

# CanDo® core-training vestibular dome

## *Instructional Guide*



CanDo® kettlebell  
not included

## INTRODUCTION

The CanDo® Core-Training Vestibular Dome offers a fast, effective workout by combining the effects of a vestibular board and an exercise ball. Use it to improve cardiovascular or aerobic fitness, muscular strength and endurance and flexibility while improving your overall balance.

The CanDo® Vestibular Dome is designed for use at every fitness level. You can start with easy exercises and gradually advance as you improve your balance skills. The following pages describe several exercises to get you started with the Dome.

### *Before you begin:*

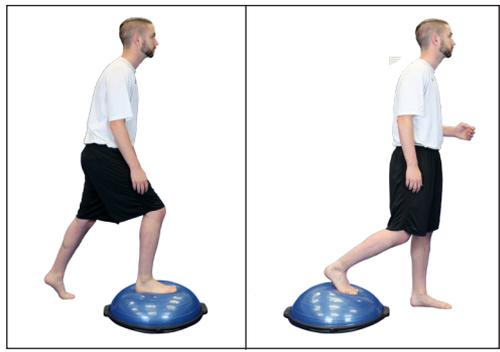
- Consult with your primary healthcare provider before using the CanDo® Vestibular Dome
- Children must be supervised by an adult who is familiar with this product
- The maximum weight for the CanDo® Vestibular Dome is 350 lbs
- Make sure you have adequate space to exercise
- Do not over exert yourself
- Keep the CanDo® Vestibular Dome away from sharp objects to avoid puncturing the surface
- Perform all exercises with bare feet or rubber-soled shoes
- If you lose balance, feel faint, or uncomfortable, step down from the CanDo® Vestibular Dome

## SET UP

- Use the provided pump to inflate the dome to 7 – 8" height
- Use the included air plug to make sure air does not escape the dome
- Create an open space and put the CanDo® Vestibular Dome on a non-slip surface
- When finished using, clean off the Dome with a cloth
- Keep out of direct sunlight or heat to avoid deforming the product

## Introduction to the Vestibular Dome

- Step 1. Place the dome on the floor in front of you.
- Step 2. Step on and off the dome in a comfortable manner.
- Step 3. Alternate your legs and practice until you are familiar with how to step on and off the dome.



## Balance Training

*After you are familiar with stepping on and off the dome, practice standing on top of the dome*

- Step 1. Place your feet centered on top of the dome about hip width apart with your knees relaxed. You should feel your muscles working to keep you balanced.
- Step 2. Practice standing on top of the dome until you can keep your body still.



## Single-Leg Balance

- Step 1. Center one foot directly on top of the dome.
- Step 2. Touch your opposite foot lightly on the side of the dome until you feel comfortable balancing on one leg.
- Step 3. Lift the non-weight bearing leg out to the side.
- Step 4. Keep your shoulders level and hold your arms out to the side.
- Step 5. Hold this position for 10 to 60 seconds. Repeat for each leg.



## Leap Balance

- Step 1. Stand on the floor to one side of the dome.
- Step 2. With the inside leg, leap to the center of the dome, landing on one foot and briefly holding.
- Step 3. Step back down and repeat 15 repetitions on both sides.



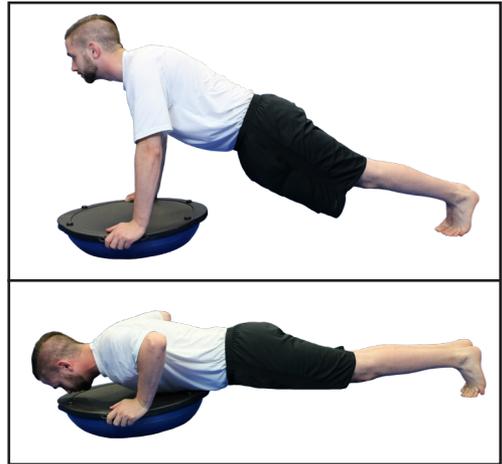
## Rotary Squat and Jump

- Step 1. Stand in a centered position on top of the dome with your feet placed hip-width apart or slightly narrower.
- Step 2. Perform a squat while simultaneously rotating the torso to one side and reaching for the outside of the knee or ankle.
- Step 3. As you extend out of the squat, perform a small jump. Land in the center and hold or “stick” the landing.
- Step 4. Repeat 15 times.
- Step 5. For a greater challenge, hold onto an exercise ball while doing this exercise.



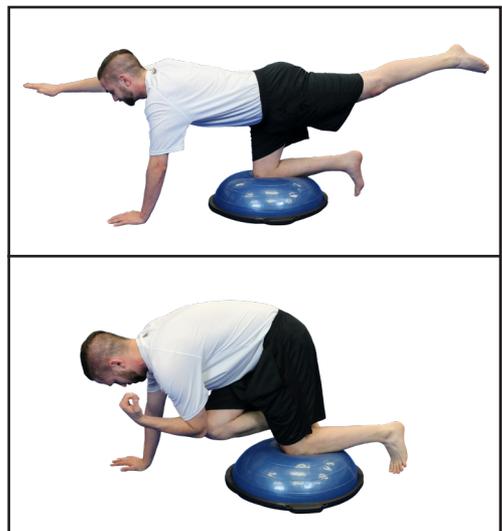
## Push-Up

- Step 1. Turn the dome so the platform is facing up.
- Step 2. Begin in an upwards push-up position, with your chest positioned over the center of the dome, your arms extended, and your legs straight.
- Step 3. Bend the elbows to lower the body into a push-up, while minimizing wobbling.
- Step 4. Press back up to the starting position.
- Step 5. Repeat 15 times.



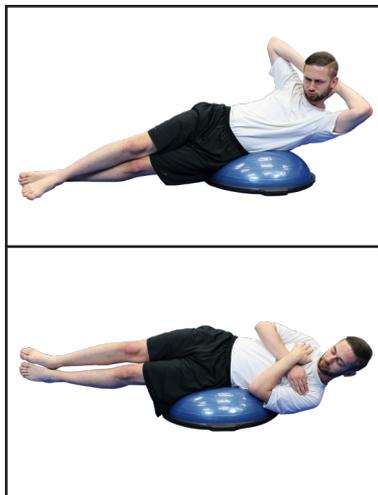
## Arm and Leg Raise

- Step 1. Kneel with one knee centered directly on top of the dome and your hands placed flat on the floor in front of the platform.
- Step 2. Extend the other leg directly back so it is parallel to the floor.
- Step 3. Lift the opposite arm up until it is parallel to the floor.
- Step 4. Hold this lifted position for 1 to 2 seconds.
- Step 5. Slowly bend the extended arm and leg so the elbow and knee meet in the abdomen. Allow your back to round slightly.
- Step 6. Repeat 5 to 10 times on both sides.



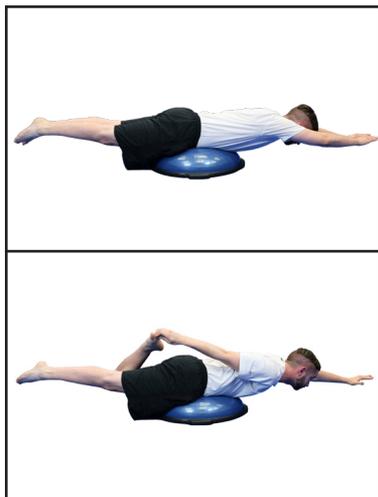
## Lateral Curl

- Step 1. Lay on your side with the center of your waist directly on top of the dome.
- Step 2. Extend your legs and position your feet one in front of the other.
- Step 3. Place your hands behind your head and relax over the dome until a stretch is felt down the side of your body.
- Step 4. From this position, slowly lift your torso and flex to the side. Try not to lead with your head or neck, your torso should be doing the work in this exercise.
- Step 5. Perform 15 to 20 reps.
- Step 6. After you perform your reps, lower your torso so your elbow rests on the floor.
- Step 7. Cross your arms and lift your legs so they are parallel to the floor.
- Step 8. Hold this position and balance for 20 to 60 seconds.



## Arm and Leg Flutter

- Step 1. Lie face down with your hips and pelvis centered on top of the dome.
- Step 2. Lift your legs until they are parallel to the floor.
- Step 3. Rest your elbows on the floor or extend them overhead for more of a challenge.
- Step 4. Keep your body straight and your core muscles contracted.
- Step 5. Flutter your arms and legs for 10 to 30 seconds.
- Step 6. Hold your arms and legs straight out parallel to the floor.
- Step 7. Slowly bend one leg and reach back with the opposite arm and touch the foot of the bent leg.
- Step 8. Hold for 10 to 30 seconds, then repeat with the opposite leg and arm.



## Bicycles (Russian Twist)

- Step 1. Lie face up with your lower back centered on the dome.
- Step 2. Clasp your hands behind your head and lift one leg up at a time until both knees are aligned over the hips.
- Step 3. Slowly extend one leg and pull the other leg into the chest.
- Step 4. Simultaneously, rotate your torso until the opposite elbow meets the knee pulled towards the chest.
- Step 5. Alternate sides to continue the bicycle motion.
- Step 6. Repeat 15 times on each side.



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