



# COREWHEELS™ TRAINING GUIDE



Thank you for choosing SKLZ COREWheels. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

## BEFORE YOU BEGIN:

- » Consult your healthcare professional before beginning this or any type of exercise program.
- » Read ALL instructions and warnings completely and seek help if you do not understand their contents.
- » Keep equipment away from children. Recommended for athletes over 14 years old. Athletes under 18 years of age should use under strict adult supervision.
- » Always check equipment for wear or damage. If any defects are found do not use product.
- » Wear appropriate clothing and shoes when using equipment.
- » Use equipment only as directed.
- » Warm-up and stretch before using equipment.

## ⚠ WARNING:

- » Do not perform pushups with the wheels in a straight line under the chest, as this position is difficult to control.
- » Never use COREWheels if they appear damaged or loose.
- » Don't use COREWheels if you have a shoulder or back problems unless advised to do so by a trainer, physical therapist or physician.
- » Never use COREWheels on a slippery surface.
- » Use care when getting on or off the COREWheels.
- » Maximum weight capacity-225 lbs.
- » Do not throw or mishandle COREWheels.

## REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

### AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (focus on proper form and control).
- » 12-15 repetitions for 1-2 sets when performing prehab preparation exercises (emphasis on proper movement pattern and stability).

### PROPER FORM

When trying movements for the first time, add a mat under the wheels for added control and to cushion a fall should one occur. Always start on the knees with just one wheel to ensure you have the proper strength and stability to complete the exercise. Start any exercise with care. Breathe naturally and exercise using controlled, deliberate movements. Do not push through or ignore aches and pains as you perform any movement.



Includes:  
» COREWheel (2)

### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

### PATENT #:

US D527,775 S

## LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

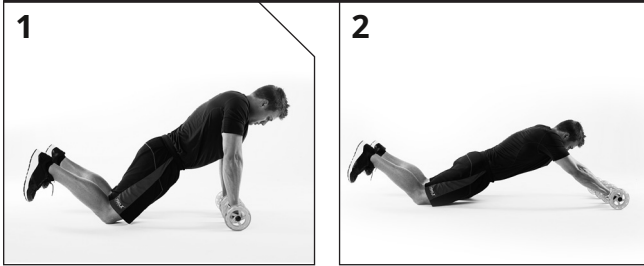
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## BEGINNER



## DYNAMIC PLANK – KNEELING

## STEPS:

- 1 – Start in a modified push-up position with your knees on the ground and your hands holding the COREWheels under your shoulders.
- 2 – Keeping your torso stable and your back flat, slowly roll your hands out in front of you, going as far as you can without losing a stable torso.
- 3 – Reverse the movement to the starting position.
- 4 – Continue for the remainder of the set.

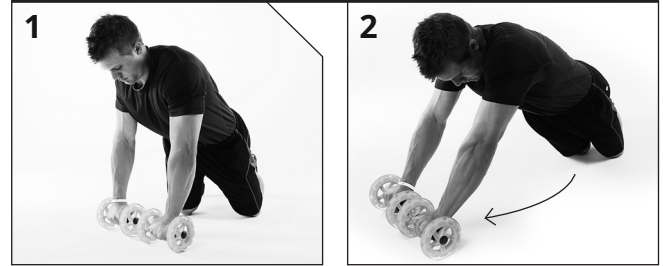
## TRAINING TIP:

Increase your range of motion as you progress. If your back starts to arch, shorten the range of motion.

## FEEL IT:

Working your torso and shoulders.

## INTERMEDIATE



## DIAGONAL DYNAMIC PLANK – KNEELING

## STEPS:

- 1 – Start in a modified push-up position with your knees on the ground and your hands on the COREWheels under your shoulders.
- 2 – Keeping your torso stable and your back flat, slowly roll your hands out diagonally in front of you and to one side, going as far as you can without losing a stable torso.
- 3 – Reverse the movement to return to the starting position.
- 4 – Repeat in the opposite diagonal direction.
- 5 – Continue alternating to complete the set.

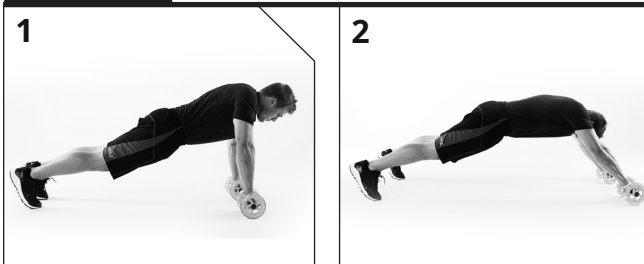
## TRAINING TIP:

Increase your range of motion as you progress. If your back starts to arch, shorten the range of motion.

## FEEL IT:

Working your torso and shoulders.

## ADVANCED



## DYNAMIC PLANK

## STEPS:

- 1 – Start in a push-up position with your feet shoulder-width apart and your hands on the COREWheels under your shoulders.
- 2 – Keeping your torso stable and your back flat, slowly roll your hands out in front of you, going as far as you can without losing a stable torso.
- 3 – Reverse the movement to the starting position.
- 4 – Continue for the remainder of the set.

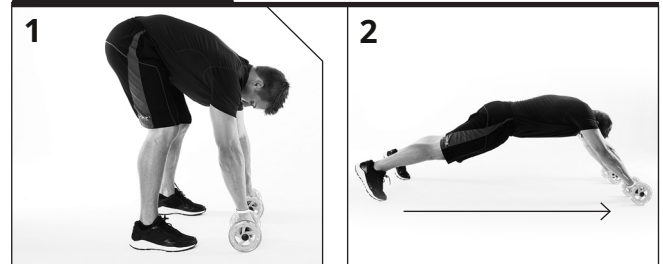
## TRAINING TIP:

Increase your range of motion as you progress. If your back starts to arch, shorten the range of motion.

## FEEL IT:

Working your torso and shoulders.

## DYNAMIC FLEXIBILITY



## HANDWALK – MOVING FORWARD

## STEPS:

- 1 – Stand with your legs straight with your hands on the COREWheels on the ground in front of you.
- 2 – Keeping your legs straight and stomach tight, slowly roll your hands forward until your body is in a push-up position.
- 3 – Return to start position by keeping your legs straight, and walk your feet back up to your hands.
- 4 – Continue for the remainder of the set.

## TRAINING TIP:

Gradually roll your hands farther past your head as you progress. If your back starts to arch, shorten the range of motion.

If you can't straighten legs in starting position, knees can be slightly bent.

## FEEL IT:

Working your torso and shoulders.