

WHAT MAKES THE ULTRAFLEX SO UNIQUE IS IT IS AN EFFECTIVE TOOL FOR BOTH TARGET MUSCLE TONING AND CORE STRENGTHENING. THE ULTRAFLEX CORE STRENGTHENING EXERCISE GUIDE IS MADE UP OF 10 EASY EXERCISES THAT WILL STRENGTHEN THE SHOULDERS AND CORE. LEADING TO A HEALTHIER POSTURE AND A MORE ENJOYABLE LIFE. FOR MOVEMENTS THAT ARE DONE WITH A SINGLE ARM, MAKE SURE YOU DO THE MOVEMENTS FOR EACH ARM FOR OPTIMAL SYMMETRY.

EXERCISE 1 DOUBLE OVERHAND PUSHDOWN



Assume a comfortable stance grabbing the UltraFlex™ with both hands facing down. Stand with feet a little wider than shoulder width. Slightly bend the knees. Pull bellybutton to spine. Relax and breath. Oscillate up and down

EXERCISE 2 DOUBLE OVERHAND AROUND THE WORLD



Assume same stance and hand position as Double Overhand Pushdown. After beginning to oscillate the UltraFlex™. Move around in a circular pattern both left to right and right to left.

EXERCISE 3 DOUBLE UNDERHAND CURL



Assume the same comfortable stance as before. With the feet a little wider than shoulder width. Knees slightly bent. Pull bellybutton to spine. Relax and Breath. Grab the UltraFlex™ underhand. Oscillate with a pull/push movement emphasizing the bicep, back, lats and scapula.

EXERCISE 4 CHEST PRESS



Assume the same comfortable stance as before. With the feet a little wider than shoulder width. Knees slightly bent. Pull bellybutton to spine. Relax and Breath. Grab the UltraFlex™ with both hands facing down and oscillate with a pushing and pulling motion to emphasize the chest, and triceps.

EXERCISE 5 FRONT TO LATERAL RAISE



Assume the same comfortable stance as before. With the feet a little wider than shoulder width. Knees slightly bent. Pull bellybutton to spine. Relax and Breath. Grab the UltraFlex™ with one hand facing down. Extend the UltraFlex™ in front of you. Begin to oscillate then move front to side.

EXERCISE 6 QUADRUPED SINGLE ARM RAISE



Kneel down on hands and knees with the back in a comfortable flat position with the bellybutton pulled into the spine. Breath freely. Look down at the ground. Raise arm while grabbing with one hand the middle of the UltraFlex™.

EXERCISE 7 REVERSE PLANK OR BRIDGE



Lie on your back bending your knees so that you can push off on your heels. While tightening the gluteus and pulling your belly button to your spine lift your hips off of the floor. Keep your back straight. No need to bend the low back. At the very least engage your gluteus even if it means hardly lifting hips off of the ground. Hold the UltraFlex™ with both hands over your chest.

EXERCISE 8 SITTING V



Sit in a 3/4 sit up position. Bend your knees and pull belly button into spine while holding onto the UltraFlex™ with both hands above your head. Move UltraFlex™ forward and back while holding that 3/4 sit up position.

EXERCISE 9 FULL MONTY



Assume the same comfortable stance as before. With the feet a little wider than shoulder width. Knees slightly bent. Pull belly button to spine. Relax and Breath. Grab the UltraFlex™ in the middle with one hand and place the other on top. Bend at the hips and knees then move the UltraFlex™ side to side.

EXERCISE 10 OVERHEAD PUSH PRESS



Assume the same comfortable stance as before. With the feet a little wider than shoulder width. Knees slightly bent. Pull belly button to spine. Relax and Breath. Grab the UltraFlex™ with one hand then place the other on top. Then raise the UltraFlex™ above your head. Move the UltraFlex™ up and down.