

BALANCE DISK MANUAL

| ⚠ WARNING



Read and follow all information before use.  
Serious injury or fatality may occur.



# PBLX

PURE BODY LOGIX

**Pure** Bodybalance Stability Disk



The risk of injury from participating in this or any fitness regimen and or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form-collectively referred to in every media form as “Materials”)

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well-trained athletes and only you and your doctor can assess whether you are suited for the exercises depicted in the program (e.g. you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you.)

You acknowledge and agree that the Materials are provided by Pure Body Logix Inc. Directly and or through their licensors). You agree that all persons appearing in these Materials so on behalf of Pure Body Logix Inc.

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## Pure Body Balance Disk

- Pure Body Balance Disk are not toys; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- **ALWAYS** inspect the Pure Body Balance Disk for nicks or cuts before every use. If you find any nicks or cuts, discontinue use immediately.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- Pure Body Balance Disk could pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended.
- Pure Body Logix Inc. is not responsible for any personal property damage that may occur while using the Pure Body Balance Disk.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Pure Body Balance Disk are not recommended for use during pregnancy.

## MAINTENANCE AND CARE

- Clean the Pure Body Balance Disk with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Pure Body Balance Disk out of direct sunlight. The Pure Body Balance Disk should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.

## Terms:

Progression Increasing Program Intensity

1. **Duration** (i.e., 20 seconds to 30 seconds) OR Repetitions/Reps (i.e., increase the number repetitions performed) Muscular Endurance Development
2. **Sets** (i.e., increase the number of sets performed) -Muscular Strength Development
3. **Resistance** (i.e., changing band strength to increase resistance) Muscular Power Development

**Customize your own program by adding the exercises of your choice, or start with the progressive Balance Disk EXERCISE exercise programs included in this manual.**

**BEGINNER - INTERMEDIATE - ADVANCED**

## Important

Balancing exercises are notoriously difficult. **Please use caution** when performing balancing exercises as some may result in injury. Only perform the exercises that you feel comfortable with. If any of the following exercises seem to difficult, abandon the exercise safely.

## BODY DISK EXERCISE

## SETS LEVELS

This program is for all exercises.

**BEGINNER**  
2-3 x weekly

| SET | REPS | REST   |
|-----|------|--------|
| 1   | 15   | 30 sec |

**INTERMEDIATE**  
3 x weekly

| SET | REPS | REST   |
|-----|------|--------|
| 2   | 12   | 30 sec |

**ADVANCED**  
2-3 x weekly

| SET | REPS | REST   |
|-----|------|--------|
| 3   | 12   | 30 sec |

Start with the Light Band (Blue) and increase resistance as your ability progresses (Green, Orange).

## BALANCE DISK EXERCISE

## BALANCE STEPS

### STEP ONE

Place the Balance Disk underneath your dominant foot. Keep your body straight, and extend your arms fully.



### STEP TWO

Change legs leg back and forth slowly without moving the rest of your body.



## BALANCE DISK EXERCISE

## PLANK LIFT

### STEP ONE

Place the Balance Disk underneath your arms. Plank face down with your body in a straight line.



### STEP TWO

Hold the plank for 30 seconds and repeat.



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## BALANCE DISK EXERCISE

## GRIND SPORT

### STEP ONE

Place the Balance Disk underneath your palms. Keep your body in a straight line. Lift one leg up, while keeping your body in balance.



### STEP TWO

Switch leg and hold for 1-2 seconds then return to original position. Repeat until the set is complete.





## BALANCE DISK EXERCISE

## FIT SQUADS

### STEP ONE

Place the Balance Disk underneath each foot. Keep your body in a straight position while balancing on the disk.



### STEP TWO

Squat down slowly keeping your hands next to your body. Hold for 1-2 seconds then return to original position.



## BALANCE DISK EXERCISE

## FOCUS SQUAD

### STEP ONE

Place the Balance Disk underneath each foot. Squat down slowly keeping your hands next to your body.



### STEP TWO

Lift one leg up slowly and both of your arms. Hold body straight for 1-2 seconds. Then lower to the leg back on to disk and switch.

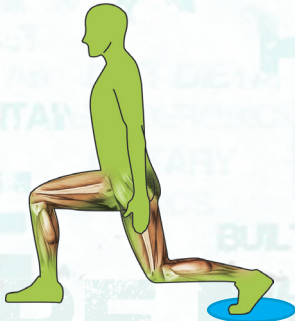


## BALANCE DISK EXERCISE

## BACK STEP

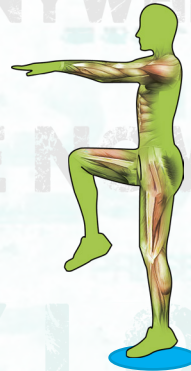
### STEP ONE

Place the Balance Disk underneath your dominant foot behind you. Place both hands on the side of your body.



### STEP TWO

Step back and lift one leg up slowly and both of your arms. Hold body straight for 1-2 seconds. Then lower to the leg back. Switch legs.



## BALANCE DISK EXERCISE

### STEP ONE

Place the Balance Disk underneath one foot. With your body straight, lift the other leg, and hands up. Find your balance.



## SWAN BALANCE

### STEP TWO

Slowly extend leg and arms outwards. Hold body in the position for 1-2 seconds. Revert to original position change leg and repeat.



## BALANCE DISK EXERCISE

## PURE BALANCE

### STEP ONE

Place the Balance Disk underneath one foot. With your body straight, lift the other leg. Keep your hands close to body and find your balance.



### STEP TWO

Slowly extend leg and arms outwards. While touching the palm of your hands. Hold body in the position for 1-2 seconds. Revert to original position change leg and repeat.





## ⚠ WARNING

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All Pure Body Logix equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact Pure Body Logix for assistance. This product is not intended for commercial use.

