



The Power Behind Performance®

CORDISC™

IMPORTANT INFORMATION PLEASE READ AND KEEP

For more information on the CorDisc™
or other training products or programs contact:

Many more exercises can be performed using the CorDisc™. It is the responsibility of the user and or coach/trainer to carefully select exercises that are specific to the goals of the user.

Power Systems, Inc.
www.powersystems.com
1-800-321-6975

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WARNING

Power Systems Product Safety Notice

CorDisc™ offers a dynamic training environment for a variety of exercises at a variety of difficulty levels. Serious injury can occur when not used properly. Power Systems CorDisc™ is intended for use only as described in the enclosed instructions. Other uses are not recommended. In addition to the enclosed instructions for use, please observe the following precautions each and every time before using your CorDisc™.

- Inspect the CorDisc™ prior to each use. Look for any nicks, tears, punctures, or other defects that may cause the disc to break.
- DO NOT use CorDisc™ if damage or defects are found. Discard and contact a Power Systems representative for warranty information and replacements.
- Avoid exercises that involve placing the CorDisc™ on an un-level surface as the disc could suddenly shift resulting in injury to the user.
- Only use the disc in an open space away from furniture, walls or other equipment. Inspect the floor surface for any small objects that could puncture the disc.
- The disc is burst resistant to 300 pounds or 136 kilograms. Avoid subjecting the CorDisc™ to dynamic loading that is in excess of this limit, as the high-density polymer could rupture resulting in injury to the user.
- Maintain optimal posture when exercising on the disc. To avoid possible back and joint injuries, do not bounce on the disc while exercising.
- Never use tape of any kind to attach the CorDisc™ to stationary objects, or to deform the shape of the disc.
- Avoid prolonged exposure to sunlight.
- Keep CorDisc™ away from heat, cold and sharp objects. Remove rings before use and avoid footwear with metal spikes or cleats.
- CorDisc™ is not a toy. Children should only use with adult supervision.
- Life expectancy of this product is consistent with the amount of usage sustained. As a precaution, stability discs should be replaced every year if used in an institutional or commercial setting and every two years if used strictly for personal use.
- Always consult your physician before beginning any exercise program.
- **POWER SYSTEMS, INC. ASSUMES NO LIABILITY FOR INJURY OR DAMAGES THAT MAY OCCUR WITH USE OF THIS PRODUCT. POWER SYSTEMS WARRANTS THAT THE DESIGN OF THE CORDISC™/STABILITY DISCS IS IN CONFORMANCE WITH ALL APPLICABLE DESIGN STANDARDS, RULES, SPECIFICATIONS, REGULATIONS AND PRODUCT QUALITY STANDARDS APPLICABLE TO SUCH CORDISC™/STABILITY DISCS, THE INDUSTRY USING THE CORDISC™/STABILITY DISCS AND AT THE TIME OF SALE, THE CORDISC™/STABILITY DISC SHALL BE FREE FROM DEFECTS IN WORKMANSHIP OR MATERIALS. POWER SYSTEMS EXPRESSLY DISCLAIMS ALL WARRANTIES OF ANY KIND RELATED TO THE CORDISC™/STABILITY DISC OR THEIR SPECIFICATIONS OR DESIGNS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF TITLE, MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.**

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CorDisc™

The Power Systems brand CorDisc™ is designed to maximize total body balance and to target the large muscle groups and the auxiliary stabilizing muscles. Can be used for lying, kneeling, sitting, standing and for stepping movements.



Push up

Starting position: Place one or both hands on the CorDisc™ and bring the rest of the body into a modified pushup (knees bent) or military-style pushup (fully extended, supported on the toes) position.

Action: Bend the elbows and lower the upper body toward the floor. Pause and return to the starting position.



Squat

Starting position: Stand with both feet on the CorDisc™ and balance. Pull the abdominal muscles in.

Action: Bending the knees and bending forward at the waist, sit back into a squat position. Do not allow the knees to protrude over the toes. Keep the knees lined up over the ankles. Return to the starting position. Do 10 reps.

Variations: (1) Place one foot on the CorDisc™ and the other one on the floor. Continue action as stated above. (2) Add hand weights or weighted bar.

Side Plank

Starting position and Action: Place one elbow and forearm on the CorDisc™. Turn the body sideways with the weight on the elbow and arm. Keep the body in a straight line.

Contract abdominals and isolate core muscles. Keep hips level. Hold for 10 seconds. Repeat on the other side.

Variation: From the side plank position, lift up the top leg and hold for 10 seconds. Repeat on the other side.



Abdominal Crunch

Starting position: Sit on the CorDisc™. Bend the knees up so that the feet are flat on the floor. Do not lie down. Place fingertips behind head with the elbows out to the side or cross. Contract abdominals.

Action: Working from the abdominals, lift the upper body toward the knees (crunch) and return to the starting position. Do 10 reps.

Variation: Sit on the CorDisc™ and bring the feet off the floor. Knees remain bent and are lifted up. Hands are behind the head. Body is in a V shape. Crunch the upper and lower body together and return to starting position. Do 10 reps.

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