

# Flying Foam Disk

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5 Exercises:



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Participating in any form of exercise from a young age instills healthy habits that contribute to a lifelong passion for staying fit physically, mentally and emotionally. The Flying Foam Disks are perfect for fitness, fun and play! Easy to grip, toss, and crawl on, their soft and flexible dense foam material means no more hurt hands, knees or feet. These exercise moves provide a fun workout that challenges balance, stability and range of motion.

## Stack and Balance



## Running on Hands and Feet



**Starting position:** place each foot on one Foam Disk, place hands on the floor, legs are straight with hips lifted

1. Pull one knee in toward the chest
2. Start switching legs and pull the other leg in toward the chest

*Do the entire sequence slowly at first, then speed up as fast you can*

◀ **Starting position:** sit on a mat with disks all around

1. Stack the disks in a tall tower
2. Lift the stack without letting any fall
3. Try to balance them on your head

*When you get good at balancing, try standing and walking around the room*

## Stack and Toss



**Starting position:** sit up straight on mat with disks all around

1. Stack the disks into a tall tower
2. Then toss the disks as far as you can

*Try sitting across from a friend and tossing them back and forth*

## Slide Walking



**Starting position:** standing with each foot on a Foam Disk, use the arms for balance

1. Slide one foot ahead of the other
2. Twist the body to help the other foot slide forward
3. Keep twisting and slide walking

*Start small and get bigger*



## Stepping Stones

**Starting position:** place Flying Foam Disks on the floor in a straight or slightly staggered line

1. Jump from “stone to stone”; putting one foot on a disk at a time
2. Go one way, then turn around and go back

*Start with disks close together then move them increasingly further apart*



## WARRANTY, CARE AND USAGE FOR FLYING FOAM DISKS

### 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

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

### Safety and Usage

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

- Do not aim at eyes or face
- To avoid injury do not modify Flying Foam Disks
- Not for use with pets or animals
- Use equipment only as recommended.