



SLIDING CORE DISCS EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM,
YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR
PHYSICIAN.

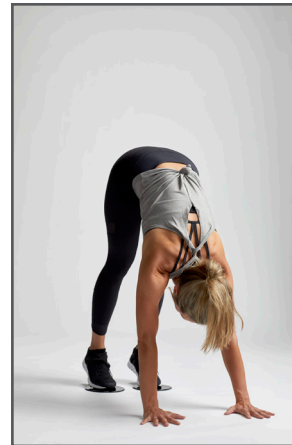
SIDE LUNGE



START: Stand on discs with feet shoulder-width apart, knees slightly bent, back straight and chest high, with head over shoulders and hips.

FINISH: Slide one leg straight out and away from side of body while bending opposite knee and sitting back and down while hinging slightly forward at the waist. Return to start position and repeat.

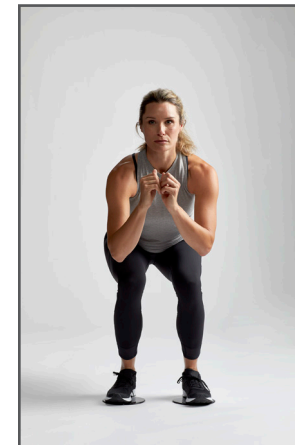
PLANK PIKE



START: Assume a hands/toes straight body position on floor. Straighten arms and position both hands on top of discs directly under shoulders.

FINISH: Tighten core muscles, shift weight down and backward, and slide both hands backward toward feet. Keep arms straight, and hinge body forward while pressing heels into floor with eyes focused downward. Return to start position and repeat.

CURTSY SQUAT



START: Stand on discs with feet shoulder-width apart, knees slightly bent, back straight and chest high, with head over shoulders and hips.

FINISH: Slide one leg straight back behind and across body while bending opposite knee and sitting back and down. Hinge slightly forward at the waist with chest high and head over shoulders. Return to start position and repeat.



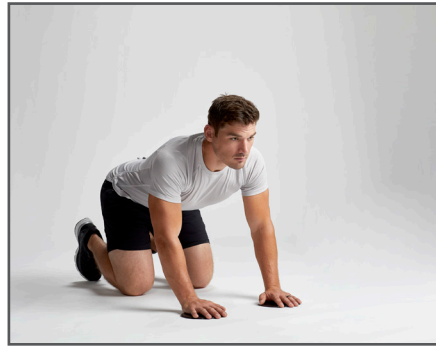
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AB CRUNCH



START: Kneel with knees under hips, lower legs and feet on floor, and back straight. Straighten arms and position both hands on top of discs directly under shoulders.

FINISH: Tighten core muscles, shift weight down and forward, and slide both hands outward in front of body with arms straight, back straight and eyes focused slightly forward. Return to start position and repeat.

CHEST FLY



START: Kneel with knees slightly behind hips, lower legs and feet on floor, and back straight. Straighten arms and position both hands on top of discs directly under shoulders.

FINISH: Tighten core muscles, shift weight down and slightly forward while sliding hands outward away from sides of shoulders with arms slightly bent and back straight. Return to start position and repeat.

MOUNTAIN CLIMBER



START: Straighten arms and position hands directly below shoulders with feet positioned hip-width apart. Position toes on top of discs, bend one leg and bring knee toward chest and straighten opposite leg behind body.

FINISH: Slide and straighten front leg backward while bending and sliding opposite leg forward toward chest. Repeat in a continuous forward/ backward pattern.