

Eco Mat for Kids

Includes
9 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 planet-friendly and kid-friendly Eco-Mats for Kids are great for yoga, mat classes, exercise, playtime and more! These exercise moves will provide a fun workout that challenges mobility, agility and flexibility while encouraging the development of the mind-body connection.

Stretch Forward



Starting Position: sit on the mat with your legs straight in front of you. Sit as tall as you can and put the Mini Stability Ball™ on the mat between your knees and put your hands on top

Movement: take a deep breath in, then breathe out and roll the ball forward, stretching out over your legs. Take another deep breath then roll back up to your starting position

Repeat this movement 10 times

Reach Overhead



Starting Position: lie on your back on the mat holding the Mini Stability Ball up over your chest. Keep your legs straight and together

Movement: take a deep breath in, then breathe out and reach the ball back over your head. Keep your back touching the floor. Take another deep breath and reach the ball back up to the ceiling. Breathe out and reach the ball down toward your knees

Repeat reaching the ball overhead then down to your knees 10 times

Plank Push-Up



Starting Position: hold yourself up in a plank position facing the mat. Keep your legs straight and together and keep your back in a straight line

Movement: take a deep breath in and bend your elbows, keeping your whole body in a straight line to the top of your head. Then, breathe out and straighten your arms keeping everything tight

Repeat the push-up 10 times

Double Forward Bend



Starting Position: sit facing your partner with your legs apart and feet together. Reach forward to hold hands

Movement: one partner stretches forward as the other partner leans back

Repeat double forward bend five times each

Foam Disk Pass



Starting Position: sit back to back with your partner, legs out straight and together. Reach your arms forward with one person holding the Foam Disk

Movement: turn to one side and pass the Disk to the other person, keeping your arms straight. Turn to face your legs with your arms reaching forward

Pass the Disk from side to side five times each

Standing Forward Stretch

Starting Position: stand with your legs apart and your arms reaching up to the ceiling holding on to the Foam Disk

Movement: take a deep breath in and reach up farther. Breathe out and stretch forward, reaching the disk to the floor, then return to standing with the disk overhead

Repeat stretch forward 10 times



WARRANTY, CARE AND USAGE FOR ECO MATS FOR KIDS

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
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

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.
- Use equipment only for exercises recommended.
- 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.
- Do not pull handle on exercise mat while sitting or standing on the mat.
- Use equipment only as recommended.

Standing Side Stretch



Starting Position: stand with your legs apart and your arms reaching up and out to the sides.

Movement: take a deep breath in and reach your arms out, then, breathe out, keep your arms reaching out and bend to one side. Breathe in and come back up to standing.

Repeat stretch side to side five times