

COREALIGN® USER GUIDE

Congratulations on your CoreAlign purchase. We hope this guide helps you and your clients get off to a great and safe start with this remarkable piece of mind-body equipment.

WHAT'S IN THE GUIDE

- ▶ A Brief History
- ▶ Safety Precautions and Maintenance
- ▶ Sample Suggested Exercises



1. A Brief History

This is a unique piece of exercise equipment and a training method designed to enable natural, flowing, full body movement with resistance from multiple directions. It was created by Israeli physiotherapist Jonathan Hoffman, BPT, Graduate Diploma in Manipulative Therapy, in order to upgrade his patient's physical abilities by focusing on posture, dynamic alignment, standing exercises and functional, full body movement patterns.

Jonathan originally developed the CoreAlign to help his physical therapy patients improve core control, posture, strength, flexibility, balance, and coordination. Clients introduced to the CoreAlign in their rehabilitation process were so inspired by the experience they requested regular classes to enhance the fitness gains they had experienced in the treatment. Jonathan began offering regular classes on the CoreAlign in 2004 thus founding the CoreAlign method.

In 2010, Balanced Body produced the first commercially available CoreAlign units and launched the CoreAlign education program. There are now CoreAlign Instructors all around the world and thousands of clients are benefiting from this incredible fitness method

2. Safety And Maintenance

It is the instructor's responsibility to judge whether an exercise is safe, according to the student's experience with the CoreAlign, their overall physical condition, and any injuries or movement limitations they may have.

The following safety principles should be observed regardless of the physical ability of the client.

MAINTAIN BALANCE

Pay attention when getting on and off the unit and when changing positions so as not to lose balance. In order to minimize danger, the user should hold on to one of the ladder rungs as they mount, dismount, and change positions. For users who are new, injured, elderly, or suffer from balance challenges, the instructor may stabilize the cart with their foot as they get on and off and/or provide a side rail or pole for the user to hold on to.

KEEP CONTROL OF THE CARTS AT ALL TIMES

In order to keep your feet, hands, forearms or other body parts from slipping and losing control of the cart, it is important to maintain good contact with the cart surface. Wear good-fitting athletic shoes or "grippy" socks or place a sticky pad on the cart to make sure the user is secure.

KEEP THE TRACKS CLEAR

The carts can move quickly and with force when the tubes are attached. Keep body parts and other objects away from the tracks at all times. This includes loose clothing, untied shoe laces, long pants or long hair, especially when working in the all fours or plank position.

KEEP THE UNIT STABLE DURING EXERCISES

When using a lot of resistance, the bands can pull the whole unit toward the carts depending on the floor surface and where the weight is placed on the unit. In any exercise where the unit can slip, place sticky pads under the rubber feet on the bottom of the unit to keep it stable.

ELASTIC BAND BREAKAGE

The elastic bands can break during any exercise. For safety, inspect the bands for wear on a daily basis and replace them regularly. When working with a client at risk of falling, use 2 bands on each cart at all times.

UNSUPERVISED USE

If the CoreAlign is located in an area where untrained people could use it without supervision, store the carts separately from the frame to prevent unwanted use.

BE CAUTIOUS WITH SPECIAL POPULATIONS

- ▶ Pregnant women
- ▶ Users with joint instability and/or significant lack of range of motion
- ▶ Users with a recent injury
- ▶ Users with a history of losing their balance or falling
- ▶ Users with osteoporosis or osteopenia
- ▶ Users who are afraid of movement
- ▶ Users with concentration, attention, or communication issues

CONTRAINDICATIONS

- ▶ Do not perform exercises that cause pain or discomfort.
- ▶ Do not use the CoreAlign if you have a medical condition where it is not recommended to engage in sporting activities.

SPECIAL PRECAUTIONS

- ▶ **Sporting shoes** or "grippy" socks are recommended to provide comfort, protection, and multi-directional friction on the carts. If buying shoes specifically for CoreAlign training, it is recommended to purchase lightweight, flexible, bare-foot simulating athletic shoes.
- ▶ **Exercise gloves** are recommended if palm skin is sensitive or if high challenge exercises are used.
- ▶ **Orthopedic braces** might be worn when recovering from an injury, and are only recommended as long as they enable more harmonious performance of the exercises.

CLEANING AND MAINTENANCE

The following practices will keep your CoreAlign running smoothly:

- ▶ Clean the tracks and the wheels at the beginning or end of every training day.
- ▶ Check the bands for wear on a daily basis and replace as needed.
- ▶ Place a cover over the CoreAlign when not in use to keep dust from collecting on the tracks.
- ▶ With time, you may see wheel marks on the CoreAlign units. This is a normal sign of wear and does not impact the performance of the CoreAlign.

Sample Exercises

LOW STRETCH

Resistance: P to B from back

STARTING POSITION

Kneel on the floor at the back of the unit with the hips on the heels. Abduct and externally rotate hips slightly if needed for comfort.

Keep the feet parallel to stretch the ankles and feet.

Place palms on carts. The arms are straight and the torso neutral. Use pads or starter blocks if needed for comfort.

This is the Low Stretch starting position.



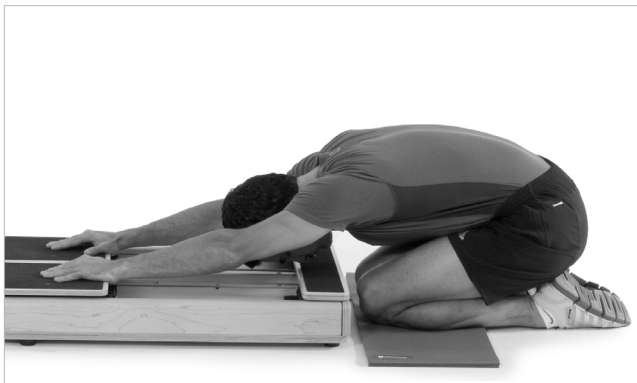
1. Low Stretch starting position. Kneel at end of unit with hips on heels and hands on carts.

MOVEMENT SEQUENCE

Press the carts forward while reaching the hips back over the heels and bringing the torso as low as possible to create a longitudinal spine stretch. Keep the elbows straight but not locked as the shoulders flex to push the carts forward.

Reach the hands away from the hips and hold the position for a few moments to accentuate the stretch.

Return to the starting position.



2. Press the carts forward and flex the hips to stretch the back.

Resistance: P to PB from back

STARTING POSITION



1. Hover starting position. Forearms on carts, elbows under shoulders, and knees under hips.

MOVEMENT SEQUENCE

Slide the carts forward and lift the knees off the floor to come into a full Hover position.



2. Hover. Press the carts forward and extend the legs to come into a full elbow plank position. Keep the shoulders over the elbows.

MODIFICATION

Keep the knees on the floor while extending the hips to slide the body forward. Keep the elbows under the shoulders as the carts slide out.



3. Modified Hover. Move carts forward by extending hips. Keep elbows under shoulders.

Sample Exercises

STATUE ON WHEELS FRONT

CoreAlign: At or slightly under the ladder **Resistance:** P to PB

Body position: Standing front, hands shoulder height

STARTING POSITION

Stand upright with one foot on each cart facing the ladder.

Start with chest very close to ladder. Move unit under the ladder if needed to achieve starting position.

Place hands on rung at shoulder height.

MOVEMENT SEQUENCE

Push the body back by extending the elbows. Keep the ankles directly under the head and shoulders and make sure the carts move in unison.

Bend the elbows to return the carts to the starting position.

MODIFICATION

Both feet on one cart

Place both feet on one cart to decrease the stability challenge to the pelvis and the resistance on the cart.



1. Statue on Wheels Front starting position. Hands at shoulder height.



2. Straighten arms to push body straight back. Keep feet under pelvis and pelvis under head.

Sample Exercises

HOOF

CoreAlign: At or under ladder **Resistance:** P to PB front **Body position:** Standing front, hands waist height

STARTING POSITION

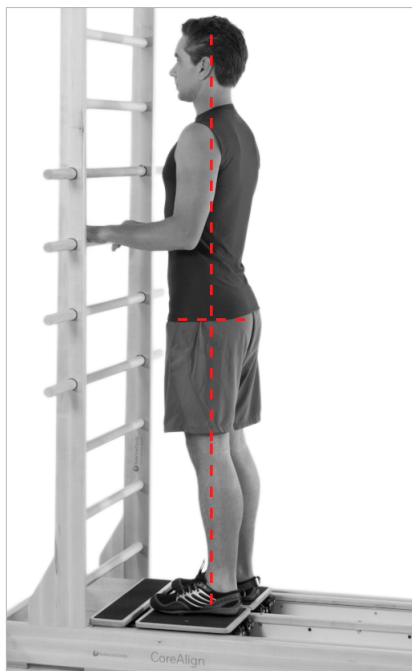
Stand upright with one foot on each cart facing ladder.

Place hands on rung at waist height.

MOVEMENT SEQUENCE

While keeping the working thigh parallel to the standing thigh, flex one knee and raise the heel to push the cart backwards as if showing the bottom of the foot to someone behind you. Keep the body upright as the leg moves.

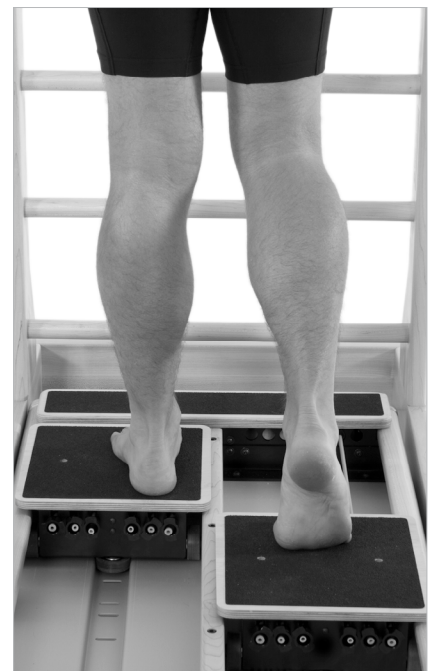
Return to the starting position by lowering the heel and returning the cart to the stoppers.



1. Hoof starting position. Hands waist height.



2. Push cart back while maintaining neutral torso and parallel thighs.



3. Hoof movement phase from the back. Note the alignment of the knee, heel, and forefoot.

Sample Exercises

LUNGE

Resistance: 2P to GB front **Body position:** Standing front, hands waist height

STARTING POSITION

Stand upright with one foot on each cart facing ladder.

Place hands on rung at waist height.

MOVEMENT SEQUENCE

Hoof the left leg and press the cart back while bending both knees to 90 degrees. The back knee should be directly in line with the torso and head.

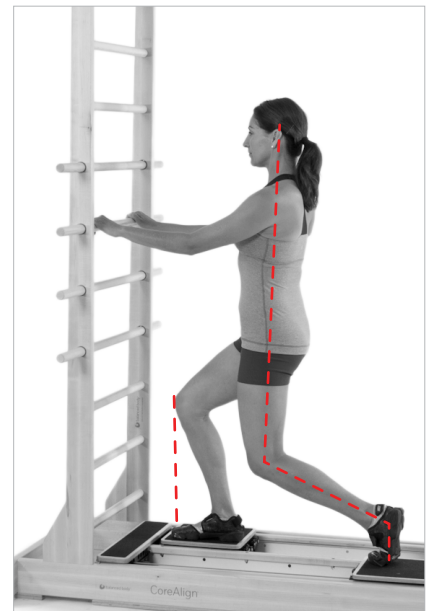
Straighten both legs to return the whole body to the starting position at the same time. Alternate sides.



1. Lunge starting position. Hands at waist height.



2. Hoof with left leg to push cart back.



3. Bend both knees keeping back knee directly in line with head.

Sample Exercises

SIDE SPLIT

CoreAlign: 10-25cm/4-10" from ladder **Body position:** Standing side

Adduction Resistance: P front, no tubes or P back **Floating resistance:** B to G **Abduction Resistance:** B to BG

STARTING POSITION

Stand upright facing sideways with right foot on standing platform, and left foot on cart.

Relax trunk, shoulders, neck and arms.

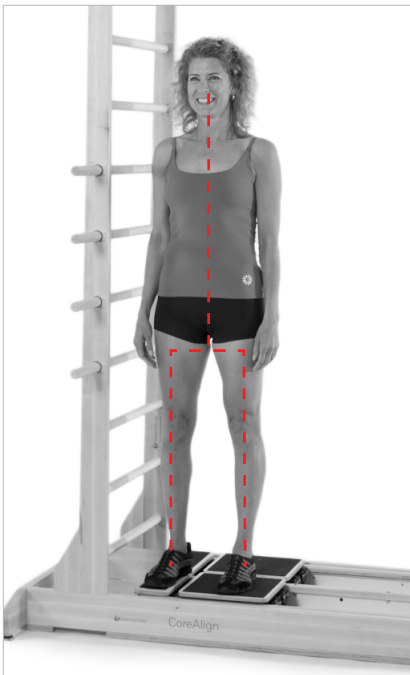
Leg position variation

To increase the abduction work and stimulate the hip joint, place the first toe over the edge of the cart and the standing platform and align the legs with the feet.

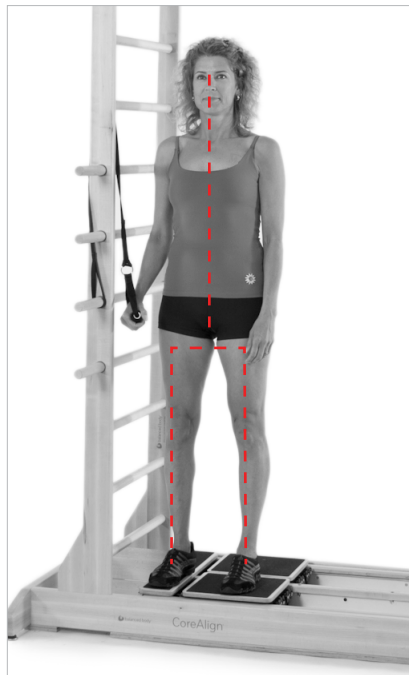
MOVEMENT SEQUENCE

Abduct the hips while keeping the head and torso centered directly over the pelvis.

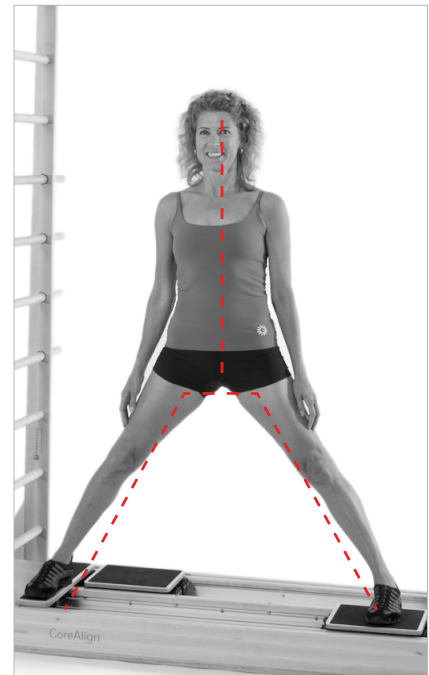
Adduct both hips to move the upright torso and cart back to the starting position.



1. Side Split starting position. One foot on standing platform, one foot on cart. Hands free at sides.



2. Modified starting position. Ladder hand holds long rope.



3. Abduct both hips while keeping torso centered over pelvis.