

CORE X STIX[®]

F I T N E S S S Y S T E M



FITNESS ROUTINES

PLEASE READ THIS MANUAL CAREFULLY AND COMPLETELY BEFORE BEGINNING ANY TRAINING PROGRAM.

This manual contains important information for the proper use of Core Stix, to prevent injury and equipment damage. Please follow all instructions herein to ensure a safe, healthy, and effective experience with Core Stix.

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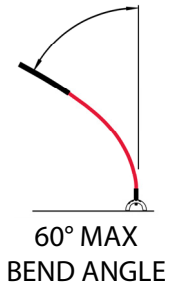
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Core Stix is a unique free form system for Upright Training™ that allows you to exercise in an upright position to engage your core muscles and get the most out of every exercise! Plus, the versatility and adaptability of Core Stix allows for endless exercise routines and variations, to strengthen your body for the functional movements that life demands and to keep reinventing the way you use Core Stix. If used properly, the safety and versatility of Core Stix will ensure a lifetime of excellent health and fitness.

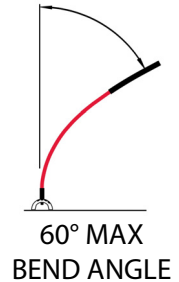
Important Warnings and Safety Information

Please read this section carefully and completely before beginning any training program.

Misuse of the Core Stix equipment can result in damage to the equipment and/or serious bodily injury. It is therefore important to adhere to the safety and use guidelines contained in this Manual to prevent damage and injury. Please consult the User Manual for a complete list of warnings and safety information.

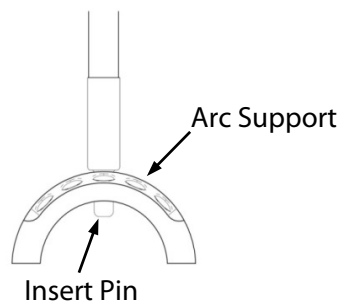


NEVER BEND STIX MORE THAN 60° AND ENSURE STIX ARE FULLY ENGAGED IN HOLES AT ALL TIMES DURING USE TO PREVENT EQUIPMENT DAMAGE AND BODILY INJURY.

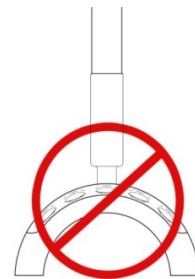


- ✗ Core Stix is not designed to work with any other equipment other than what has been supplied or approved by Core Stix. Do not use any other equipment with Core Stix other than what has been supplied or approved by Core Stix. Usage of unapproved equipment can result in damage, injury, and will void the warranty.
- ✗ The Core Stix board must be used on a flat, level, and well supported surface with 36 or more inches of clearance on all sides of the base. Bystanders should be 48 or more inches away from the base when in use.
- ✗ Always maintain proper balance during every exercise when using Core Stix.
- ✗ The Insert Pin for each of the Stix being used must be fully inserted in the desired hole of the Arc Support before any force is exerted on the Stix, and during the entire workout. Partial engagement of the Stix in the holes can cause personal injury and damage to the equipment.

Correct
The insert pin is fully inserted.
The Stix are ready for use.



Incorrect
The insert pin is **not** fully inserted!
Do not bend the Stix in this position.



Hand Positions

There are 8 body positions used throughout the Core Stix training materials. Abbreviations for each position are noted in bold type below the photos; these abbreviations are used in the exercise descriptions that follow.

The following are the three basic Hand Positions on the Stix:



Position 1
(top of the foam handle)



Position 2
(middle of the foam handle)



Position 3
(bottom of the foam handle)

Upper Body Exercises

CHEST PRESS

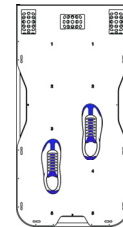
Starting Posture: With feet slightly staggered, hands in position 2, core engaged.

Action: Press Stix away from the body. Make sure there is no body sway during the activity. If there is, then reduce the resistance or move the user back a bit until they can control their core.

(Progression: unilateral hold - with one arm in contracted or relaxed position while other arm performs press motion.)



**B3
(B2)**



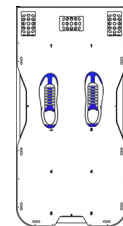
CHEST FLY

Starting Posture: Standing with knees slightly bent, feet slightly staggered, hands in position 1, core engaged.

Action: Grab the Stix with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed *(Progression: Keep one arm pinned at finish position while other arm works through the motion. Alternate arms each repetition, or every 5 or so repetitions.)*



**A4
(A3, E1
& E5)**



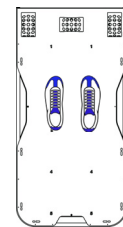
ISOMETRIC CHEST FLY

Starting Posture Stand, knees slightly bent. Grab Stix with elbows slightly bent.

Action: Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed. While holding left arm in press, right arm returns to the starting position, then presses out. Alternate sides. *(Progression 1: Feet parallel together then on one foot. Progression 2: Feet wide parallel, weight transferred onto toes only, no leaning forward, stay upright.)*



**A4 (A3,
E1 & E5)**



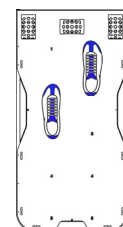
PUSH-PULL

Starting Posture: Right foot forward in a narrow staggered stance, hips straight forward, weight balanced between feet, shoulders and thoracic spine slightly rotated to the left. Hands at position 2.

Action: Simultaneously push the right and pull the left Stix. Shoulders and thoracic spine rotate to the right. *(Progression: C5/C4 for added scapular stability and thoracic rotation).* Adjust Stix and alternate sides.



**B5 & B3
(B5 & B2)**



Upper Body Exercises (cont.)

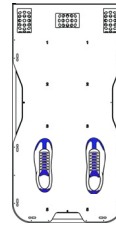
ROW

Starting Posture: Stand staggered stance, hands at position 1, Stix apart, core engaged, weight balanced between feet.

Action: Pull Stix in toward body with rowing motion. Squeeze scapulae.



B4
(B5)



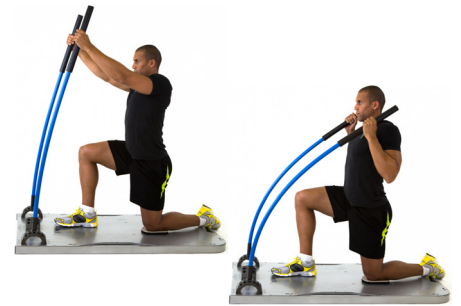
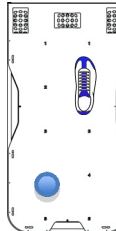
KNEELING NARROW TO WIDE LAT PULL

Starting Posture: From kneeling position, uncross Stix and grab Stix at position 2.

Action: Keep elbows in and pull Stix toward each shoulder, keeping chest out and core tight.



C4



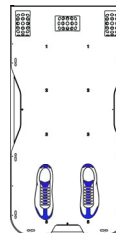
BENT OVER ROW

Starting Posture: Hinging forward from the hips, keeping back straight, hands at position 2.

Action: While keeping torso still, row handles toward chest, driving elbows back and squeezing scapulae together. (*Progression 1: C2 adding scapular stability; Progression 2: one arm pinned at finish while other arm works through the ROM; Progression 3: perform on one foot*)



C1



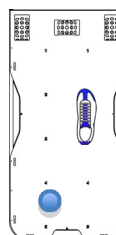
KNEELING SHOULDER PRESS

Starting Posture: Kneeling position, grab Stix at shoulder height.

Action: Keep core tight while extending arms upward. (*Progression 1: one arm pinned at finish position while other arm works through the ROM*)



B2



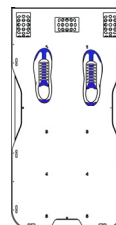
REVERSE FLY

Starting Posture: Standing feet parallel, hands grasping the Stix at position 2, palms inward, slight bend in the elbows, and elbows in line with the wrists and shoulders.

Action: Move arms outward, maintaining slight bend in elbows. Keep elbows in line with shoulder and wrists during entire motion.



C4
(C5)



Upper Body Exercises (cont.)

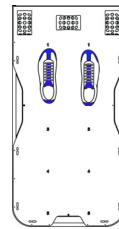
STANDING ARM CIRCLES

Starting Posture: Feet parallel and narrow, hands at position 2.

Action: Begin by pulling the handles toward your chest, then in a circular motion bring the handles out wide away from your side completing the circle back to the starting position. Reverse directions. (For increased core engagement, this could be done unilaterally.)



**B5
(A5, C5)**



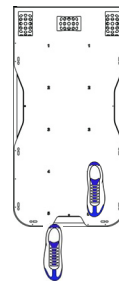
REAR FACING DIP

Starting Posture: Standing with knees slightly bent, facing away from the Arcs. With feet slightly staggered, hands in position 1. Elbows bent, and tucked against sides, core engaged.

Action: Keeping elbows close to sides and stationary, push Stix downward, keeping hands close to sides until hands are at hips. Shoulders should be down and remain down throughout exercise. (Progression: with Stix in C3, press slightly outward to increase shoulder stabilization.)



**B3
(C3)**



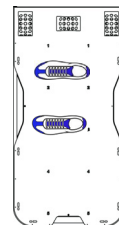
BICEP CURL

Starting Posture: Grab Stix with hands furthest away from the arcs, core engaged.

Action: Curl toward chest, maintaining an erect posture throughout the movement. Do not lean to side. You can rest free hand on hip for stability.



B2



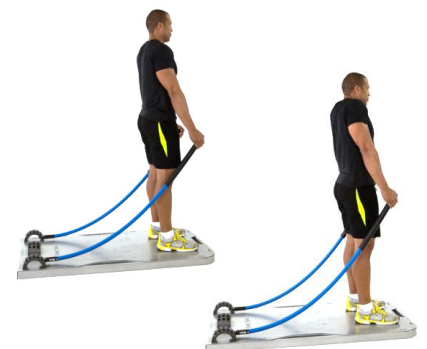
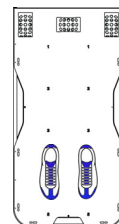
SHOULDER SHRUG

Starting Posture: Grab Stix at position 1, squat up into a standing position, core engaged.

Action: Shrug shoulders up and slightly back.



C1

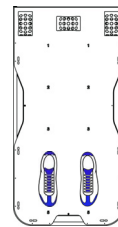


Lower Body Exercises

SQUAT

Starting Posture: Feet parallel at #5, knees soft, core engaged, and hands at position 1.

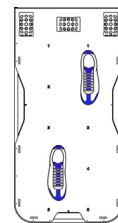
Action: Squat down low by sitting down and back; low back may be slightly arched. Drive back up through heels to stand upright, keeping back neutral.



SPLIT SQUAT

Starting Posture: Stand right foot in front, left foot behind.

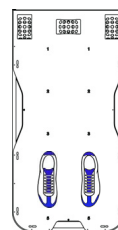
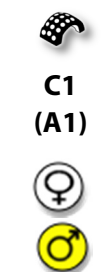
Action: Squat down to a 90°, bend in each knee. Grab Stix and stand upright. Maintain tall posture, back erect, shoulders slightly retracted throughout. Weight should be on the heel of the right leg, driving heel down into the board with each rep. (Repeat on opposite leg)



DEADLIFT

Starting Posture: Bend forward, hinging at the hips, back flat, knees bent.

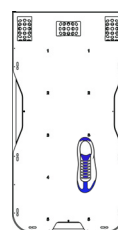
Action: Extend hips and stand upright, keeping back flat. Keep weight in heels, hips shifting backwards during descent, driving forward through the lift.



SINGLE LEG BENT OVER ROW

Starting Posture: Squat up in a standing position, grab left Stix at position 1, and core engaged.

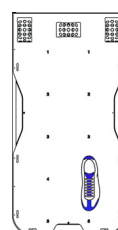
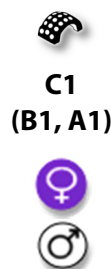
Action: Stand on right foot, knee soft, hinge at hips maintaining neutral spine. Extend left leg behind. Grab Stix and pull toward body, keeping elbow in by side.



1 LEG ROMANIAN DEADLIFT

Starting Posture: Stand on right leg, knee slightly bent.

Action: Hinge at hips maintaining neutral spine. Extend left leg behind body and maintain straight line with torso. Grab Stix, squeeze hamstring by driving hips forward and stand upright.



Lower Body Exercises (cont.)

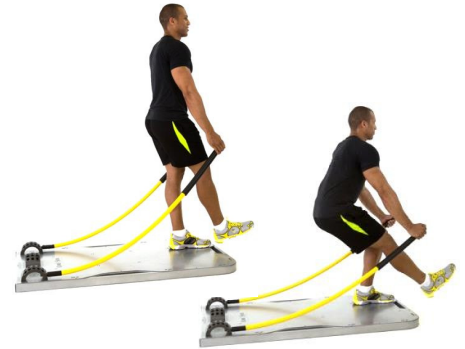
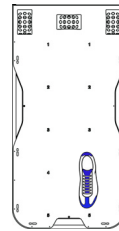
PISTOL SQUAT

Starting Posture: Stand on #5, pick both Stix up, hands on position 1. With right foot off the ground extended in front of you, left knee soft, core engaged.

Action: Lower into a one legged ("pistol") squat (right leg stays extended in front of body), Keep spine neutral, weight on left heel. Only go as deep as is comfortable; return to the starting position.



C1
(B1)



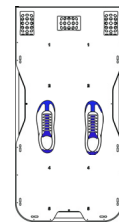
ASSISTED SQUAT

Starting Posture: Stand feet parallel, knees soft, core engaged, and hands at position 1.

Action: Pull Stix slightly back at the start position. Using the Stix as a counterbalance, sit back into a squat. Keep spine neutral, weight on heels. Only perform if grip strength is sufficient.



B4



Assisted squats can also be performed with Stix in B3, user facing away from Arcs, getting assistance by pushing down on Stix.

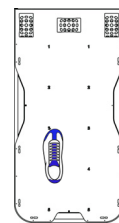
ASSISTED PISTOL SQUAT

Starting Posture: Stand with right foot off the ground extended in front of you, left knee soft, core engaged. Feet at #4, both hands at position 1.

Action: Pull Stix back so elbows are slightly bent at the start position. Using the Stix as a counterbalance, lower into a one legged ("pistol") squat (right leg stays extended in front of body), pulling on the Stix; elbows can bend to about 45°. Keep spine neutral, weight on left heel. Only go as deep as is comfortable; return to the starting position. Only perform if grip strength is sufficient.



B4



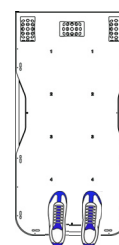
CALF RAISE

Starting Posture: Standing with toes on the back of the board and heels off, grip Stix at position 2 and place Stix on shoulders. Knees should be bent into a squat position.

Action: Leaning forward into the Stix, extend body straight (body should be leaning forward). Allow heels to relax back off of the board then press upward.



C1



Balance, Core, and Spinal Stability Exercises

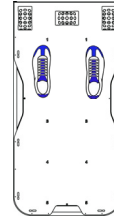
STIR THE POT

Starting Posture: With feet parallel, knees soft, core engaged. Both hands grab at position 2 of one Stix and bring to sternum.

Action: Like stirring a pot, move hands/Stix in a circular motion. Reverse directions. Switch sides. *Progression: narrow stance or lift one foot.*



E2/E4*



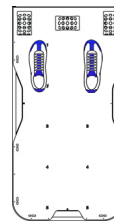
CORE PRESS OUT

Starting Posture: With feet parallel, knees soft, core engaged. Both hands grab at position 2 of one Stix and bring to sternum.

Action: Keeping core tight and body balanced, press hands forward and back at sternum. Try to keep it in as straight a line as possible. *Progression: narrow stance or lift one foot.*



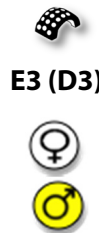
E2/E4*



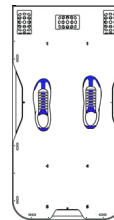
CORE ROTATION

Starting Posture Grab Stix with both hands, arms slightly bent and extended, core engaged.

Action: Alternate rotating left and right, contracting abs and core. Keep chest high; do not crunch down into the exercise.



E3 (D3)



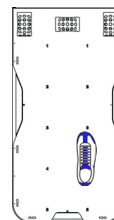
FORWARD DRIVE

Starting Posture: Stand with Stix close to shoulders, hands at positions 2-3. Walk feet back until body forms a 45° angle, reaching one leg back slightly, weight on balls of feet.

Action: Using glute of forward leg, drive opposite knee up and forward, staying on ball of forward foot. Feeling should be that of driving the body forward in space. Keep elbows bent and Stix close to your shoulders. Stay tall on the forward foot (activates the Glute Med.)



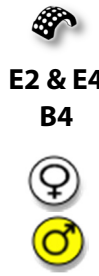
B3



KNEE DRIVE

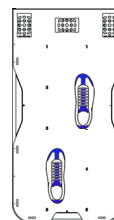
Starting Posture: Standing in a staggered stance, right foot forward and left foot back, weight primarily on right foot.

Action: Bring Stix together and hold. Drive left knee forward while at the same time bringing Stix back toward knee.



E2 & E4

B4



Balance, Core, and Spinal Stability Exercises (cont.)

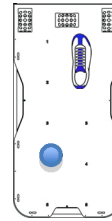
ARCHER ROW (KNEELING)

Starting Posture: Kneeling on one knee, with the hand opposite the forward leg at position 1, core engaged.

Action: Keeping spine stable and hips facing forward pull handle down toward chest while at the same time rotating shoulders and turning torso toward hand. Hand should end up at sternum.



B4



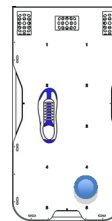
KNEELING SHOT-PUT

Starting Posture: Kneeling on right knee, left foot forward. Hips are rotated to the right, right foot straight behind body, core engaged.

Action: While rotating through the hips, press right hand upward. Focus on keeping the spine neutral, and initiating the movement through the hips. Hold the finish position, squeezing the right glute.



B2



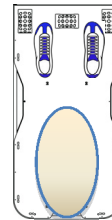
LYING ABDOMINAL CRUNCH

Starting Posture: Lie on back, knees bent, feet flat.

Action: Grab Stix and contract abs to crunch upward, keep chin tucked and neck elongated.



C1 (B1)



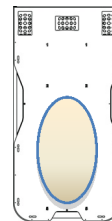
LYING ABDOMINAL CROSSOVERS WITH BICYCLE KICK

Starting Posture: Lie on back, hips and knees bent to 90°, feet off ground. Keep chin tucked and neck elongated while grabbing Stix with both hands.

Action: Extend right foot out at 45° while crunching across body with left hand/Stix. Alternate sides.



C1 (B1)



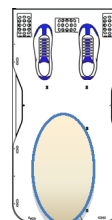
GLUTE BRIDGE WITH PRESS

Starting Posture: Feet flat on board, knees bent at 90°. Grab Stix at position 3.

Action: Initiate movement by curling pelvis up, peeling spine off the board one vertebra at a time. While squeezing the glutes at the peak of the exercise, perform a chest press. Release Stix and uncurl spine to starting position. Do not arch spine at the top of the position. (Progressions: 1) one unilateral leg; 2) unilateral arm; 3) unilateral opposite arm and leg)



B1 (A1)



Exercises for Increasing Flexibility

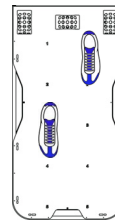
STANDING WIDE ARM CHEST STRETCH (STEP THROUGH)

Starting Posture: Stand between Stix at #1. Hand position 2, thumbs up.

Action: With elbows soft, step forward with one foot; arms remain outstretched and back. Keep head neutral, core engaged. Repeat with hands on Far Grip (position 1) and again at Low Grip (Position 3)



A4



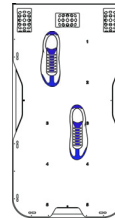
STANDING WIDE ARM BICEP STRETCH (STEP THROUGH)

Starting Posture: Stand between Stix at #1. Hand position 1, thumbs down.

Action: With elbows soft, step forward with one foot; arms remain outstretched and back. Keep head neutral, core engaged.



B4



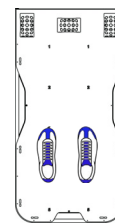
CROSSED BENT OVER LAT STRETCH

Starting Posture: Stand or sit on a stool with a wide stance arms' length from Stix. Grab the left Stix with the right hand and right Stix with the left hand.

Action: Hinge from the hip, bend knees slightly and keep back straight, bend forward with arms extended, keep head neutral. *(Progression: Straighten out right one leg and rotate upper body toward straight leg)*



B4



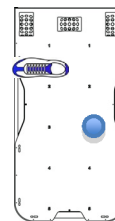
KNEELING OBLIQUE/QL STRETCH

Starting Posture: Facing the left side of the board, kneeling on left knee with right foot forward. Hands at position 1.

Action: Allow the Stix to pull you into a stretch. Hold 15-30 seconds.



B4



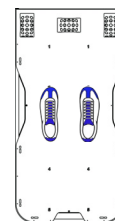
SEATED LUMBAR DECOMPRESSION STRETCH

Starting Posture: Seated on a ball, hands at position 1.

Action: Knees bent, back rounded; allow the hips to sink back slightly rolling the ball away from the arcs. Allow chest to relax toward/on thighs. Hold 15-30 seconds.



B4



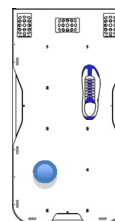
LUNGING HIP FLEXOR/GROIN STRETCH

Starting Posture: Right foot on the board, left knee on/off end of the board (user height dependent).

Action: Grab Stix at comfortable level, allow Stix to pull body forward into a deep lunge. Hold 15-30 seconds.



B4



Superset Routine 1 – Full Body (full length version)

Super Set	Exercise	Stix Men ♂ Women ♀	Stix Position (Alternate)	# Reps	# Sets	Notes
1)	Standing Lat Pull	♂ Heavy ♀ Medium	B4 (B5, C4)	15	x3	Stand, knees slightly bent, elbows in, core tight, sit back. Pull Stix in toward body with rowing motion.
	Squat	♂ Heavy ♀ Medium	C1 (A1, B1)	15		Squat down low by sitting down and back, low back arched. Maintain upper body in upright, near vertical position. Grab Stix, weight on heels, stand upright keeping back flat.
2)	Standing Chest Press	♂ Medium ♀ Lite	B3	15	x3	Knees slightly bent, grab Stix and press outward until arms are extended. Slowly move Stix back to starting position.
	Deadlift	♂ Medium ♀ Lite	C1 (A1, B1)	15		Bend forward, hinging at the hips, back flat, knees bent. Extend hips and stand upright, keeping back flat.
3)	Standing Core Rotation	♂ Heavy ♀ Medium	E3 (F3)	20	x3	Grab Stix with both hands, arms slightly bent and extended. Alternate rotating left and right, contracting abs and core.
	Split Squat	♂ Medium ♀ Lite	C1	12		Right foot in front, left foot behind. Squat down to a 90° bend in each knee. Grab Stix and stand upright. Reverse hands, feet, and/or Stix to work opposite side.
4)	Kneeling Shoulder Press	♂ Medium ♀ Lite	B2	15	x3	Kneeling position, grab Stix at shoulder height. Keep core tight while leaning forward and extending arms upward.
	Standing Bicep Curl	♂ Medium ♀ Lite	B2 (A4)	15		Stand sideways on board and grab Stix with right hand. Squeeze bicep and flex elbow until fully flexed. Alternate hands & Stix to work left bicep.
5)	Standing Single-Arm Reverse Fly	♂ Lite ♀ X-Lite	C4 (C5, E3)	12	x2	Knees slightly bent, core tight. Grab right Stix with elbow slightly bent. Move Stix in outward arc keeping elbow fixed. Reverse hands, feet, and/or Stix to work opposite side.
	Single-Leg Deadlift	♂ Medium ♀ Lite	C1	12		Stand on right foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift left leg behind and move in straight line with torso. Grab Stix, squeeze hamstring and stand upright. Reverse hands, feet, and/or Stix to work opposite side.
6)	Kneeling Lat Pull	♂ Heavy ♀ Medium	B4 (B3)	15	x3	Kneeling position, reach up and grab Stix. Keep elbows in and pull Stix toward body keeping chest out, core tight.
	Kneeling Tricep Press	♂ Heavy ♀ Lite	B2 (B3)	15		Grab Stix and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
	Kneeling Abdominal Crunch	♂ Heavy ♀ Medium	B2 (B3)	20		Grab Stix and get into kneeling position, behind board. Keep hands near ears and exhale, bringing elbows to knees.
7)	Standing Chest Fly	♂ Medium ♀ Lite	A3 (A2, E1+E5, F1+F5)	15	x3	Stand, knees slightly bent. Grab Stix with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed.
	Single-Leg Bent Over Row	♂ Heavy ♀ Lite	C1 (F1)	12		Stand on right foot, knee bent, hinge at hips maintaining low back lordosis. Extend left leg behind. Grab Stix and pull toward body, keeping elbow in by side. Reverse hands, feet, and/or Stix to work opposite side.
8)	Single-Arm Lat Pull	♂ Heavy ♀ Lite	B4 (C4, A4)	12	x2	Stand, knees slightly bent, elbows in, core tight, sit back. Pull right Stix toward body with rowing motion. Reverse hands, feet, and/or Stix to work opposite side.
	Single-Leg Squat	♂ Medium ♀ Lite	C1	8		Stand on right foot, left foot extended in front. Squat back and down and grab Stix. Maintain upper body in upright, near vertical position. Stand upward, pushing through heel. Reverse hands, feet, and/or Stix to work opposite side.

Superset Routine 2 – Upper Body

Super Set	Exercise	Stix Men ♂ Women ♀	Stix Position (Alternate)	# Reps	# Sets	Notes
1)	Standing Lat Pull	♂Heavy ♀Lite	B4 (B5, C4)	12	x3	Stand, knees slightly bent, elbows in, core tight, sit back. Pull Stix in toward body with rowing motion.
	Standing Chest Press	♂Heavy ♀Lite	B3	12		Knees slightly bent, grab Stix and press outward until arms are extended. Slowly move Stix back to starting position.
2)	Low Grip Standing Lat Pull	♂Medium ♀Lite	B1	12	x3	Stand facing back of board, knees slightly bent. Grab Stix, elbows in, pull Stix toward body.
	Kneeling Shoulder Press	♂Medium ♀Lite	B1	12		Kneeling position, grab Stix at shoulder height. Keep core tight while leaning forward and extending arms upward.
alt 2)	Low Grip Standing Lat Pull (isometric)	♂Medium ♀Lite	B1	12	x3	One arm pinned (stationary) at finish position while other arm works through the range of motion, alternating which hand is pinned at finish position each repetition.
	Kneeling Shoulder Press (isometric)	♂Medium ♀Lite	B1	12		One arm pinned at finish position while other arm works through the range of motion, alternating which hand is pinned at finish position each repetition.
3)	Standing Chest Fly	♂Medium ♀Lite	A4 (A3, E1 & E5)	12	x3	Stand, knees slightly bent. Grab Stix with elbows slightly bent. Squeeze chest and bring hands together out in front of body with arcing motion, keeping elbows fixed. <i>Progression: perform this exercise isometrically.</i>
	Standing Reverse Fly	♂Lite ♀X-Lite	B4 (A4)	12		Knees slightly bent, core tight. Grab Stix with elbows slightly bent. Move Stix in outward arc in an outward and backward motion, keeping elbows fixed.
alt 3)	Standing Chest Fly (isometric)	♂Medium ♀X-Lite	A3 (A4, E1 & E5)	12	x3	Refer to Standing Chest Fly above. Keep one arm pinned at finish position while other arm works through the motion. Alternate arms each repetition, or every 5 or so repetitions.
	Standing Reverse Fly (isometric)	♂Lite ♀X-Lite	B4	12		One arm pinned at starting position while other arm works through the range of motion.
4)	Kneeling Tricep Press	♂Heavy ♀Lite	B2	15	x3	Grab Stix and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
	Standing Bicep Curl	♂Medium ♀Lite	B2	12		Stand sideways (facing right) on board and grab Stix with right hand. Squeeze bicep and flex elbow until fully flexed.
5)	Shoulder Lateral Raises	♂Lite ♀X-Lite	B1	15	x3	Stand leaning forward, knees slightly bent. Grab Stix, elbows bent. Raise hands in arc up toward ears. Lead with elbows.
	Standing Chest Fly	♂Medium ♀X-Lite	A3	12		Right arm pinned at finish position while other arm works through the range of motion. Reverse hands, feet, and/or Stix to work opposite side.
6)	Push-Pull (right push, left pull)	♂Medium ♀Lite	B3 & B5	15	x3	Stand and grab Stix. Simultaneously extend right hand away from body and pull left hand toward body. Maintain core stability.
	Push-Pull (left push, right pull)	♂Medium ♀Lite	B5 & B3	15		Stand and grab Stix. Simultaneously extend left hand away from body and pull right hand toward body. Maintain core stability.
7)	Kneeling Lat Pull	♂Medium ♀Lite	B3 (C3, A3)	12	x3	Kneeling position, reach up and grab Stix. Keep elbows in and pull Stix toward body keeping chest out, core tight.
	Kneeling Tricep Press	♂Heavy ♀Lite	B2 (B3)	15		Grab Stix and get into kneeling position. Keep elbows in by sides and extend elbows until arms are fully extended.
8)	Standing Shoulder Press/External Cuff	♂Medium ♀X-Lite	C2	12	X3	Stand facing arcs leaning forward, knees bent (deadlift posture). Extend Stix upward, away from body, maintaining separation.
	Narrow Grip Lat Pull with Rear Deltoid	♂Medium ♀X-Lite	C2	12		Stand facing away from arcs, back straight. Pull Stix toward body in wide arcing motion.

Superset Routine 2 – Upper Body (cont.)

Super Set	Exercise	Stix Men ♂ Women ♀	Stix Position (Alternate)	# Reps	# Sets	Notes
9)	External Rotator Cuff (Push-Pull)	♂Medium ♀X-Lite	C4	25	x3	Stand, grab Stix and separate Stix 12 inches. Alternate pulling Stix toward body and extending completely. Maintain separation of the Stix throughout movement.
	Fly-Press	♂Medium ♀X-Lite	A3 (A2)	15		Stand with knees slightly bent and grab Stix. Keep chest out and bring Stix together out in front of body in fly/press motion.
Additional Exercises						
1)	External Rotator Cuff (Push)	♂Medium ♀X-Lite	C3 (C2)	25	x3	Stand, grab Stix and separate Stix 12 inches. Push Stix away from body to full extension. Maintain separation of the Stix.
2)	External Rotator Cuff (Pull)	♂Medium ♀X-Lite	C4 (C5)	25	x3	Stand, grab Stix and separate Stix 12 inches. Pull Stix toward body. Maintain separation of the Stix throughout the motion.
3)	Standing Chest Rotations (Neutral)	♂Medium ♀Lite	B3	15	x3	Wide alternating circles, sweeping across the body (can move hands in either direction: in-to-out or out-to-in). Try to keep both arms moving simultaneously.
4)	Standing Chest Rotations (Outer)	♂Medium ♀Lite	A3	15	x3	Wide alternating circles, sweeping across the body (can move hands in either direction: in-to-out or out-to-in). Try to keep both arms moving simultaneously.
5)	Standing Chest Rotations (Inner)	♂Medium ♀Lite	C3	15	x3	Wide alternating circles, sweeping across the body (can move hands in either direction: in-to-out or out-to-in). Try to keep both arms moving simultaneously.

Superset Routine 3 – Lower Body

Super Set	Exercise	Stix Men ♂ Women ♀	Stix Position (Alternate)	# Reps	# Sets	Notes
1)	Deadlift	♂Heavy ♀Medium	C1 (A1, B1)	12	x3	Bend forward, hinging at the hips, back flat, knees bent. Extend hips and stand upright, keeping back flat.
	Split Squat	♂Heavy ♀Medium	C1 (A1, B1)	10		Right foot in front, left foot behind. Squat down to a 90° bend in each knee. Grab Stix and stand upright. Reverse hands, feet, and/or Stix to work opposite side.
2)	Single-Leg Deadlift	♂Heavy ♀Medium	C1 (A1, B1)	10	x3	Stand on right foot, knee slightly bent. Hinge at hips maintaining low back lordosis. Lift left leg behind and move leg in straight line with torso. Grab Stix, squeeze hamstring and stand upright. Reverse hands, feet, and/or Stix to work opposite side.
	Squat	♂Heavy ♀Lite	C1 (A1, B1)	12		Squat down low by sitting down and back, low back arched. Grab Stix, weight on heels, stand upright keeping back flat.
3)	Single-Leg Drive	♂Medium ♀Lite	B2 (C2, A2)	10	x3	Grab Stix, right foot on back end of board. Lunge back with left foot. Stand up and drive through with left knee up high. Reverse hands, feet, and/or Stix to work opposite side.
	Standing Calf Raise	♂Medium ♀Lite	C1 (A1, B1)	20		Stand with heels off the end of board, heels in and toes out. Plantar flex ankle joints completely, keeping knees fixed.

Superset Routine 4 – Core & Abs

Super Set	Exercise	Stix Men ♂ Women ♀	Stix Position (Alternate)	# Reps	# Sets	Notes
1)	Standing Core Rotation	♂ Heavy ♀ Medium	E3 (D3)	30	x3	Grab Stix with both hands, arms slightly bent and extended. Alternate rotating left and right, contracting abs and core.
	Standing Single-Arm Fly	♂ Medium ♀ Lite	A3	10		Stand, knees slightly bent. Grab right Stix with elbow slightly bent. Squeeze chest and bring Stix out in front of body with arcing motion, keeping elbow fixed.
2)	Kneeling Abdominal Crunch	♂ Heavy ♀ Lite	B2 (B3)	20	x3	Grab Stix and get into kneeling position, behind board. Keep hands near ears and exhale, bringing elbows to knees.
	Standing Single-Arm Reverse Fly	♂ Lite ♀ X-Lite	B4	10		Knees slightly bent, core tight. Grab right Stix with elbow slightly bent. Move Stix in outward arc, with elbow fixed. Reverse hands, feet, and/or Stix to work opposite side.
3)	Lying Abdominal Crunch	♂ Lite ♀ X-Lite	C1 (B1)	20	x3	Lie on back, knees bent, feet flat. Grab Stix and contract abs to crunch upward as far as possible.
	Scissor Kick Oblique Crunch	♂ Lite ♀ X-Lite	B1	10		Lie on back, legs extended. Grab left Stix with right hand. Scissor kick legs. As left leg goes up, contract obliques and crunch up to the left. Reverse hands, feet, and/or Stix to work opposite side.
4)	Single Knee Core Pull Press (right)	♂ Lite ♀ X-Lite	A2 & C2	10	x3	Place left foot on right/back corner of board, right knee off board. Grab Stix and pull Stix laterally, until hands are in front of body. Maintain separation between Stix and extend arms forward.
	Single Knee Core Pull Press (left)	♂ Lite ♀ X-Lite	C2 & A2	10		Place right foot on left/back corner of board, left knee off board. Grab Stix and pull Stix laterally, until hands are in front of body. Maintain separation between Stix and extend arms forward.
5)	Marching	♂ Medium ♀ Lite	C2 (B2)	20	x3	Grab Stix and squeeze together with hands in front of body. Lean forward and alternate lifting each knee. Keep firing glute, quad, and calf of support leg to maintain stability.
6)	Side Bridge Lat Pull	♂ Heavy ♀ Lite	B3 (B4, C4)	12	x3	Place left hand on right side of board in a side bridge and side of left foot on ground off board, facing right. Grab Stix and pull elbow in toward side. Maintain bridge. Reverse hands, feet, and/or Stix to work opposite side.
Additional Exercises						
1)	Right-Arm, Left-Leg Isolateral Chest Press w/ Glute Bridge.	♂ Medium ♀ Lite	C1	12	x3	Lie on back in Single-Leg glute bridge w/ head off board. Left leg bent, heel on board toe up, right leg slightly bent and suspended in line w/ hip and shoulder. Perform right-arm chest press with Stix.
2)	Left-Arm, Right-Leg Isolateral Chest Press w/ Glute Bridge.	♂ Medium ♀ Lite	C1	12	x3	Lie on back in Single-Leg glute bridge w/ head off board. Right leg bent, heel on board toe up, left leg slightly bent and suspended in line w/ hip and shoulder. Perform left-arm chest press with Stix.
3)	Right-Arm, Left-Leg Isolateral Lat Pull w/ Glute Bridge.	♂ Medium ♀ Lite	C2	12	x3	Lie on back in Single-Leg glute bridge w/ head off board. Left leg bent, heel on board toe up, right leg slightly bent and suspended in line w/ hip and shoulder. Perform right-arm lat pull with Stix.
4)	Left-Arm, Right-Leg Isolateral Lat Pull w/ Glute Bridge.	♂ Medium ♀ Lite	C2	12	x3	Lie on back in Single-Leg glute bridge w/ head off board. Right leg bent, heel on board toe up, left leg slightly bent and suspended in line w/ hip and shoulder. Perform left-arm lat pull with Stix.

A Message About Exercise Safety from Originator Mike Kadar

Safety is one of the biggest benefits of using Core Stix.

The safety of the equipment when exercising is crucial for performing all exercises properly and avoiding injury. The safety of the equipment is also crucial for the performance and health of one's muscles, joints, tendons, and ligaments. This is one of the greatest benefits of Core Stix.

The Stix provide for constant progressive resistance that offers a safe and challenging workout for many people at many different fitness levels. One benefit is that you can slow down your workouts with controlled movements or make your workouts more dynamic with faster movements with any of the variety of different Core Stix resistance Stix without sacrificing the health of your muscles, joints, tendons, or ligaments. With each repetition on Core Stix, whether slow or fast, whether controlling or building momentum in your movement, your muscles are never compromised with any "kick back motion" that a free weight or cable machine might impart on you.

Also, there is no angular joint compromise with any of the movements you perform on Core Stix. Simply adjusting your feet, hands, body, or any combination thereof can give you the proper anatomical angle to perform any exercise safely and effectively. Having your muscles and joints at the proper angle can decrease or eliminate pain through any movement. Exercises can be uncomfortable when performing the movements, due to the fatigue and burn in your muscles, but exercise should never be painful. Most machines have a few settings to adjust the angular displacement, but cannot permit a user to fine tune the body position and movement like Core Stix can. You are never locked into one position, whether sitting, kneeling, or standing. Core Stix allows your body to move freely rather than locking you into a preset position. This allows for natural movement of your body, creating less chance of pain or injury, while at the same time engaging and working your core in the most functional way possible.

We hope that using Core Stix will help you achieve all of your and your patients' fitness goals safely and effectively, and provide the basis for a lifetime of good health!

Sincerely,

Mike Kadar.

NHL Pittsburgh Penguins Strength Coach & Core Stix Originator

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