



Halo[®] Trainer Plus

The Halo[®] Trainer Plus is a versatile training tool that promotes functional strength and stability for every level of fitness, from weekend enthusiast to elite athlete. Build explosive power and create balance and stability with exercises that progress and regress to individual capabilities.

For further challenge and programming options, learn more about our Halo Training courses and workshops at www.merrithew.com/halo-training/instructor-training

Includes 8 Exercises:

- Scapula Isolations in Plank-Standard
- Mountain Climbers
- Kneeling Burpees
- Regular Burpees
- Side Bend
- Bridge
- Swan Dive
- Forward Lunge

Scapula Isolations in Plank

Standard



Starting position: Neutral.



Protract scapula (glide shoulder blades away from the spine).



Retract scapula (glide shoulder blades closer to the spine).
Return to starting position.

Mountain Climbers

Reverse Standard or Standard



Starting position: plank.



Bend elbows and lift one knee toward shoulder. Repeat on other side.

Regular Burpees

Standard



Starting Position:
Standing with elbows flexed holding Halo in front of torso.



Extend elbows to lift Halo over head.



Squat down to place Halo in front of feet on floor.



Extend legs to plank position.



Lowest point of push up. Flex elbows.



Extend elbows to plank position.



Return to squat position.



Extend legs to stand up and reach lift Halo overhead.

Side Plank

Standard



Starting Position: Side plank with forearm on Halo and legs staggered.



Side bend lifting the side of ribcage and pelvis up toward ceiling.



Return to starting position.

Bridge

Standard



Starting Position: Lie on mat with knees flex about 90 degrees and feet on the ball.



Lift hips to bridge position with weight on upper back.



Return to starting position.

Swan Dive from Floor

Standard



Starting Position: Lying on stomach, head off the floor, arms long reaching forward holding Halo, Legs wider than shoulder distance apart, laterally rotated.



Extend spine lifting up torso lowering Halo.



Back to starting position.

Forward Lunge with Twist

Reverse Standard



Starting Position: Standing, elbow flexed, holding Halo in front of chest.



Step one foot back to lunge position, rotate the torso to opposite leg lowering Halo down to the floor.



Step other foot back to lunge position, rotate torso, lowering Halo down to the floor.

WARRANTY, CARE AND USAGE FOR HALO® TRAINER PLUS

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

Clean all metal surface areas as required, using a soft cloth and soapy water. Ensure soap and water do not leave an oily residue, or make surfaces slippery.

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.

Refer to the Owner's Manual for full guidelines regarding usage and care.



2200 Yonge Street, Suite 500
Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001
merrithew.com

