

# STABILITY DISK



## *Training Manual*

FEATURING PROFESSIONAL TRAINER

**Brook Benten**

*M.Ed, ACSM-HFS, RKC*



Read all information before use. Serious injury or fatality may occur.

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# WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

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# Introduction

Use this manual as a visual reference exercise guide for use with the GoFit Stability Disk. Always start at a level that will allow you to complete all the recommended reps and sets described in this manual.

*Be patient and persistent; building strength takes time. Consume a healthy, balanced, low-fat, calorie-conscious diet to compliment this program.*

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# Usage Instructions

## Stability Disk

- The Stability Disk is not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- The Stability Disk could pose a falling hazard to children and pets, therefore must **NEVER** be left unattended.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Stability Disk.
- The Stability Disk is not a flotation device.
- The Stability Disk is not recommended for use during pregnancy.
- The Stability Disk should only be used for its intended purpose as outlined in this training manual.

## MAINTENANCE AND CARE

- Clean the Stability Disk with mild soap and warm water.  
**DO NOT** use abrasive or chemical cleaners.  
**DO NOT** immerse Stability Disk into water.
- Keep the Stability Disk out of direct sunlight. The Stability Disk should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

# Usage Instructions Ctd.

## EVERYDAY USAGE

Simply place the Stability Disk on top of the seat of your office chair. Adjust the seat height so that when sitting on the disk, your knees are level with your hips. Sit with your buttocks in the center of the Stability Disk. Be cognizant to sit tall with shoulders back and chest lifted. Try not to slouch; sit up straight.

## Chair Sit: Posture and Core Strength

*Using the Stability Disk as a seat cushion should assist with improving posture and may alleviate mild lower back pain.*



# Exercise Program

**The Stability Disk trains Muscular Endurance, Core Strength, and Balance.**

Customize your own program by adding the exercises of your choice, or start with the progressive Stability Disk exercise programs included.

## **LEVEL ONE · LEVEL TWO · LEVEL THREE**

*It is recommended to all who are new to the Stability Disk to begin with Level One.*

*\*Before beginning these exercises, be sure that the space is clear of any objects that may injure you if you should lose your balance and fall from the Stability Disk. Instability is a key function of the Stability Disk. Falling may result from the use of this equipment.*

### **LEVEL ONE (2-3 x weekly):**

Perform one repetition of the exercises in this manual to become familiar with the equipment. For standing exercises, position the Stability Disk near a wall and lightly touch the wall with one hand; as balance feels established, play with removing your hand from the wall then reach back when necessary.

### **LEVEL TWO (3 x weekly):**

Perform multiple repetitions of the exercises in this manual. Do not exceed 15 reps per set. Perform 1-3 sets. Position the Stability Disk away from the wall where you have no assistance for standing exercises.

### **LEVEL THREE (3-4 x weekly):**

Work to fatigue, meaning do as many reps as you can with perfect form. With exercises where you have multiple balance points, remove one point of balance by levitating one leg or arm.

# Modified V-Sit

## Core Strength and Hip Mobility

**STEP ONE** - Sit on the Stability Disk with both of your feet grounded. Lean back slightly. Keep your chest lifted and back flat. With one foot at-a-time, remove a balance point.



**STEP TWO** - Finish with your shins parallel to the ground and ceiling.





# V-Sit

Core Strength, Hip Mobility,  
and Hamstring Flexibility

**STEP ONE** - Begin in modified v-sit position.



**STEP TWO** - Extend at your knees, squeeze your inner thighs together, point your toes, and lift both your chest and legs, to form a perfect "V."



# Double Crunch

## Abdominal Strength and Hip Mobility

**STEP ONE** - Begin in modified v-sit position.



**STEP TWO** - Lean your upper body back and extend your lower body out while balancing on the Stability Disk.



**STEP THREE** - Engage your abdominal muscles and pull your legs back in to modified v-sit.



*Try to incorporate your breath: inhale as you lean back, exhale as you crunch in.*

# Basic Crunch

## Abdominal Strength

**STEP ONE** - Place the Stability Disk under your lower back. Begin with your shoulders grounded and your heels on the floor, hip width apart.



**STEP TWO** - Engage your abdominals and crunch your lower ribs closer to your hip bones, raising your shoulders off of the ground. Be cognizant to keep your elbows out in your peripheral vision and chin lifted off of your chest. Resist gravity as you slowly lower down to the starting position.



*Try to incorporate your breath: exhale as you crunch up, inhale as you lower down.*

# Two-Foot Balance

## Ankle Strength and Stability



**STEP ONE** - Step on to the Stability Disk one foot at-a-time. Feet should be positioned hip width apart.



**STEP TWO** - Try not to bottom-out on any side. Maintain perfect balance between your two feet.

# Two-Foot Balance with Squat

Lower Body Strength,  
Hip and Ankle Strength, and Stability



**STEP ONE** - Begin in two-foot balance position.



**STEP TWO** - Bend your knees and hips, careful never to allow your knees to travel beyond the balls of your feet as you lower into a squat. Maintain flat back posture. Begin with a shallow squat. Try not to let either foot bottom-out. Maintain perfect balance between your two feet.

*With training, go deeper into your squat.*

# Single Leg Balance (Level One)

Ankle Strength and Stability

LEVEL ONE



**STEP ONE** - Step one foot onto the center of the Stability Disk.



**STEP TWO** - Lift your free leg off of the ground and try to balance on your one foot. Begin with your free foot close to the disk.

*With training, move to Level Two.*

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# Single Leg Balance (Level Two & Three)

## Ankle Strength and Stability

### LEVEL TWO



**LEVEL TWO**—With training, go into low tree pose, where your free foot is positioned into the calf of your balancing leg.

### LEVEL THREE



**LEVEL THREE**—With further training, go into high tree pose, where your free foot is positioned into the inner thigh of your balancing leg. Never push your free foot directly into the knee of the balancing leg.

# Walking Lunge

Lower Body Strength, Hip and Ankle Strength, and Stability

**STEP ONE** - Place one foot on the center of the Stability Disk. Place your free leg about one-leg's distance behind you. Bend deeply through both knees, dropping the body into a back lunge. Be cognizant that your front knee should not travel beyond the ball of your foot. Your upper body should not hunch forward like a bent nail. Engage your core muscles and stay perfectly upright with your torso and upper body.



**STEP TWO** - Lift your back leg into a brief single-leg balance and reposition it in the front, about one-leg's distance ahead.



**STEP THREE** - Bend deeply through both of your knees, dropping your body into a forward lunge. Be cognizant that your front knee (grounded) should not travel beyond the ball of your foot. Push off against the ground and lift briefly back into the single-leg balance as you go into the back lunge. Be sure to perform equal number of repetitions on each side, switching the foot on the Stability Disk.

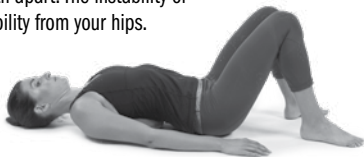




# Glute Bridge w/ Upper Body Instability

## Glute Strength and Hip Mobility

**STEP ONE** - Position the Stability Disk between your shoulders. Your feet should be grounded, hip width apart. The instability of your shoulders will require greater stability from your hips.



**STEP TWO** - Raise your pelvis towards the ceiling. Resist gravity as you slowly lower down.



### LEVEL THREE

**LEVEL THREE**—With training, progress to performing this exercise with one balance point removed (one leg lifted up towards the roof). Be sure to perform equal number of repetitions on each side if you remove a balance point.



# Low Plank

Core and Shoulder Strength, and Stability



**STEP ONE** - Position your forearms onto the Stability Disk. They should be approximately shoulder width apart and parallel to one another. Try not to bottom-out on either side. Maintain perfect balance between your two forearms.

**STEP TWO** - Extend your knees and grip the floor with the balls of your feet, completely lifting your legs off of the ground. Your feet can be touching together. There should be a straight line from the lobe of your ear to the middle of your shoulder to the side of your hip, side of your knee, and side of your ankle.

# High Plank

Core and Shoulder Strength, and Stability

**STEP ONE** - Begin in a low tricep push-up position.



**STEP TWO** - Extend at your elbows, therefore placing your hands into the Stability Disk, directly underneath your shoulders. Your arms should be perfectly straight.



*If you have weak wrists or carpal tunnel syndrome, modify by creating a fist and knuckling down into the disk.*

# Side Plank

Core and Shoulder Strength, and Lateral Stability

## LEVEL ONE

**LEVEL ONE**—Place one forearm in the center of the Stability Disk. Stagger your feet to face the side wall. Lift your free arm towards the ceiling.



## LEVEL TWO

**LEVEL TWO**—With training, progress to lifting your top leg about 2-feet above the ground.



## LEVEL THREE

**LEVEL THREE**—With further training, progress to binding the big toe with two fingers and lifting your leg higher.



# Inverted Oblique Crunch

Oblique Abdominal Strength,  
Hip and Shoulder Stability

**STEP ONE** - Begin in high plank position.



**STEP TWO** - Lift one balancing point. Bring your lifted knee in to touch your opposite tricep. Return to starting position. Repeat multiple repetitions before switching sides, or perform single reps, alternating every time. Be sure to perform equal number of repetitions on each side.



# Push-Up

## Shoulder and Chest Strength, and Shoulder Stability

**STEP ONE** - Position one hand in the center of the Stability Disk. Position your other hand on the floor. Your hands should be at nipple-line, about 12" wider than shoulder width on each side. Take your legs out to high plank position.



**STEP TWO** - Lowering your body as one unit, drop your nose to the floor then push your body up. Try to inhale as you lower down and exhale as you push up. Be sure to perform equal number of repetitions on each side, switching your hand on the Stability Disk.



*Modifications for this exercise include widening the stance of the legs or dropping your knees down to the ground (ideally on a padded surface).*

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