

TOTAL GLIDING

WORKOUT #1: (Body Bar, Discs)

a.) R leg rear lunge to the back 4ct/ back in 4ct
Then: R leg rear lunge to the back 2ct/ back in 2ct

Then: R leg rear lunge, L toes up/down/ feet together

Lead L

b.) Side leg lunges R, L – biceps

c.) Body Weight:: R Leg side, Diagonal, Side & In

Lead L

WORKOUT #2: (Dumbbells, Discs)

a.) R leg side lunges to the R 4ct/ back in 4ct

Then: R leg side lunges to the R 2ct/ back in 2ct

Then: R leg side lunges/leg lift, lower down, feet together

Lead L

b.) Rear leg lunges R, L – triceps

c.) Body Weight:: R Leg Fwd Lunge & Rear Lunge

WORKOUT #3: (Body Bar, Discs)

a.) Hack Squats- pulses

b.) Squat/ Slide to the R, to the L – shoulders

c.) Body Weight: Hinge fwd, Arms extended, Slide in & Away

WORKOUT #4: (Dumbbells, Discs)

a.) Squat to the R, L Leg side lunge, Squat to the L, R Leg side lunge

b.) Plie Squats- rotators

c.) Body Weight: R lunge to Rear, Turn Squat, Turn in, Slide in

VARIOUS LOWER BODY SETS:

6.) Step slide to the R, Step slide to the L, Step slide to the R, L leg Lunge back/in

Lead L

7.) R Lunge to the rear/feet together, L Lunge to the rear/ feet together, 2x R Lunges to the rear

L Lunge to the rear/feet together, R Lunge to the rear/ feet together, 2x L Lunges to the rear

PUSH UPS:

1.) Hands on gliders/ on knees- Rotate in & out
2.) Hands on gliders/ on knees- Slide to side & in/ Slide diagonal & in

ABWORK ON THE FLOOR:

1.) Lying on back, extended legs- Heels on disc
Curl ups (Slide legs in, as you curl up/slide legs out, as you lower down) Option: Add a rotation
2.) Lying on back, extended legs- Heels on disc
Curl ups (Slide legs away to sides as you curl up/slide legs in, as you lower down)

Lying on back/both legs bent/ hands on disc/
by sides

1.) Curl up, as you slide discs to feet (option: 1 leg in air, both)

Lying on back, both legs bent, heels on disc

1.) Lift hips up/down, hands press into floor/
option arms extended in air – prayer hands.
Option: Slide R, Slide L, Slide both, lower hips

Hands on floor, both feet on disc (on toes)

1.) Slide R leg in (knee to chest) out, L
2.) Slide Alternating Knees R, L (roadrunner)
3.) Slide both legs in/out (option: pike)
4.) Slide R leg in (R knee to R elbow) L
5.) Slide both legs on a diagonal (opp knees to elbow)
6.) Using one disc, both feet on disc, slide leg in/out (option leg in air)

Lying prone, elbows on floor- Toes on discs:

6.) Slide R leg to side/in, L
7.) Slide both legs to side/in
8.) Slide both legs to side in/ bring both knees in to chest/out
9.) Toe shuffle
10.) Lift R leg in air, hold/ L

Thank you! HAPPY GLIDING!

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