

## FEATURED MOVE: KNEE TUCK WITH OPTIONAL PUSHUP

### FEATURED PRODUCT: SMART CORE WHEEL

This intermediate core wheel move is about synchronized control. The whole chain of muscles from your hip flexors and up toward your shoulders has to work together to stay in form with no breaks in the chain.

**Smart**

SELF-GUIDED FITNESS



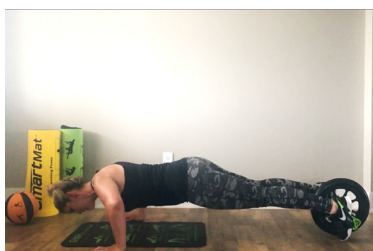
### STEP 1

Strap your feet into each side of the core wheel and position yourself in high plank position with your hands under your shoulders. Align your body from head to toe.



### STEP 2

Keeping your body in alignment, slowly move your knees toward your chest while keeping your bottom down and upper body still. Slowly roll back to high plank position.



### STEP 3: (ADD A PUSHUP)

Move your hands into a slightly wider position from high plank. Hold steady and lower your upper body to the floor. Keep your eyes toward the floor and drop your chest to elbow level. Slowly push the body back up. Move your hands back in to high plank. Repeat Step 2 and 3 in succession for 10 rotations, or as many as you can do while in proper form.

### WHAT THE EXPERTS SAY:

Keeping the wheel in balance and straight as it rolls toward the chest is challenging! Perfecting a slow roll is key to developing proper form. From there, you can change up the tempo to work on varied resistance times.

**WE MAKE IT SMART. YOU MAKE IT HAPPEN.**