

Gliding TRAINING



GLIDING COMPLETE KIT

Includes a pair of Gliding discs, for either hardwood or carpeted floors, a Glide into your Jeans Exercise & Diet Programme and a DVD with three great workouts – Ultimate Buns & Legs, Fat Burning Cardio and Total Body Sculpting.

GLIDING DISCS

The Gliding Sliding Disc Exercise System allows for smooth, fluid and graceful movements that can be structured into a stand-alone Gliding class, incorporated into an existing class format or used with personal training clients. Gliding exercises work multiple muscle groups while engaging core stabilisation throughout the range of motion and its simplicity of movement makes this unique exercise system easily adaptable. Specifically designed sliding discs transform exercise movements into graceful lines of flowing motion and help achieve

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optimal range of motion more easily and consistently. While other programmes add bulky, expensive equipment and fancy footwork to try to entice the exerciser, simplicity is what gives Gliding exercises the edge. The unique sliding discs are lightweight, compact and come in versions specifically designed for both hardwood and carpeted floors.

Gliding is available to buy as :-

GDWF	Pair of Hardwood/Vinyl Floor Discs
GDC	Pair of Carpeted Floor Discs
GCKHF	Complete Kit for Hardwood/Vinyl Floor – Includes a pair of discs, 3 in 1 DVD and booklet.
GCKC	Complete Kit for Carpeted Floor – Includes a pair of discs, 3 in 1 DVD and booklet.
GPCKH	Pro Club Kit for Hardwood/Vinyl Floor – Includes 25 pairs of discs, 3 in 1 DVD and booklet.
GPCKC	Pro Club Kit for Carpeted Floor – Includes 25 pairs of discs, 3 in 1 DVD and booklet.

CHECK OUT OUR GLIDING VIDEOS FOR FREE ON OUR WEBSITE

Abdominal Gliding Curl

- Main target muscles:**
- Rectus abdominis
- Origin:**
- Rectus abdominis – Pubic crest
- Insertion:**
- Rectus abdominis – Xiphoid process, 5th/6th/7th ribs
- Teaching points:**
- Keep the head in line with spine
 - The Lower back should be kept on the floor
 - Keep the exercise smooth and controlled
- Visualisation cues:**
- Imagine as though you're taking your rib cage towards the pelvis
- Start position:**
- Lying supine on the floor with your knees soft and feet on the floor
 - Place your hands on the disc's behind your head



- Transitional phase:**
- Sweep the discs around to the sides of your body as you sit up
- Finish position:**
- Lower back down to start position, sliding your arms back behind your head



- Options:**
- Rock all the way up for a crunch, feet off the floor – knees inline with ankles

Side Lunge with Lateral Raise

- Main target muscles:**
- Quadriceps
 - Deltoids
 - Adductors
- Origin:**
- Quadriceps – ilium, femur
 - Deltoid – Clavicle, acromion process and spine of scapula
 - Adductors – Anterior part pubic bone, ischial tuberosity
- Insertion:**
- Quadriceps – patella, tibia
 - Deltoid – deltoid tuberosity, lateral surface shaft of humerus
 - Adductors – Medial side of femur
- Teaching points:**
- Keep the elbows flexed on the lateral raise
 - Bring the raise to shoulder height only
 - Stabilize the trunk throughout
 - Keep the transition smooth and controlled
- Visualisation cues:**
- Remember you don't have to take it to shoulder height the first time
 - Keep your chest lifted and spine neutral

- Start position:**
- With left foot put tubing underneath it, place the other foot on the disc (use only one disc)
 - Hold onto the tubing handles ready to begin the side lateral raise
- Transitional phase:**
- Glide the leg out to the side
 - Slow to begin with then gradually speed up
 - As you take the leg out, lift the tubing for the lateral raise



- Finish position:**
- As you take the leg smoothly back in place the bring arms down by the side
- Options:**
- Change the resistance bands to suit



Slide Out and Lift The Knee

- Main target muscles:**
- Adductors
 - Quadriceps
 - Gluteus
 - Hamstrings
- Origin:**
- Adductors – Pubic Bone, ischial tuberosity
 - Quadriceps – ilium, femur
 - Gluteus – ilium, sacrum & coccyx
 - Hamstrings – ischium
- Insertion:**
- Adductors - Femur
 - Quadriceps – patella, tibia
 - Gluteus – femur, Iliotibial tract of fascia lata muscle
 - Hamstring – tibia
- Teaching points:**
- Control the discs as you slide out, load through the leg on step keeping strong and stable
 - Back in neutral spine, come up tall, straight and long as you lift the knee up
 - Keep the core braced
- Visualisation cues:**
- Look and think smooth and fluid throughout

- Start position:**
- Using a step platform with one leg stand on at one end
 - Place the ball of the other foot on the disc on the floor, the other on the end of the step.



- Transitional phase:**
- Slide the leg out to the side, keeping the other foot firmly on the step
 - As you return lift the foot of the disc off and lift the knee, keeping your balance and form



- Finish position:**
- Return to the start position
- Options:**
- You can increase the speed
 - Add in a back lunge

Tuck In and Push Up

- Main target muscles:**
- Pectoralis Major
 - Quadriceps
 - Gluteus
 - Hamstrings
- Origin:**
- Pectoralis Major – Clavicle, sternum
 - Quadriceps – ilium, femur
 - Gluteus – ilium, sacrum & coccyx
 - Hamstrings – ischium
- Insertion:**
- Pectoralis Major – Upper shaft Humerus
 - Quadriceps – patella, tibia
 - Gluteus – femur, Iliotibial tract of fascia lata muscle
 - Hamstring – tibia
- Teaching points:**
- Keep your body strong in the plank position
 - The spine should be in neutral throughout
 - Stabilize through the hip, shoulder girdle, core and back muscles
 - Your head needs to be aligned with your back / spine, do not tuck the head in
 - Ensure the movement is smooth and controlled
- Visualisation cues:**
- Keep strong throughout and remember not to arch the spine

- Start position:**
- Come down to the floor and place your disc on your feet
 - Place your hand on the floor in front; ensuring elbows inline with your shoulders. Ready for a press up to follow



- Transitional phase:**
- Slide both legs out to full extension
 - Smoothly tuck back in and do a push-up
- Finish position:**
- Return from the push up and rest!

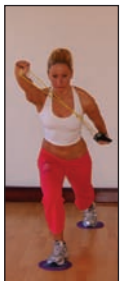


- Options:**
- Increase the speed of the tuck
 - Alternate leg tuck in
 - Take the tuck to the corner & the same if were doing alternating legs
 - Increase the reps of the push-up
 - Add in leg out to the side, make up various combinations

Glide Back Lunge & Tricep Kickback

- Main target muscles:**
- Quadriceps
 - Hamstrings
 - Gluteus
 - Tricep Brachii
- Origin:**
- Quadriceps – ilium, femur
 - Hamstrings – ischium
 - Gluteus ilium, sacrum & coccyx
 - Tricep Brachii – Scapula / Humerous
- Insertion:**
- Quadriceps – patella, tibia
 - Hamstring – tibia
 - Gluteus – femur, Iliotibial tract of fascia lata muscle
 - Tricep Brachii – Olecranon process of the ulna
- Teaching points:**
- Keep the movement slow and controlled, increase speed slowly
 - Maintain the spine in neutral position throughout
 - Do not lock the knee joint
 - Keep strong and smooth throughout the exercise
- Visualisation cues:**
- Keep the knees soft, upon coming up don't lock the knee joint
 - Keep your chest lifted and spine neutral throughout
 - Plant your weight in the front heel so you're not moving anywhere, feel it through the stabilisation arm as well

- Start position:**
- Double up the tubing, take one arm up & extend with hands holding the handles
 - Place the balls of the feet on both discs
 - Heels off the discs remember to create traction as you glide



- Transitional phase:**
- Lunge back your left leg, slow and controlled then pull in
 - Simultaneously extend the left arm for the tricep extension
 - Lock out the elbow with full extension of the arm
- Finish position:**
- Smoothly bring the leg and arm back in to start position
- Options:**
- Change the resistance bands to suit
 - Increase the intensity also by speeding up the exercise, and go lower on the lunge