

Squat Progression

Muscles: Glutes, Hamstrings, Quads
3 sets with 10 repetitions

Start with one Balance Trainer on floor. Place foot in center of Balance Trainer and other foot on the floor. With elbows up, arms crossed and back straight, squat up and down.

For more of a challenge use two Balance Trainers, with feet centered on each disc shoulder width apart. Keep arms crossed, back straight and core tight. Push through your heels as you come up.

One Balance Trainer



Two Balance Trainers



Product Safety Notice

Harbinger's Balance Trainer is a dynamic core training tool, designed for a variety of exercises and difficulty levels.

Go to www.harbingerfitness.com/364060 for exercise guide. The Balance Trainer is intended for use only as described in the exercise guide. Serious injury can occur when not used properly. Other uses are not recommended.

Please observe the following precautions before using your Balance Trainer:

1. Inspect the Balance Trainer prior to each use for nicks, tears, punctures or other defects that may cause the Balance Trainer to fail. Do not use the Balance Trainer if damage, punctures or defects are found.
2. Use the Balance Trainer on a flat and level surface.
3. Use the Balance Trainer in an open space away from furniture, walls and equipment. Inspect the floor surface for any small objects that could puncture the Balance Trainer.
4. Do not engage in exercises that require bouncing or jumping while using the Balance Trainer.
5. Do not use tape or similar application to attach the Balance Trainer to stationary objects, or to deform the shape of the Balance Trainer.
6. Keep the Balance Trainer away from heat, cold, sharp objects and avoid prolonged exposure to sunlight.
7. Do not wear footwear with metal spikes or cleats while using the Balance Trainer.
8. The Balance Trainer is not a toy and not intended for use by children.
9. Life expectancy of this product is dependent on the amount of use. As a precaution, the Balance Trainer should be inspected frequently and replaced as necessary every 1-2 years.
10. Always consult a physician before beginning any exercise program.

HARBINGER ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH THE USE OF THIS PRODUCT. THE CONSUMER ASSUMES ALL LIABILITY AND USES THIS PRODUCT AT THEIR OWN RISK.



Harbinger®



Balance Trainer Exercise Guide

harbingerfitness.com/364060
800.729.5954

Core Stabilizer Progression

Muscles: Core

15-30 seconds, or 3 sets with 10 repetitions

Start by sitting in middle of Balance Trainer. Arms should be crossed over chest. Slightly lean back, engaging your core muscles, protecting lower back. Hold 15-30 seconds at a time. Come back up to starting position.

For a more difficult challenge, lift one foot off the floor while leaning back. Next lift both feet off floor while leaning slightly back. Hold 15-30 seconds.

Add a twist with hands clasped and arms extended, and slight bend at elbows. Turn slowly from side to side. Start with both feet on the ground, and progress to one foot lifted and then both feet lifted off floor. Try 3 sets with 10 repetitions.

Beginner



Advanced



Walking

Muscles: Core, Glutes, Quads

1 minute at a time

With your hands on your hips, place feet centered on Balance Trainer, under your shoulders. Slightly lift one foot up and then the other for about a minute at a time, slowly shifting your weight from one side to the other.

Core should be held tight, engaging all core muscles.

For a more difficult exercise, swing your arms at your side while walking on Balance Trainer.



Hip Bridge Progression

Muscles: Core, Glutes

3 sets of 10 repetitions with two feet or 2 sets of 10 repetitions with one leg raised

Lie flat on floor with both feet on top of Balance Trainer. Contract glutes and lift hips up, making a straight line from knees to shoulders. Slowly lower and lift hips. Back should remain straight with a tight core.

To make more challenging, lift one foot and extend, lining knees up straight. Raise and lower hips, pushing through the heel of the foot on the Balance Trainer.



Plank Progression

Muscles: Core
30-60 seconds then rest

With Balance Trainer on floor, place elbows and forearms in the middle of Balance Trainer. Start with knees on the ground, engaging core muscles. Keep back flat and straight. Hold for 30-60 seconds.

To challenge your core further, straighten out knees with the balls of feet on the floor. Finally take feet out and in, or jump feet in and out.

To increase exercise intensity, touch knees to the ground one at a time, or keep the legs straight and raise the hips up and down.

Beginner



Intermediate



Push-Up

Muscles: Chest, Rear Delts, Rotator Cuff
3 sets with 10 repetitions

With Balance Trainer on floor, place one hand in center of Balance Trainer with other hand on floor. Lower the chest toward floor. Do 10 push-ups, switch sides, and do 10 push-ups on other side.

For more advanced training, place Balance Trainer on floor beneath middle of chest. Start with one hand in center of Balance Trainer then switch hands as you go up. Come down with opposite hand in center of Balance Trainer. Inhale at beginning of exerciser and exhale while moving across to other hand.



Reverse Lunge

Muscles: Glutes, Hamstrings, Quads
3 sets with 10 repetitions, each leg

Place Balance Trainer on floor, with one foot in center of Balance Trainer. Take a step back to lunge. Bend knees keeping the front knee over the ankle, and lowering the back knee towards the floor. Switch legs and repeat.

Keep back straight with core muscles tight. Cross arms or keep down at sides.



Side Lunge

Muscles: Glutes, Hamstrings, Quads
3 sets with 10 repetitions, each leg

With Balance Trainer on floor, start with one foot in the middle, feet out wide. Keep core in tight, sit hips back and keep spine straight as you slowly bend the leg on the Balance Trainer. Push back to starting position.

For more advanced training, take foot off Balance Trainer as you straighten up and put foot back on Balance Trainer as you bend back down.



Single Leg Hold Progression

Muscles: Core
Up to 1 minute, or 3 sets of 12 repetitions with tapping

With Balance Trainer on floor, put one foot in the middle of Balance Trainer and lift other foot slightly off floor. Hold up to one minute.

For more of a challenge, close your eyes while balancing. Tap foot that is off the floor to the front, side and back.

Hold



Foot Tap



Squat & Side Crunch

Muscles: Core, Glutes, Obliques, Quads
3 sets with 10 repetitions

Using 2 Balance Trainers, place each foot in the center of discs, shoulder width apart. Place hands behind your head, elbows open, and squat.

Add a side crunch by lifting one knee to the side as you stand. Switch legs on each squat/crunch.

