

FEATURED MOVES: 4 OUT-OF-THE-BOX BASICS: PLANK HOLD, KNEE ROLL-IN, KNEE DROP, AND SIDE ROLL.

FEATURED PRODUCT: SMART CORE WHEEL

Even if you want to jump right into the intermediate and advanced moves on the core wheel you'll have better success if you master the form in the beginner moves. It will improve your control when the weight shifts in the wheel.

Smart

SELF-GUIDED FITNESS



MOVE 1: PLANK HOLD

Place your hands on the pedals and position them directly below your shoulders. Feet should be hip width apart. Lift to a plank hold.



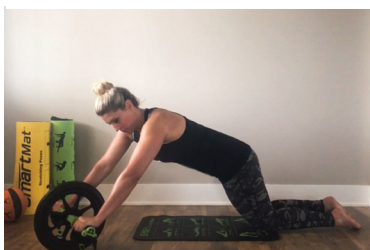
MOVE 2: KNEE ROLL-IN

Start in a plank hold (see move 1). Drop your knees to the floor and roll the core wheel back toward your body. Roll out again until your hands are under your shoulders and lift back to plank hold. Repeat.



MOVE 3: KNEE ROLL-OUT

Start in kneeling position. Roll the wheel away from your body as far as you can go while keeping your abs braced, your back free from strain. As you get more experienced with the core wheel, you will be able to reach your arms all the way out and your body hover directly above the floor.



MOVE 4: SIDE ROLL-OUT

Start in kneeling position. Roll the wheel away from your body as far as you can go while keeping your abs braced, your back free from strain. As you get more experienced with the core wheel, you will be able to reach your arms all the way out and your body hover directly above the floor.

WHAT THE EXPERTS SAY:

When you first take the core wheel out of the box, these should be some of the first exercises you try. It will boost your form (and confidence!) to get the basics down before you move on to more challenging moves.

WE MAKE IT SMART. YOU MAKE IT HAPPEN.