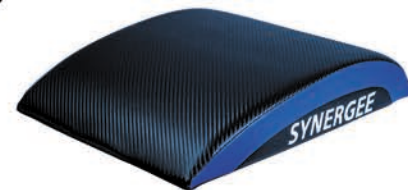


SYNERGEE

CORE MAT EXERCISE MANUAL



SIT-UPS

START: Lay on your back with your knees bent and insides of your feet touching each other so that your hips are externally rotated. Place core mat directly under your lower back. Bring both arms behind your head in a fully extended position. As you exhale, sit up completely bringing both arms in front of you to touch the floor. Repeat for several repetitions.



SIDE CRUNCH

START: Lay on your side with the core mat placed at your waist. The arch of the core mat should coincide with the arch at your waist, with the smaller edge towards your feet. Have your bottom arm at your ear and your other arm extended on your side. Tightening up your abs and glutes, lift your upper body off the ground. Repeat for several repetitions, and then on opposite side.



SCISSOR KICKS

START: Place the core mat under your lower back with the smaller edge facing towards your toes. Keep your arms alongside your body with palms facing down. Tighten your core while you gently lift one leg at a time off the floor, fluttering your legs. Repeat for several repetitions.



ERECTOR CRUNCH

START: Place the core mat under your stomach with the smaller edge directly at your hip crease. Bring both hands to your ears and have your legs full extended. Tighten up your glutes and hamstrings while you gently lift your upper body off the ground. Try to keep your spine long and your head facing down. Repeat for several repetitions.



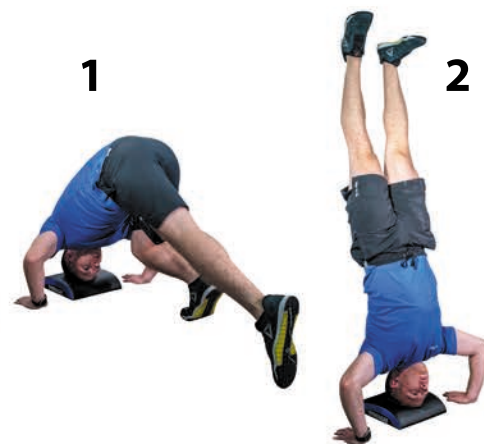
REVERSE CRUNCH

START: Place the core mat under your lower back with the smaller edge facing towards your toes. Tighten your core while doing a crunch and also pull your knees into your chest and back down. Repeat for several repetitions.



HANDSTAND PUSH UPS

START: Place the core mat on the floor (have it touch the wall if you will be using one). Kick up into a handstand position with the core mat directly under your head. Lower your head to the floor by bending your arms, creating a tripod position. Once your head touches the ab mat, press your hands firmly into the ground and lift your body to return to starting position. Repeat for several repetitions.



WARNINGS

- Read, follow, and keep these instructions for future reference. Failure to do so can result in serious injury or death
- Never use a Core Mat for any other purpose other than fitness exercises
- If desired intensity is not achieved when using according to directions, switch to a more difficult exercise
- All Core Mats can break
- Inspect for possible wear and tear before each use, discontinue use if it is nicked or broken
- Never use Mat on unsteady surfaces

- This product contains plastic, Styrofoam and Fabric
- Use only as directed
- Do not use on abrasive surfaces
- Make sure the Mat is secure before proceeding with each exercise
- Consult your physician before beginning any exercise program
- Keep away from children