

Use the Mambo Max Stepping Stones only after consulting a trained licensed healthcare professional.

Stepping Stone Push Up

Get into a push-up position with your knees on the Stepping Stones - Perform a push-up at the knees, keeping your back straight - If you want to add challenge, progress to a push-up at the feet, keeping your knees, upper body and neck straight - To your liking, balance on the Stepping Stones on your hands or feet



Stepping Stones Leg Lift

Sit down, stretching your legs and balancing on your arms behind you - Balance one foot on the Stepping Stone, while raising the opposite leg - Keep your bottom off the ground during the entire exercise - Variation: balance with your hands on the Stepping Stones



Stepping Stones Tricep Dips

Sit down on the ground, balancing on the inversed Stepping Stones behind you - Move your hips in front of the Stepping Stones with your legs bent and feet placed about hip width apart on the floor - Straighten your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints - Now slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle - Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position - Don't allow your neck to sink and your ears to fall close to your shoulders - Straighten your legs as you get stronger to make the exercise harder



Stepping Stone Master Burst

Get into a push-up position with your hands on the Stepping Stones - Simultaneously bring your knee and your chin to your chest, causing your body to arch - Alternate both knees

Stepping Stone Prone Plank

Get into a push-up position with your elbows on the Stepping Stones, directly below your shoulders - Hold here with your abs contracted, your legs extended and your head aligned with your spine - As you build strength, hold this position longer

Stepping Stones Bridge

Lay on your back with your hands by your sides, your knees bent and feet flat on the floor - Tighten your abdominal and buttock muscles - Raise your hips up to create a straight line from your knees to shoulders - Squeeze your core and try to pull your belly button toward your spine - If your hips sag or drop, lower yourself back on the floor - The goal is to maintain a straight line from your shoulders to your knees and hold for 20 to 30 seconds. You may need to begin by holding the bridge position for a few seconds as you build your strength. It's better to hold the correct position for a shorter time than to go longer in the incorrect position.



Stepping Stone Lunge

Lunge forward with your right foot on a Stepping Stone - Keep your head up and back straight; this is your start position - Drop your left leg toward the floor by bending both knees, making sure your right knee doesn't pass over the plane of your toes - Stop just short of your rear knee touching the ground as your front thigh comes parallel to the floor - Press back up, forcing your bodyweight through the heel of your forward foot - Complete reps on this side then switch to work the other.



Stepping Stone Quadruped Stabilization

Get on your hands and knees, with one knee placed on a Stepping Stone - Alternate lifting your opposite arm and leg while keeping your trunk steady - Hold and slowly return

Variation: place the stepping stone under your supporting hand - Challenge: place a Stepping Stone under your knee and under your supporting hand

Stepping Stone Abdominal Twist

Lie down on the floor on your back, placing two Stepping Stones under your hips and bend your knees, placing your hands behind your head or across your chest - Pull your belly button towards your spine - Slowly contract your abdominals - Twist and rotate left to right - Challenge: use only one Stepping Stone or lift your feet from the ground

