



CoreCurve® Set Up



Ensure the CoreCurve sits comfortably underneath your body for support. The narrow end should be closest to the lower half of your body.

CAUTION: The CoreCurve is designed to make the exercises more challenging. If you are new to exercise you may wish to practice on the floor to start with until you're comfortable with the technique.

The CoreCurve is ergonomically shaped to give support to your back. However, the shape may not suit everyone, so please proceed with caution.