

AKROsolutions is imagining fitness.

AKROsolutions bridges the gap between fitness, daily living, and fun by providing simple, effective, and beautiful equipment designed for the human body and its movement.

We are Ari and Eli Akerstein, two brothers who formed Akrosolutions with a simple goal of enhancing the workout experience. Immersed from childhood in competitive athletics as diverse as diving, lacrosse, wrestling, martial arts, swimming, and circus sports, we have enjoyed the developmental benefits of healthful aerobic, anaerobic, and acrobatic activity. In order to make our daily exercise routine as equally dynamic and effective while remaining simple, we designed our own fitness equipment. We've benefited substantially from workouts that address our individual needs AND at the same time are creative, improvisational and exciting...and we want everyone to experience working out the way we do!

Body Weight Training

As adults, we have both become certified professional fitness trainers creating exercise programs for individuals from all walks of life and fitness abilities. We've come to realize that our favorite equipment - for ourselves, and our clients - allows the most freedom of

afford even the most elite athlete with a tough workout that continuously evolves along with your abilities, and develops the body through means previously employed only by gymnasts and acrobats.

But don't take our word for it! Give your new Akrowheels a try! Take them onto the grass outside, onto the carpet, try them on hardwood, on a gym mat; see how each surface changes your experience. Likewise, different angles, leg positions, torso positions, and inclines will challenge you. Take time to explore what you can do with these simple wheels ...and don't be surprised if you begin to feel more in touch with your old childhood self, the one that wants to climb trees and maneuver through jungle gyms. It happens to all of us when we begin to understand our bodies and rediscover the joy of movement.

We'd like to take this opportunity to thank you for buying our Akrowheels. We hope you will enjoy using them as much as we have enjoyed creating them.

Ari and Eli Akerstein

movement, forcing the body to stabilize itself using its own core musculature. Bodyweight training employs athleticism and grace in its approach towards integrated muscular development, not typically found through the use of today's exercise equipment.

Akrosolutions developed from a desire to create simple body weight exercise tools that afford maximal adaptability and versatility, are challenging to use, and effective. You will find our equipment to be full of possibilities for playful experimentation, as well as intense, gymnastic muscular development. It is our mission to create the best bodyweight fitness equipment available - functional, elegant, imaginative.

So what are Akrowheels?

We're glad you asked, and we are excited because you are about to rediscover your body's natural abilities. Many people think of working out as a chore, and it can be if you're just repeating the same isolated movements over and over. At Akrosolutions we realize that fitness doesn't just happen in the gym - it happens when you take the stairs instead of the elevator, stretch for groceries on the top shelf, and as you wrestle and play with your kids. Akrowheels helps you to direct this type of natural movement into an effective workout.

Don't be fooled by the simplicity. With simplicity comes options, and with options comes freedom. This handle between two wheels will orient your body in new ways and



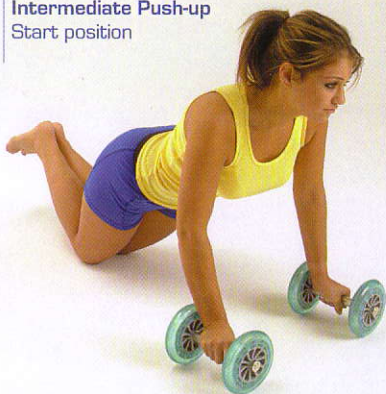
AKROsolutions is

Advanced Fly

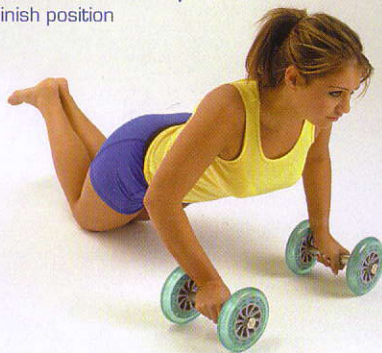
imagining fitness



Intermediate Push-up
Start position



Intermediate Push-up
Finish position



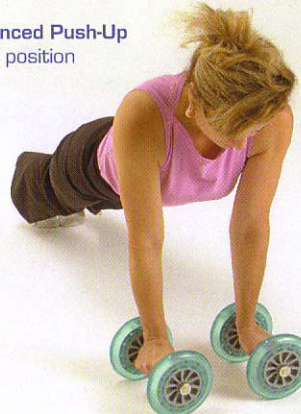
Position > Start on the knees with a straight line from the top of your head down to your kneecaps. Keep the belly tight and the back straight. Hold the wheels shoulder width apart and directly below your chest.

Step 1 > Keeping the wheels stable, slowly bend your arms lowering your chest down towards the ground. Maintain a straight body and tight abs for stability. Move slowly down and only as far as is comfortable. As you progress you will go further and further down towards the ground.

Step 2 > Slowly push back up to your starting position. Repeat!

Trainer tip: make sure you can do a proper pushup on the floor before attempting a pushup using the wheels.

Advanced Push-Up
Start position



Advanced Push-Up
Finish position



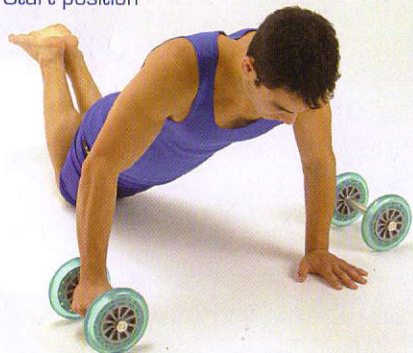
Position > You will start in a push-up position with the handles of the wheels parallel to your body. Keep your back straight, abs tight, and wheels in line with your chest.

Step 1 > Do a push-up going down as low as is comfortable. Return to starting position.

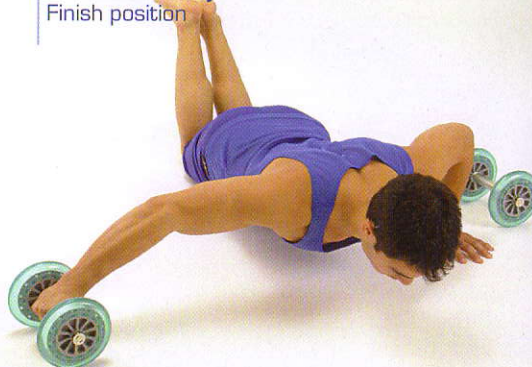
Step 2 > Slide the wheel out away from your body a few inches but keeping the wheels in line with your chest. Do another push-up. Repeat.

Trainer tip: You can try sliding the wheel mid-pushup as well. See how wide you can go! ★

Intermediate Fly
Start position



Intermediate Fly
Finish position



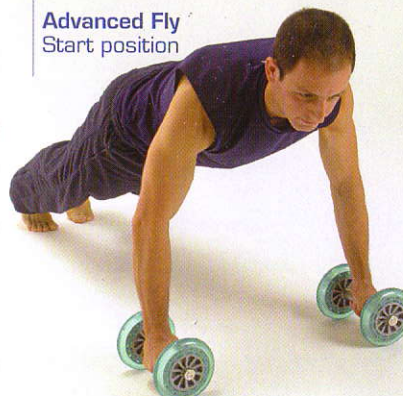
Position > Start on your knees in a push-up position with only the right hand holding one wheel. Your left hand will be on the ground ready to perform a push-up. Make sure the handle of the wheel is parallel to your body. Keep the back straight and abs tight.

Step 1 > Roll the right hand out perpendicular to your body while keeping the arm straight but not locked. With the left arm assist yourself by doing a pushup. Keep your chest level; straight line from the head to the knees.

Step 2 > Return to starting position. Switch hands.

Trainer tip: Always start by doing the exercise on a mat. Also watch that your head doesn't jut forward and strain your neck.

Advanced Fly
Start position



Advanced Fly
Finish position



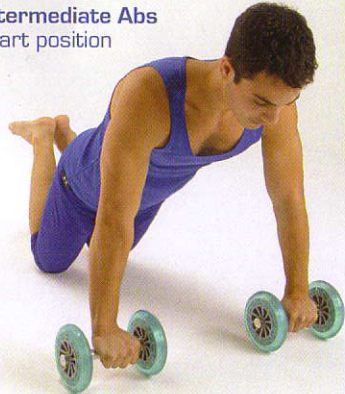
Position > With wheels in both hands, set yourself up in a push-up position. Have the handles of the wheels parallel to your body.

Step 1 > carefully roll the wheels out perpendicular to your body. Lower your chest towards the ground as far as you can, making a "T" with your body.

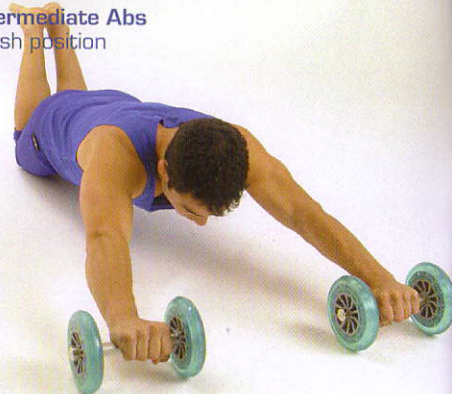
Step 2 > Return to starting position. Repeat using different angles. For example, make a "Y" with your arms.

Trainer tip: Be careful to keep your back straight and abs tight during this exercise. It can be really difficult. ★

Intermediate Abs Start position



Intermediate Abs Finish position



Position > Start on your knees with the wheels shoulder width apart and directly under your head. The handles of the wheels should be perpendicular to your body.

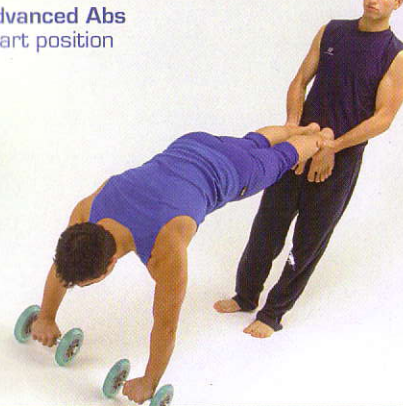
Step 1 > Keep arms straight and roll the wheels out in front of your body as far as is comfortable.

KEEP YOUR BACK STRAIGHT. Do not arch your lower back.

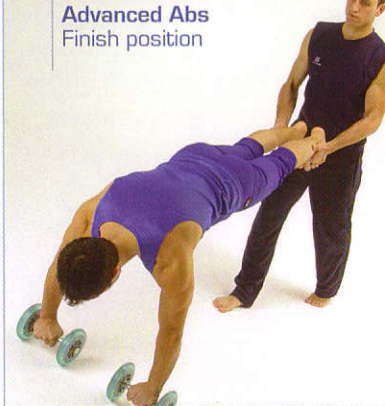
Step 2 > Return to starting position. Repeat.

Trainer tip: Try going out making various angles with your arms such as a "Y" shape. Never go further than you are comfortable. You'll be touching your chest to the ground in no time.

Advanced Abs Start position



Advanced Abs Finish position



Position > This one will be with a partner. Get into a push-up position with the handles of the wheels perpendicular to your body. The wheels should be shoulder width apart and below your head. Have your partner lift your legs so that your body is parallel with the floor.

Step 1 > Have your partner slowly roll you forward so you are doing a human wheelbarrow!

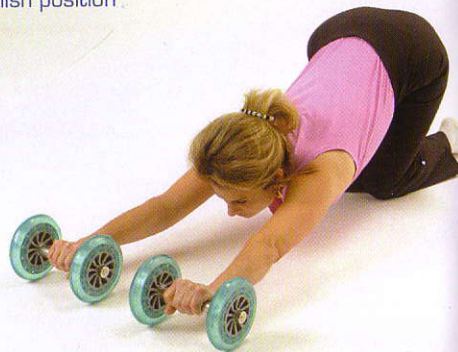
Step 2 > Here is where you are really going to feel those abs engage. Have your partner roll you back to where you started.

Trainer tip: It is really important here that your lower back does not arch. Also, try rolling in circles and arcs.

Cat Stretch Start position



Cat Stretch Finish position



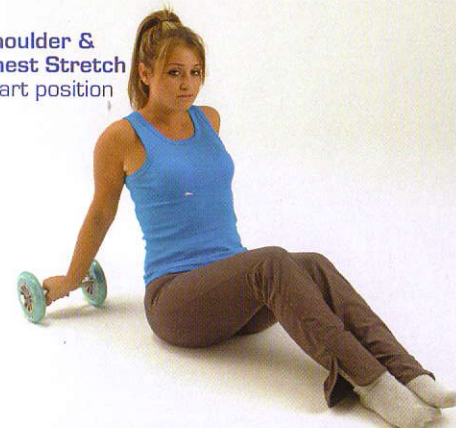
Position > Start on your knees with your butt up in the air. The wheels should be shoulder width apart and below your face, and the handles perpendicular to your body.

Step 1 > Keeping your butt in the air, roll the wheels forward and push your armpits in towards the ground. You may look like an angry cat.

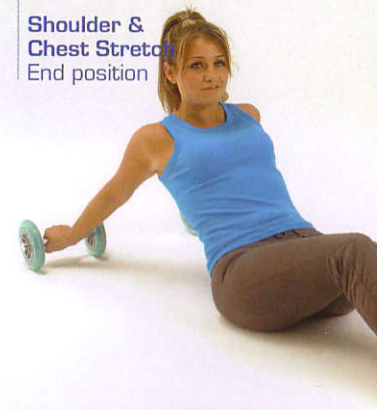
Step 2 > Hold 15-30 seconds. Feel your ribs, lats, and abs open up. Take several deep breaths, feeling the breath creating length in the muscles. Return to starting position.

Trainer tip: if it doesn't feel right, don't do it. Ask a trainer. You can also try it with one arm at a time.

Shoulder & Chest Stretch Start position



Shoulder & Chest Stretch End position



Position > Sit on your butt. Hold the wheels behind your body so that they can roll straight back. Lift chest.

Step 1 > Roll the wheels back behind you, lowering the whole back towards the ground, as if you were in a lounge chair, as far as is comfortable. Feel a stretch in your chest, biceps and the front of your shoulders.

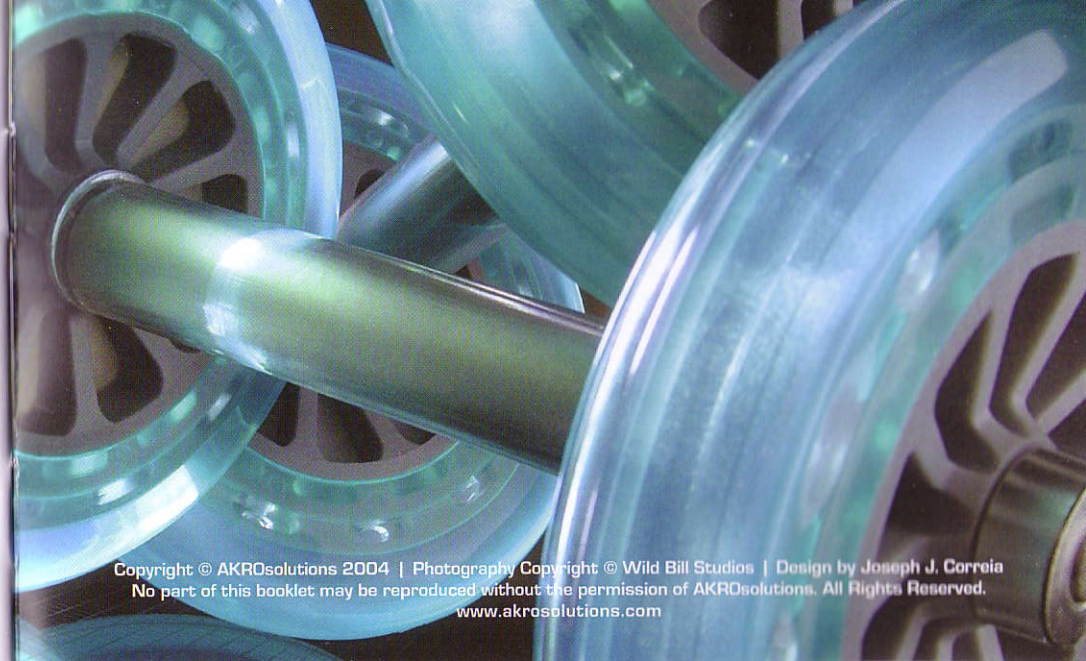
Step 2 > Hold for 15-30 seconds. Return to starting position.

Trainer tip: Keep your arms straight but if locking them out hurts, bend them slightly. Keep your chest lifted to ensure a proper stretch. Bring hands together as close as possible in the starting position, but experiment with different hand placements and see how the stretch changes.

Important Safety Instructions for Using the Akrowheels

- > Before beginning any fitness program, you should obtain a complete physical examination from your physician.
- > When using exercise equipment, you should always take basic precautions.
- > Read all instructions before using the Akrowheel. These instructions are written to ensure your safety and protect the unit.
- > Always use precaution before trying any new exercise on the Akrowheel.
- > Do not store the Akrowheels in a damp or wet environment. Store in a cool, dry place.
- > If the end fasteners should come loose, you can tighten them using a 1/8" allen wrench.
- > Use care when getting on or off the unit.
- > Stop and rest if you feel dizzy or short of breath.
- > Do not overexert yourself or work to exhaustion. Consult with a fitness professional for proper usage, especially when trying new exercises.
- > If you feel any pain or abnormal symptoms, stop your workout immediately and consult with your physician.
- > You should already be physically active before trying the Akrowheel. They are an intermediate or advanced piece of fitness equipment.
- > Never operate the unit when it has been damaged.
- > Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- > Do not use on slippery surfaces.

Akrowheels are designed for your enjoyment. By following these precautions and using common sense, you will have many safe and enjoyable hours of healthful activity. Enjoy!



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