



**PRODUCT  
ADVENTURE**

## General Workout Guide Lines

Different people will have varying fitness levels, so to begin with, start slow then work up to higher repetitions (reps), with some exercises try the beginner version first and progress onto the more advanced versions.

Complete between 1 to 3 sets of 3 to 10 reps for each exercise, (more advanced users may want to complete 8 to 12 reps).

Rest time is important, make sure to rest for at least 30 - 60 seconds between each exercise set. Only perform each exercise set for a maximum of 2 - 3 times a week, this will allow your body to recover properly.

Allow between 24 - 48 hours of rest (not doing exercises relating to those muscle groups) between each routine when using your core glide discs.

It is important to focus on completing exercise with good form. This is much more important than moving quickly or doing more reps. Good form will allow you to work your muscles correctly, and the slow movements will mean you are able to focus on your form.

If you find you are starting to tire and are unable to perform the exercises correctly or with good form, try increasing your rest times or perform the beginner version of the exercise if that is an option.

The Product Adventure Core Glide Discs can be used on carpet, laminate flooring, smooth tiles or other flat smooth surfaces. Make sure you are on a flat even surface that will allow the discs to glide freely with no interruption. It is important you have enough room around you to move and that you will not slip or trip over.

Exercise:

Full Body - Cardio + Dynamic Motion

Complete a range of exercises that suit your abilities.





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**CORE GLIDE DISCS - EXERCISE E-BOOK**

**Working Guide Lines & Safety**

## **General Safety Guide Lines**

With the correct use the Product Adventure Core Glide Discs can be a great way to work out in many locations performing a large range of cardio and dynamic exercises. But please make sure to read through this safety information before using the discs.

The exercises we provide information for are to be used as a guide line only and are not to be a replacement of any information provided by your doctor or other health professionals.

Consult your doctor before taking part in any exercise program. Only perform exercises that are within your ability and if you feel pain, shortness of breath or dizziness when performing any of the exercises we have described, stop all activities immediately and consult your doctor.

If you are taking medication or are using a current training program consult your doctor before beginning any exercises described.

Always warm up and stretch before engaging in any exercise activities described.

We have listed all the exercises based on our own personal experience of using the Product Adventure Core Glide Discs. Therefor we recommend you only use these discs for the exercises we have detailed. Check back for future additions via our website as we may add more exercises.

Perform all exercises in a slow controlled manner, this will not only improve the effectiveness of the exercises, but it will also allow you to focus on your form which will reduce the chance of injury.

Make sure to keep your core engaged and strong during movements.

Always perform exercises as details in this document or on our website videos.

Avoid holding your breath during these exercises, try to take deep breaths filling your lungs deeply and exhaling in a controlled manner.

Always perform an equal number of exercises on each side of the body to help balance your body and avoid excess muscle development on one side.

Before using the discs check them for wear, abrasions or excessive scratching or tears or damage to the foam pads, and if you find any damage, do not use the discs.

Do not use the discs on a surface that is wet, rough or has steps, or holes.

Do not use the discs in or around an abrasive environment.

**Exercise:**

**Full Body - Cardio + Dynamic Motion**

**Complete a range of exercises that suit your abilities.**