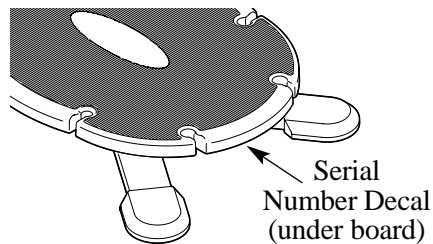


Model No. RBCT50900

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

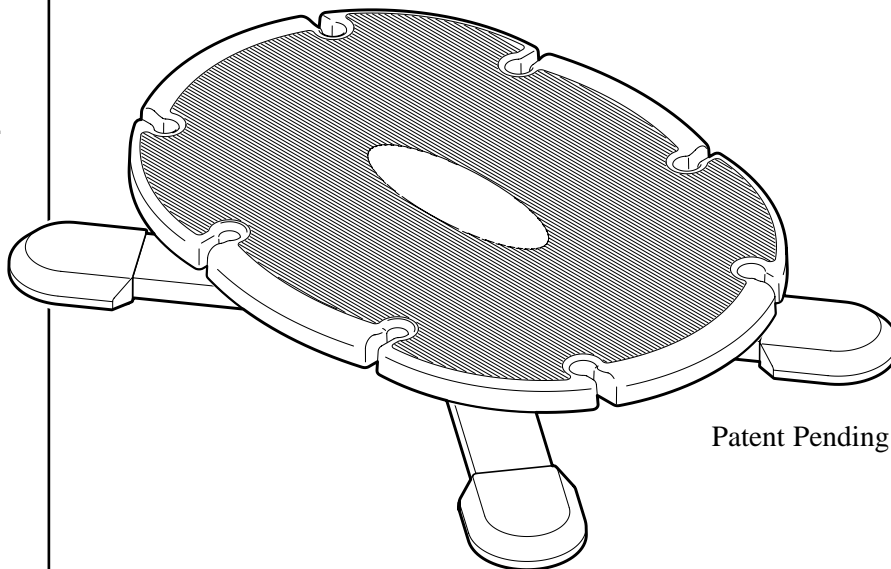
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-322-2211

Mon.-Fri., 6 a.m.-6 p.m. MST



Patent Pending

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.




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new products, prizes,
fitness tips, and much more!



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GENERAL SAFETY GUIDELINES

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the Reebok Core Board.

1. Choose footwear with lateral support structures, such as cross training shoes.
2. Start with the strongest resistance/stability and loosen it as confidence and proficiency improves.
3. Begin with supine balance exercises to develop a better sense of core muscle engagement.
4. When first mounting the board, step into a narrow stance towards the center of the board. When comfortable using the board, slowly step the feet into a wide stance.
5. When stepping onto the board, keep proper body alignment. Begin with the chest lifted, the shoulders slightly retracted, the head centered over the torso, the knees soft, and the abdominals engaged.
6. When getting off the board, use either of the two following methods: a) step into a closed stance and then exit the board or b) bottom out to either the left or right side of the board and then exit.
7. When getting off the board, be sure to step a distance of at least one foot away from the top of the board.
8. Maintain bent or soft knees in standing postures. Standing erect with the knees locked will raise the center of gravity and consequently reduce the ability to balance.
9. Distribute weight evenly over the bottom of the feet and allow some play in the board to occur as static balance is achieved. Do not try to hold the board in a level position; allow the body to react to the movement of the board.
10. During upper body rotation, keep weight evenly distributed over the feet and knees but allow the hips to shift forward or back slightly to allow rotation at the trunk.
11. Speed of motion will be dictated by the ability to maintain alignment and balance.
12. Extending range of motion or lever length should be done only after movement control has been established in the shorter ranges and lever lengths.
13. Always begin with the easiest modification of an integrated exercise prior to more challenging variations.
14. Add dynamic athletic movements only after achieving proficiency at the base level of standing movements.
15. Never sacrifice quality of movement for quantity of movement.

The following participants may be considered specialty or high risk participants and should use the Reebok Core Board only under the supervision of a qualified personal trainer or physiotherapist or with the approval of their condition-related physician: pregnant women; inactive seniors; persons who have experienced a skeletal muscular injury or surgical procedures within the past year; persons with chronic pain or problems in the spine, knees, or ankle joints; and persons with inner ear imbalances or other depth or visual perception problems.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON and Reebok assume no responsibility for personal injury or property damage sustained by or through the use of this product.

INTRODUCTION

THE REEBOK CORE BOARD

The Reebok Core Board was designed to improve "Core Strength." Core Strength improves stability, mobility, balance, power, and coordination. It is complete "usable" strength that improves performance in all sports as well as in everyday life. The Reebok Core Board is designed to improve Core Strength by activating the body's natural stabilizers, or Core Muscles. As the body reacts to the movements of the board (tilt, torque, and recoil), the core stabilizers fire to keep you in balance.

WHAT EXACTLY ARE THE CORE MUSCLES?

Using the Reebok Core Board makes you work harder from the inside out; all of the muscles in your core/midsection have to help support any movement you do. The core muscles include:

- The pelvic floor muscles
- All of the muscles in your midsection: the transverse abdominals (traditionally ignored in training), the obliques, and the rectus abdominis
- The muscles along and around your spine (erectors and quadratus lumborum)
- All of the muscles that cross your pelvis and shoulder girdle.

Any time that you stand on the core board and do an exercise, the muscles in your feet, around your ankles, and in your lower leg also have to work to maintain stability.

REEBOK CORE TRAINING—REACTIVE TRAINING FOR AN UNSTABLE WORLD

Reebok Core Training is a breakthrough innovation in exercise and fitness developed by Reebok University. It is based on the premise that improved torso strength improves limb function and overall performance. The workout focuses on conditioning and strengthening your body's central zone or "core," using resistance, recoil, and reaction, the process by which the body moves and learns to move. By focusing on the root of usable strength—the torso—Reebok Core Training makes all other forms of exercise and training more

effective, improves functional conditioning, improves reactive movement, and, by strengthening the core muscles, encourages "pre-" as opposed to "re-" habilitation by reducing the risk of injury brought on by a weak or deconditioned core.

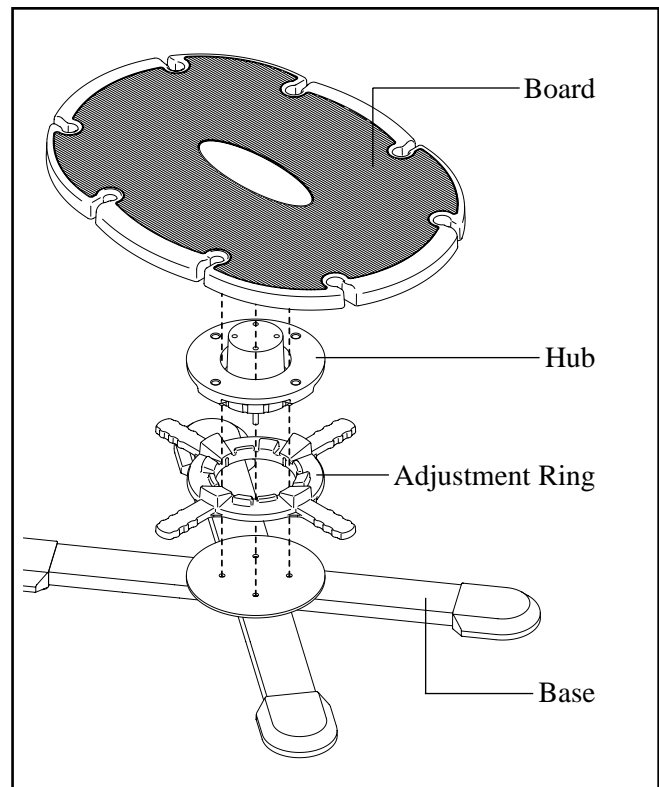
REEBOK CORE BOARD COMPONENTS

BOARD: The board is the top surface of the unit.

HUB: The hub is the rubberized cylinder positioned between the top of the board and the base. The hub has memory, allowing the top of the board to be capable of torsion and recoil.

ADJUSTMENT RING: The Reebok Core Board is adjusted by turning the red levers attached to the adjustment ring encircling the hub. This allows the board to have three different levels of resistance.

BASE: The base is made up of four feet, creating a stable footprint for the rest of the unit.



OPERATION OF THE REEBOK CORE BOARD

ADJUSTING THE REEBOK CORE BOARD

The Reebok Core Board features three levels of resistance/stability. Reebok recommends that when beginning work on the Reebok Core Board, participants begin with the highest level of resistance/stability. The beginner, intermediate, and advanced participant employs the same basic skills, but applies them in different ways. Movement skills such as coordination, balance, reaction time, speed, and power are all factors that affect a user's progression over time. The board provides the unstable surface that challenges these skills. The resistance/stability can be changed as described below.

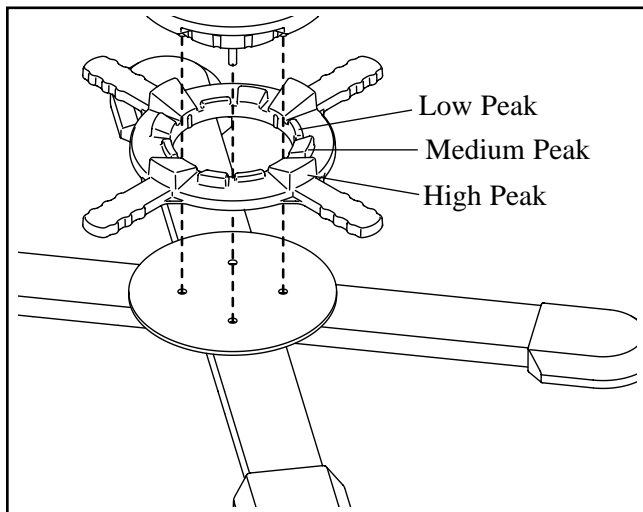
HIGH STABILITY (BEGINNER): Turn the adjustment ring so that the tallest peaks on the adjustment ring are positioned directly below the black blocks that extend down from the underside of the top of the board. This position offers the highest level of resistance/stability.

MEDIUM STABILITY (INTERMEDIATE): Turn the adjustment ring so that the medium-sized peaks on the adjustment ring are positioned directly below the black blocks that extend down from the underside of the top of the board. In this position, the Reebok Core Board is at the middle of the range of resistance/stability.

LOW STABILITY (ADVANCED): Turn the adjustment ring so that the lowest peaks of the adjustment ring are positioned directly below the black blocks that extend down from the underside of the top of the board. In this position, the Reebok Core Board is at its most unstable position.

USING THE REEBOK CORE BOARD

To learn how to use the Reebok Core Board, view the included workout video. Make sure to view the entire video before beginning your first workout.



MAINTENANCE OF THE REEBOK CORE BOARD

Always wipe off the top surface of the board and the feet of the Reebok Core Board after workouts and before storing. The Reebok Core Board can be

cleaned with any institutional anti-bacterial cleanser. Do not use solvents or abrasives.

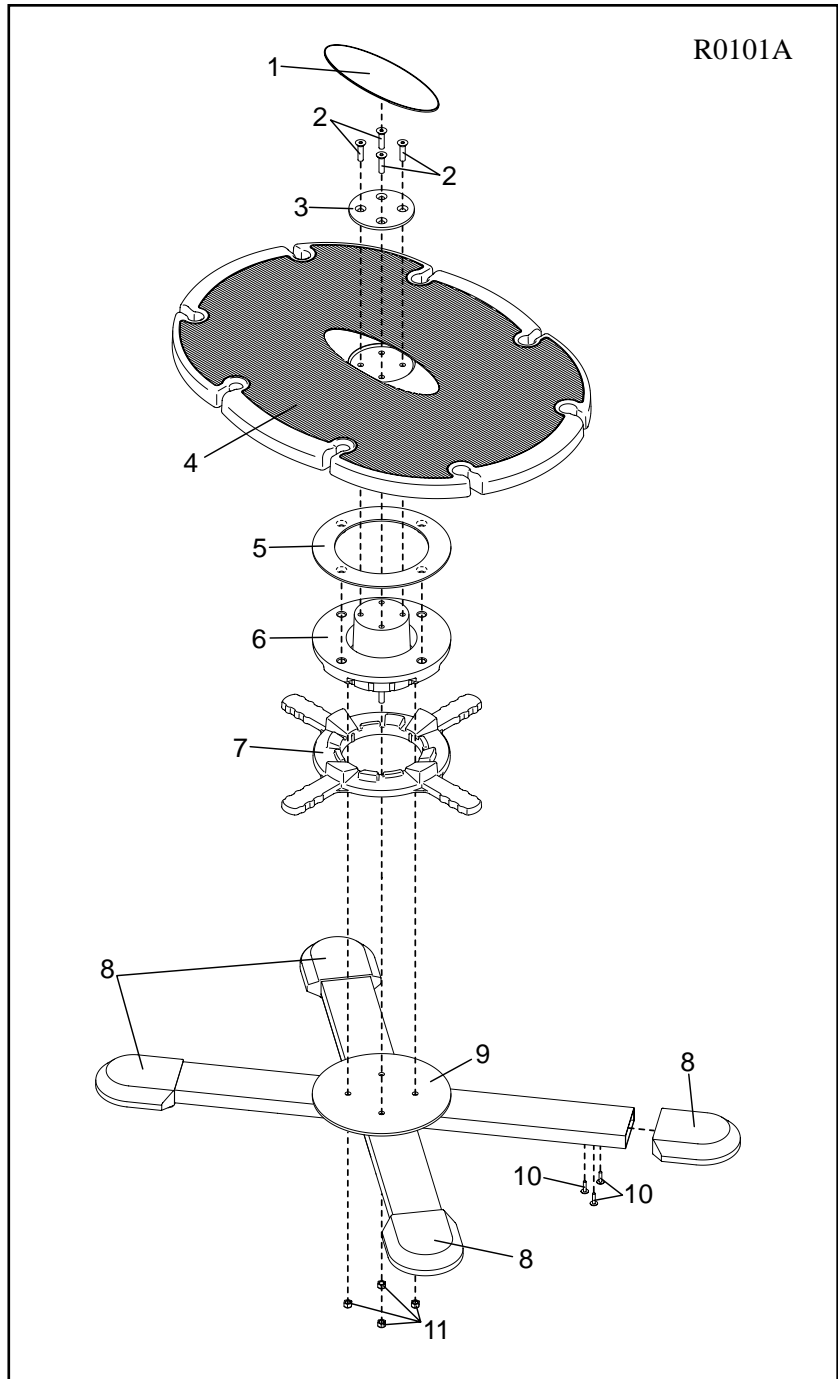
NOTES

PART LIST/EXPLODED DRAWING—MODEL NO. RBCT50900

Key No.	Qty.	Description
1	1	Name Plate
2	4	Screw
3	1	Top Plate
4	1	Board
5	1	Glide Ring
6	1	Hub
7	1	Adjustment Ring
8	4	Foot
9	1	Base
10	12	Base Screw
11	4	Nylon Locknut
*	1	User's Manual
*	1	Videocassette

* These parts are not illustrated.

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the model number of the product (RBCT50900) and the name of the product (Reebok Core Board) when calling.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813