

***Always stand in an Athletic Stance, with your feet shoulder-width apart and slightly bend your knees.**

First Time Users:
Place your hands on a wall or stable chair for extra support.

WARM UP: 1 MINUTE

- Stand on the board for 1 minute



START AT LEVEL 1

LOWER BODY: 2 MINUTES

- **SQUATS [Glutes]**
10 Repetitions with both feet on the board.

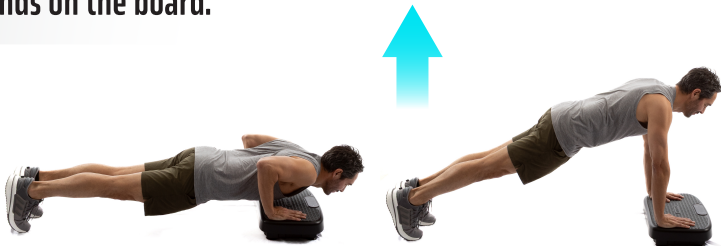


- **BRIDGES [Glutes]**
10 Repetitions with both feet on the board.



UPPER BODY: 2 MINUTES

- **PUSH-UPS [Chest]**
10 Repetitions of pushing up with both hands on the board.



- **BICEP CURLS [Arms]**
10 Repetitions curling with both feet on the board.



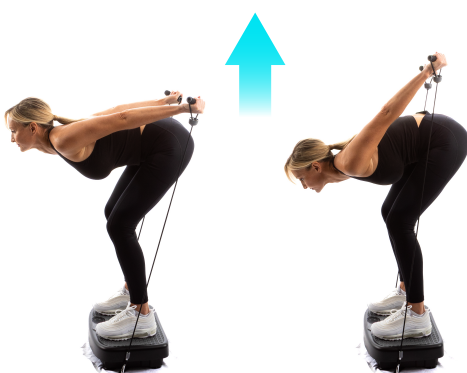
REST: 1 MINUTE

UPPER BODY: 2 MINUTES

- **LATERAL RAISES [Shoulders]**
10 Repetitions lifting arms straight with both feet on the board.



- **CABLE ROWS [Back]**
10 Repetitions bent over rows with both feet on the board.



CORE: 1 MINUTE

- **PLANK [Core]**
Hold position for 1 minute with both hands or elbows on the board.



OR



COOL DOWN: 1 MINUTE

- Stand on the board for 1 minute



**REVIEW YOUR QUICK START GUIDE
AND INSTRUCTION MANUAL
For machine set up and “How to Use”**