look for any nicks, tears, punctures or other defects that may cause the Balance Trainer to break.
2. DO NOT use Balance Trainer if damage or defects are found. Discard and contact Harbinger representative for warranty information.
3. Always make sure that the Balance Trainer is used on a flat and level surface.
4. Only use the Balance Trainer in an open space away from furniture, walls or other equipment. Inspect the floor surface for any small objects that could puncture the Balance Trainer.
5. Maintain optimal posture when using the Balance Trainer.
6. To avoid possible injury, do not engage in any exercises that require bouncing or jumping while on the Balance Trainer.
7. Never use tape of any kind to attach the Balance Trainer to stationary objects, or to deform the shape of the Balance Trainer.
8. Keep the Balance Trainer away from heat, cold and sharp objects.
9. Remove rings before use and avoid footwear with metal spikes or cleats.
10. The Balance Trainer is not a toy. Children should only use with adult supervision.
11. Avoid prolonged exposure to sunlight.
12. Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, Balance Trainer should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
13. Always consult a physician before beginning any exercise program.

**HARBINGER SPORTS INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT
MAY OCCUR WITH THE USE OF THIS PRODUCT. THE CONSUMER ASSUMES ALL
LIABILITY AND USES THIS PRODUCT AT THEIR OWN RISK.**