

FEATURED MOVE: TRICEP HOLD ROLLOUT

FEATURED PRODUCT: SMART CORE WHEEL

The Tricep Hold Rollout on our SMART Core Wheel is a combination of an isometric hold on the upper body with a simultaneous dynamic move in the lower body. Try this intermediate move in sets of 10.

Smart

SELF-GUIDED FITNESS



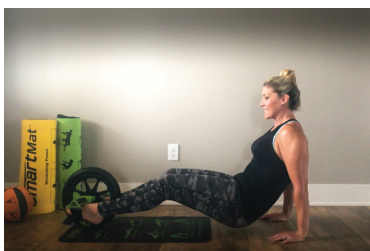
STEP 1

Strap your feet into each side of the core wheel and position yourself in a seated position with the wheel on the mat. Keep your shoulders back and your chin up.



STEP 2

Lift your bottom a few inches off the ground. Start to slowly move the wheel away from your body.



STEP 3:

Keeping your upper body still, extend the wheel so it is at the end of your range. Be sure to keep your core braced and your shoulders pulled back. Repeat.

WHAT THE EXPERTS SAY:

Roll the wheel along the mat for a smooth back and forth. Also, keep your chin up and your eyes forward. It's easy to get hooked on watching the wheel roll, but it will pull your shoulders into an unwanted arch.

WE MAKE IT SMART. YOU MAKE IT HAPPEN.