

Exercise Instruction

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Xerdisc.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise with good control through a full range of motion.
- Perform an equal number of exercise repetitions with each side of body to avoid the development of muscle and joint range of motion imbalances.

- If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets or eliminate the use of the Xerdisc for a period of time.
—OR—
- If unable to achieve moderate to maximum muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets or remove shoes.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Xerdisc exercise session.

Inflation Tips

- Use Xerdisc pump and needle or a bicycle pump and ball needle to inflate the Xerdisc.
- To determine the optimal degree of inflation simply inflate to the point at which the flat-side surface of the Xerdisc is parallel to the floor when hand-pressure is applied. Slightly under-inflate or over-inflate to create an increased balance challenge.
- Never over-inflate creating a rigid, dome-top surface.

Xerdisc Stance Positions



Square Stance (narrow)

Stand with feet hip-width apart, toes pointed forward, and bend knees slightly.



Square Stance (wide)

Stand with feet shoulder-width apart or greater, toes pointed slightly outward, and bend knees slightly.



Split Stance

Stand with feet hip-width apart and position one foot in front of body and one foot behind body. Point toes forward and bend knees slightly.

SQUAT

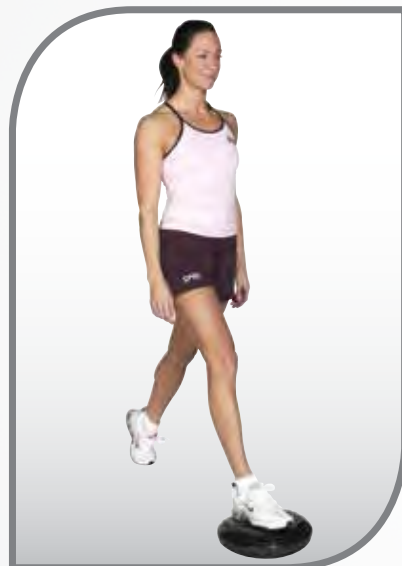


Start: Stand in a narrow square stance with Xerdisc under both feet. Keep legs slightly bent, feet flat on disc with toes pointed forward. Position arms along sides of body with hips and shoulders square.



Finish: Slowly bend knees, lower hips and buttocks until knees are directly above the toes. Keep knees over feet, head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold and return to start position.

FRONT LUNGE



Start: Stand in a split stance with Xerdisc under front foot. Straighten back leg with heel off the floor and bend front leg slightly with foot flat on the disc. Position arms along sides of body with toes pointed forward, hips and shoulders square.



Finish: Slowly bend knees, lower hips and buttocks until thigh of front leg and shin of back leg are almost parallel to the floor. Lift back heel off floor, keeping front knee directly over foot, head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold and return to start position.

SIDE LUNGE



Start: Stand in a wide square stance and position the Xerdisc under foot of exercise leg positioned slightly in front of hips. Keep legs straight with feet pointed outward slightly. Position arms along sides of body with hips and shoulders square.



Finish: Slowly bend knee of exercise leg, push buttocks backward, and lower hips. Keep knee of exercise leg over foot, opposite leg straight, feet stationary, back straight, and abdominal muscles tight. Hold and return to start position.

QUARTER SQUAT HOLD



Start: Stand and position Xerdisc under foot and balance on exercise leg. Keep leg slightly bent, foot flat on disc with toes pointed forward. Bend and lift opposite leg off floor. Position arms along sides of body with hips and shoulders square.



Finish: Slowly bend knee, lower hips and buttocks until knee is just behind the toes. Keep knee over foot, head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold for approximately 30 seconds and return to start position.
Modification: Place hand on wall for added support.

AB CURL



Start: Lie with low back on the Xerdisc. Bend legs and position feet flat on the floor slightly wider than hip-width apart. Bend arms and position hands behind head.
Finish: Slowly raise head and shoulders upward while tightening abdominal muscles and pulling ribs down toward hips. Keep the feet stationary and low back on top of disc. Hold and return to start position.
Modification: To decrease difficulty, straighten arms and position on floor along sides of body.

PUSH-UP



Start: Lie face-down on floor with one hand on the Xerdisc. Straighten arms and legs, position balls of feet and opposite hand on floor. Tighten abdominal muscles and lift knees, hips, and chest off floor.
Finish: Slowly bend arms, lower hips and chest toward floor until upper arms are parallel to floor. Keep legs straight, abdominal muscles tight, and head aligned with shoulders. Hold and return to start position.
Modification: To decrease difficulty, bend legs and position knees on floor.