



FEATURED MOVE: PIKE UPS

FEATURED PRODUCT: CORE WHEEL

Maximize body control as you aim to do each move as many times as you can while in good form. Work to increase the maximum range as you improve. This advanced move will challenge your upper body strength as well as your core.

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 roll the wheel toward your hands as you lift your bottom in the air.



STEP 3:

Keep rolling the wheel toward your hands until your body is in an inverted "V" position. Slowly return the wheel back to starting position as you lower your body back toward the floor.

WHAT THE EXPERTS SAY:

You will find out pretty quick that the core wheel will offer you some amazing challenges to your core strength, even if you are pretty fit. Work up to the advanced moves by slowly perfecting the basic and intermediate exercises, and having a good base of core strength.

WE MAKE IT SMART. YOU MAKE IT HAPPEN.