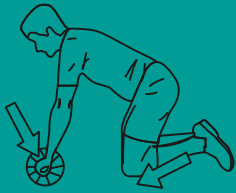


## TRAINING WHEEL

### HOW TO USE A FITNESS WHEEL:



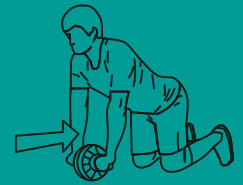
STAND ON  
YOUR HANDS  
AND KNEES



ROLL FORWARD  
AND CONTRACT  
YOUR ABS



HOLD THE  
POSITION FOR  
2 TO 3 SECONDS



RETURN TO THE  
STARTING  
POSITION

### STANDING POSITION:



STEP - 1

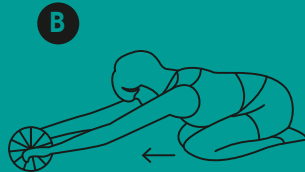


STEP - 2

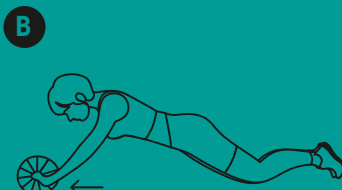


STEP - 3

### WARM UP



### STRAIGHT ROLL



### RIGHT / LEFT ROLL

