

Seated Crunch



start

Start: While sitting on fit disc bring knees up in front of chest. Feet on floor in front of you. Place hands on floor behind you.



finish

Finish: Slowly raise legs off the floor and hold for count of 8-10. Lower legs and repeat.



Advanced

Advanced move: For a more advanced move raise hands off the floor and hold them straight out in front. Hold and keep balance while engaging Abs.

Bridge Hip Extension



start

Start: Lying on floor with both feet placed on fit disc, knees bent. Arms extended out to side on the floor.



finish

Finish: Slowly raise hips so that shoulders, hips and knees are aligned. Hold for count 8-10, slowly lower and repeat.

Lateral Flexion



start

Start: Lying on side with fit disc securely tucked under waist. Legs together, knee bent at 90 degree angle, upper arm place on hip, lower arm placed on floor, elbow bent with head placed on palm of hand. Shoulders, hips and knees should all be in alignment with Abs engaged.

Balanced Leg Lift



start

Start: Lying with elbows on fit disc, body raised off floor, toes securely dug into floor.

Hip Extension with Leg Lift



start

Start: Lying face up on mat with left foot placed on fit disc, left knee bent at 45 degree angle, right leg extended up and out, arms crossed on chest.



finish

Finish: Slowly raise left leg while balancing elbows on disc. Hold, then slowly lower leg back to even with opposite leg. Repeat with alternate leg.



finish

Finish: Slowly lift buttocks off the floor while keeping right leg extended and left foot still placed on disc. Hold and slowly return to start position. Alternate with right foot on disc and raise left foot.



finish

Finish: Slowly lift torso off the ground raising head towards the ceiling. Lower and repeat. Switch Sides.

Fit disc Inflation
 Inflation needle is located in handle of pump.
 Inflate to desired fullness.
 Squeeze area around needle hole to form mound so needle does not accidentally puncture opposite side of disc.

Single Leg Balance



Start: Stand with both feet on disc, arms by side.

Finish: Raise left leg about 6-12 inches out to side. Keep your foot flexed and your Abs and Glutes tight. Hold for 30 seconds and return to start position. Repeat on opposite leg.

Standing Squat



Start: Stand with both feet on balance disc. Arms to side, slightly forward. Slowly lift heels off fit disc, balancing on toes.

Finish: Release toes simultaneously lowering upper body down into seated position, lower your body enough to maintain balance while performing squat. Repeat.

Fit Disc with Lunge



Start: Stand with both feet on fit disc, arms by side.

Finish: Step back with right foot while simultaneously raising arms up. Lower body so front leg is at 90 degree angle to the floor. Lift back up to start position and repeat on alternate leg.

Medicine Ball Oblique Twist



Start: Medicine Ball Oblique Twists (works core muscles concentrating on Obliques). Medicine ball adds weighted resistance to the exercise producing increased benefits while performing exercise.



Finish: Looking straight, ahead, Abs engaged and slowly turn torso and ball to the right, keeping head steady, arms bent and heels securely dug into floor. Lower body should not move, only upper torso. Move back to center and repeat on the left side.

Push Up Fit Disc



Start: With left hand placed on fit disc, other hand on floor push up position with body and knees off the ground. Palms should be placed forward but you can adjust them to work different parts of your upper body.

Finish: Slowly lower body towards the floor and raise back up to start position. If this position is too difficult you can place knees on the floor but you will receive more balance benefits from raising your knees off the mat.



Ball, Fit Disc, Overhead Shoulder Press



Sitting on the stability ball with both feet on the fit disc, holding hand weights, perform an overhead press, pressing up from your shoulders and extending overhead until weights meet. More difficult: raise on leg while performing exercise.



While standing on a fit disc, knees slightly bent, holding a stability ball straight out in front, raise the stability ball up and over your head