

What is the DynaDisc?

The Exertools DynaDisc® is a seamless, fourteen inch diameter pad approximately two inches high. Inflatable with a standard ball needle and pump and available in four colors (red, yellow, green and blue), the DynaDisc can withstand up to two thousand (2000) pounds per square inch.

The DynaDisc is smooth on one side with quarter inch pegs on the other. It has a unique beveled shape strategically designed for the hamstrings while sitting. The pegs on the disc can be used to increase the input to diabetics and sensory deprived individuals, as well as providing an added grip to a carpet.



Changing the amount of air (which is easily done with a traditional ball needle and pump) in the DynaDisc will change the level of intensity and the range of motion experienced.

Note: Ball Pump & Needle not included

Why Use the DynaDisc?

The DynaDisc has become a staple in training protocols of all kinds. Initially, the key attribute of the DynaDisc was the ability to experience most of the same benefits of a gymball (abdominal, lower back, balance pelvic stabilization and weight-shift exercises) while sitting safely in a chair. Today the DynaDisc is recognized as being much more versatile than a gymball in that you can stand on it, sit on it, lie down on it, and jump on it as well as add boards, tubing and/or using the new DynaDisc Plus™ to create new and exciting dimensions to any exercise protocols/programs.

The DynaDisc is also perfect for seniors or anyone who is uncomfortable getting on a gymball. It is often used as the keystone in fall risk reduction/active senior programs.

Who Uses the DynaDisc?

- ▶ *THOSE TRAINING TO INCREASE BALANCE*
- ▶ *THOSE TRAINING WITH DUMBBELLS*
- ▶ *THOSE TRAINING WITH FREEWEIGHTS*
- ▶ *THOSE TRAINING FOR ABS OF STEEL*
- ▶ *THOSE TRAINING TO INCREASE CORE STABILIZATION*
- ▶ *THOSE TRAINING WITH TUBING*
- ▶ *THOSE TRAINING WHILE AT A WORK STATION*
- ▶ *THOSE TRAINING FOR LATERAL STABILITY OF THE ANKLE, KNEE AND HIPS*
- ▶ *THOSE TRAINING FOR IMPROVED MOTOR CONTROL*
- ▶ *GOLFERS*
- ▶ *TENNIS PLAYERS*
- ▶ *KNITTERS*
- ▶ *HYPERACTIVE CHILDREN*
- ▶ *PITCHERS*
- ▶ *BACK PAIN SUFFERERS*
- ▶ *YOGA PRACTITIONERS*
- ▶ *PILATES PRACTITIONERS*
- ▶ *MEDITATORS*

How to Use the DynaDisc



EXERTOOLS™ goal is that you have fun and get healthier in a safe and beneficial environment.

The basic goal in rehabilitation and fitness is to enhance one's ability to function within the environment and to better perform the specific activities of daily living better from day to day. Critical to improving function is training and conditioning one's joint and muscle control for mobility and stability.

Round the Clock

Sit up straight on one disc, keeping the best posture you are able to maintain

- ▶ keeping your torso (trunk, upper body) in position, shift your pelvis forward (anterior) to twelve o'clock
- ▶ keeping your torso (trunk, upper body) in position, shift your pelvis to the right (lateral) to three o'clock
- ▶ keeping your torso (trunk, upper body) in position, shift your pelvis backwards (posterior) to six o'clock

Engaging the Abs

Sit up straight on one disc, keeping the best posture you are able to maintain

- ▶ Keeping your torso (trunk, upper body) and pelvis (hips) in correct alignment, lift one of your legs (knee) towards the ceiling. If you find that you shift your weight in any direction and/or need to compensate with movement of your body, put your foot down and try again. This exercise is designed to promote dynamic stabilization of the center of your body. To do it correctly one must tighten the abdominals, and lift the knee only as far as comfortable while maintaining good posture. To increase difficulty, straighten (extend) the leg before lifting and/or increase the movement (range of motion) of the leg
- ▶ Keeping your torso (trunk, upper body) and pelvis (hips) in correct alignment, lift one of your legs (knee) and opposite arm (fully extended) to the ceiling
- ▶ You can move the middle disc closer to your feet to increase the level of difficulty or move it closer to your head to make the exercise easier

The Bridge

- ▶ Position disc under upper back/shoulder blade region with arms down by the sides.
- ▶ Bend the right knee so that the knee to ankle region is close to vertical. Position the left leg so that the hip and knee are bent at 90 degrees.
- ▶ Pull the navel inward and roll the pelvis back towards the head until the lower back flattens. Next, apply downward force through the heel of the right foot to elevate the hips off the floor.
- ▶ Tighten the right buttock and hold the top position for one second, then return to the starting position.



The Crunch

- ▶ Position the disc under the curve of the lower back.
- ▶ Bend the knees to a 45-degree angle, position the feet outside of shoulder width, and place the fingertips lightly behind the ears with the elbows and shoulders relaxed down.
- ▶ Initiate upward movement by pulling the navel inward, then curl up from the head one vertebrae at a time until the abdominals are fully contracted.
- ▶ Pause for one second in the top position, then slowly return to the beginning position.
- ▶ You can move the middle disc closer to your feet to increase the level of difficulty or move it closer to your head to make the exercise easier.



The Twist

- ▶ Position the disc under the curve of the lower back.
- ▶ Bend the knees to a 45-degree angle, position the feet outside of shoulder width, and place the fingertips lightly behind the ears with the elbows and shoulders relaxed down.
- ▶ Initiate upward movement by pulling the navel inward, then curl up from the head one vertebrae at a time while simultaneously rotating the waist so that the right elbow travels towards the left knee.
- ▶ Pause for one second, then slowly return to the beginning position.
- ▶ Repeat steps on the left side.
- ▶ You can move the middle disc closer to your feet to increase the level of difficulty or move it closer to your head to make the exercise easier.



Kneeling Rotating Push-up

- ▶ Take a 4-point stance on the floor with the disc positioned under the knees. The hands should be directly under the shoulders and the knees directly under the hips.
- ▶ Pull the navel inward, then lower the chest towards the floor by bending the elbows. Stop lowering once you have achieved a 90 degree bend at your elbows.
- ▶ Pause for one second in the bottom position, then initiate upward movement by applying force through the heel of the hands. Once in the top position, smoothly transition into picking your left hand up off the floor and rotating your upper body so that the left side of your chest is slightly higher than the right. Slowly return to the beginning position and repeat on the right side.



Squats

- ▶ Stand with feet positioned towards the outer edges of the disc.
- ▶ Extend arms straight out in front of your chest to assist with balance.
- ▶ Tuck the chin, pull the navel in, and initiate descent by bending at the hip and knee.
- ▶ Stop descent once the thighs are parallel to the floor. If you cannot go to the parallel position, limit your depth to a comfortable level and slowly progress in future workouts. The curve in your lower back should be maintained and not allowed to flatten or round.
- ▶ Pause for one second in the bottom position, then initiate upward movement by tightening the buttocks and slowly applying force through the feet.



Dumbbell Bench Press with Bridge

- ▶ Position disc under upper back/shoulder blade region with the dumbbells held at outer edge of shoulders.
- ▶ Pull the heels in towards the buttocks until the lower leg is vertical. Apply enough force through the heels of the feet to elevate the hips to a position in-line with shoulders.
- ▶ Pull the navel inward, then press the dumbbells upwards towards the ceiling.
- ▶ Slowly lower the upper arms until the elbows gently contact the floor.



Quadruped

- ▶ Take a four-point stance with the disc positioned under the left knee. The hands should be directly under the shoulders and the knees directly under the hips.
- ▶ Bend the elbows enough to lower the body until the back is parallel to the floor.
- ▶ Pull the navel inward and extend the left arm and right leg until parallel to the floor.
- ▶ Pause for one second, then return to the beginning position.



Single Arm Overhead Press – Foot Elevated

- ▶ Place disc on a sturdy chair or bench.
- ▶ Sit directly on top of disc and position the left leg at a 90-degree angle and hold the right foot off the floor.
- ▶ Elevate the chest, tuck the chin to align the spine, and position the dumbbell by the outer right shoulder.
- ▶ Pull the navel inward, then press the arm to an overhead position.
- ▶ Pause for one second, then slowly lower the dumbbell down until the upper arm is parallel to the floor and the elbow is bent at a 90-degree angle.



Single Reverse Woodchop – Foot Elevated

- ▶ Place disc on a sturdy chair or bench.
- ▶ Sit directly on top of the disc. Position the right knee at a 90-degree angle and hold the left leg out straight from the hip.
- ▶ Grasp the dumbbell with both hands, elevate the chest, tuck the chin to align the spine, and position the dumbbell down by the outer right hip.
- ▶ Pull the navel inward, then diagonally sweep the dumbbell toward outer edge of left shoulder. Maintain a straight back and a forward looking head position.
- ▶ Pause for one second, then slowly return the dumbbell to the beginning position.



Seated Single Arm Lateral Raise

- ▶ Place disc on a sturdy chair or bench.
- ▶ Sit directly on top of disc with dumbbell resting outside of the left hip.
- ▶ Elevate the chest and tuck the chin to align the spine.
- ▶ Pull the navel inward, then raise the left arm up and out to the side until parallel to the floor. Maintain a slight bend at the elbow.



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Exertools DynaDisc Plus

The newest addition to the DynaDisc® family is the DynaDisc Plus™, a 24" diameter, big brother to the original disc. The shape of the DynaDisc Plus is exactly like the DynaDisc, but considerably larger.

The DynaDisc Plus inflates with a low pressure high volume pump like a stability ball pump, air mattress pump or an inflatable boat pump, not included



The DynaDisc Plus is easily used with two feet and is the perfect complement to the 30" DynaBoard. The DynaDisc Plus was designed to allow enhanced flexibility with many types of exercises, whether you are standing, kneeling or sitting.



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