

Gliding Disc Workout

Gliding discs are versatile pieces of equipment that don't have the storage problem of a large majority of the workout equipment out there. Gliding discs incorporate multiple muscle groups while utilizing core stabilization in their movements. These come in two forms that can be used on either hardwood floors or carpet. You can also try using paper plates to carry out the following physical activities in the comfort of your own home!

Lunges:



Start with your feet shoulder width apart and one foot on the disc. Slowly and in a controlled motion slide the foot on the disc behind you until you are in a lunge position. Perform this movement 5-10 times and switch legs, again performing the movement 5-10 times. To increase the difficulty in this exercise you can hold dumbbells at your side.

1-Legged Squat:



Start with your feet shoulder width apart and your right foot on a Gliding disc. Squat down keeping the left foot stationary and sliding the right foot straight out in front of you coming up on your heel. In a controlled motion slide your right foot back to the starting position. Perform this movement 5-10 times and repeat on your left side. The intensity of this exercise can be increased by adding handheld dumbbells.

Standing Leg Circles:



Start with your feet shoulder width apart and a Gliding disc under one of your feet. Keeping pressure on the disc start moving your foot in a circular motion initiating this movement by moving your foot straight back. As you circle your foot around to the front, squat down with your non-gliding disc leg. Repeat 12 times each leg.

Mountain Climbers:



Start in a pushup position with your arms fully extended. Both feet will have Gliding discs underneath the toes. In a controlled motion pull your right knee towards your chest sliding the gliding disc with you. Next, pull your left knee towards your chest again sliding the disc with you. Keep your back flat throughout the movement. Repeat this movement 10 times each side. You can also perform this exercise by pulling both knees into your chest simultaneously.

Pushups:



Start this exercise with both hands on a Gliding disc directly below your armpits, with your knees on the ground. As you begin to lower your hands will move to a wider position, outside your shoulders. As you pushup your hands will slide back under your armpits. Repeat this movement 10 times.

Ab Sliders:



Starting in the same pushup position as above place a Gliding disc underneath both hands. Hands will be underneath armpits to start this movement. Contracting your abs, slowly slide the discs out in front of you. Lower your body to the ground with your arms fully extended. Breaststroke your arms back underneath your armpits, with a pushup motion lift yourself back up from the floor to the starting position. Repeat this movement 10-15 times.

Seated Lat Extension:



Start in a seated position with your legs out to your left side and a Gliding disc under your right hand. In a controlled movement slide the gliding disc while you lower your body to the ground. Return to the starting position. Perform this movement 10 times and then repeat on your left side.