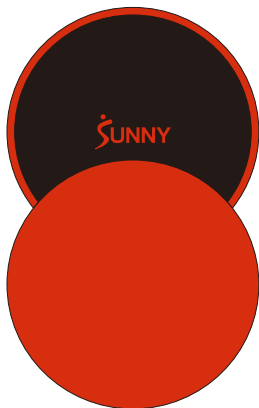




# DUAL SIDED CORE EXERCISE DISK NO. 104 USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

## **IMPORTANT SAFETY INFORMATION**

We thank you for choosing our product. To ensure your safety and health, please use this product correctly. It is important to read this entire manual before using the product. Safe and effective use can only be achieved if the product is used properly. It is your responsibility to ensure that all users of the product are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. The product is not suitable for therapeutic use.
4. Your product is intended for use in cool, dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to corrosion and other related problems.
5. This product is designed for indoor and home use only. It is not intended for commercial use!

## **USAGE GUIDE**

Our specially designed core exercise disk works amazingly on multiple surfaces.

- Soft Foam Side slides on smooth surfaces like Tiles, Hardwood or Laminated Floor.
- Smooth ABS Plastic Side to easily glide through soft padded surfaces like Carpets, Rugs and Artificial Turf.

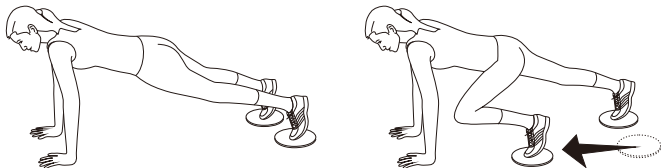
### **Download SunnyFit - For Home Fitness:**



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

## **EXERCISE GUIDE**

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90 SUNNY (877-907-8669).



### **1. Mountain Climbers**

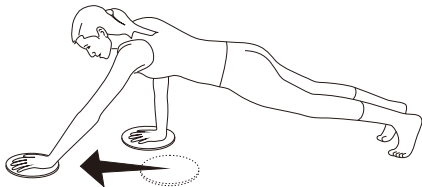
Start in a full plank position with your hands directly under your shoulders and the balls of your feet placed gently in the middle of the slide discs. Slowly pull one disc in towards the elbow of the same side while maintaining a strong plank position, then push it back to the starting position. Repeat on the other side. Perform 8-12 reps on each side.



### **2. Bridge Hamstring Pulls**

Start in a bridge position with each of your heels placed in the middle of the slide discs. While maintaining a high hip position, slowly push one disc away from your body, then slowly pull the disc back to the starting position. Reset your hips if they dropped slightly before repeating on the other side. Perform 8-12 reps on each side.

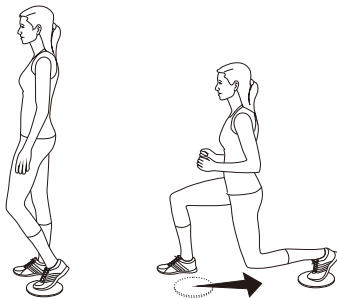
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### 3. Plank Forward Reach

Start in a full or knee plank position with your hands on the slide discs directly under your shoulders. If you are new to exercise, feel free to have one hand on the floor for greater stability throughout the exercise. Slowly push one disc straight out in front of your body while keeping the rest of your body still. Only go as far as feels comfortable, pause briefly, then pull the disc back to the starting position.

Perform 8-12 reps on each side.

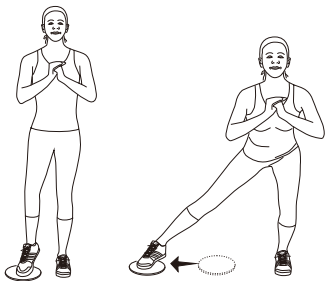


### 4. Reverse Lunge

Start with feet shoulder-width apart. One foot is planted firmly on the ground and the other with the ball of the foot placed gently on the sliding disc, slowly push the disc straight back until your front leg and back leg both reach a 90-degree angle. Then slowly pull the disc back to the starting position.

Perform 8-12 reps on each side.

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### **5. Lateral Lunge**

Start with feet shoulder-width apart. One foot is planted firmly on the ground and the other with the ball of the foot placed gently on the sliding disc, slowly push the disc out to the side, sitting your hips back. Then slowly pull the disc back to the starting position. Perform 8-12 reps on each side.

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