



**PRODUCT
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CORE GLIDE DISCS - EXERCISE E-BOOK

Your Guide to Using Glide Discs

Product Adventure Core Glide Disc Exercise Reference



Exercise:

Full Body - Cardio + Dynamic Motion

Complete a range of exercises that suit your abilities.



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General Workout Guide Lines

Different people will have varying fitness levels, so to begin with, start slow then work up to higher repetitions (reps), with some exercises try the beginner version first and progress onto the more advanced versions.

Complete between 1 to 3 sets of 3 to 10 reps for each exercise, (more advanced users may want to complete 8 to 12 reps).

Rest time is important, make sure to rest for at least 30 - 60 seconds between each exercise set. Only perform each exercise set for a maximum of 2 - 3 times a week, this will allow your body to recover properly.

Allow between 24 - 48 hours of rest (not doing exercises relating to those muscle groups) between each routine when using your core glide discs.

It is important to focus on completing exercise with good form. This is much more important than moving quickly or doing more reps. Good form will allow you to work your muscles correctly, and the slow movements will mean you are able to focus on your form.

If you find you are starting to tire and are unable to perform the exercises correctly or with good form, try increasing your rest times or perform the beginner version of the exercise if that is an option.

The Product Adventure Core Glide Discs can be used on carpet, laminate flooring, smooth tiles or other flat smooth surfaces. Make sure you are on a flat even surface that will allow the discs to glide freely with no interruption. It is important you have enough room around you to move and that you will not slip or trip over.

Exercise:

Full Body - Cardio + Dynamic Motion

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Working Guide Lines & Safety

General Safety Guide Lines

With the correct use the Product Adventure Core Glide Disks can be a great way to work out in many locations performing a large range of cardio and dynamic exercises. But please make sure to read through this safety information before using the discs.

The exercises we provide information for are to be used as a guide line only and are not to be a replacement of any information provided by your doctor or other health professionals.

Consult your doctor before taking part in any exercise program. Only perform exercises that are within your ability and if you feel pain, shortness of breath or dizziness when performing any of the exercises we have described, stop all activities immediately and consult your doctor.

If you are taking medication or are using a current training program consult your doctor before beginning any exercises described.

Always warm up and stretch before engaging in any exercise activities described.

We have listed all the exercises based on our own personal experience of using the Product Adventure Core Glide Disks. Therefor we recommend you only use these discs for the exercises we have detailed. Check back for future additions via our website as we may add more exercises.

Perform all exercises in a slow controlled manner, this will not only improve the effectiveness of the exercises, but it will also allow you to focus on your form which will reduce the chance of injury.

Make sure to keep your core engaged and strong during movements.

Always perform exercises as details in this document or on our website videos.

Avoid holding your breath during these exercises, try to take deep breaths filling your lungs deeply and exhaling in a controlled manner.

Always perform an equal number of exercises on each side of the body to help balance your body and avoid excess muscle development on one side.

Before using the discs check them for wear, abrasions or excessive scratching or tears or damage to the foam pads, and if you find any damage, do not use the discs.

Do not use the discs on a surface that is wet, rough or has steps, or holes.

Do not use the discs in or around an abrasive environment.

Exercise:

Full Body - Cardio + Dynamic Motion

Complete a range of exercises that suit your abilities.



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Alternating Knee Tuck

* always seek medical advice before starting any exercise routine

Exercise overview:

In a plank position working the full body, in a dynamic motion.

Starting position:

Begin in a hands and knees position, with your toes on the discs, hold your arms straight, shoulders engaged and push backwards with both feet to come into a plank position. Make sure to keep your arms horizontal with your legs and back forming a straight line. Keep your head looking down or in front, which ever is most comfortable.



Finishing position:

In a controlled but energetic motion, pull both your feet forwards, allowing the discs to glide next to each other. As you pull forwards, draw your knees to the left side of your body until you are in a crouching position to one side. Return your feet back to the starting position and repeat this movement to the right side for one complete repetition.

Exercise:

Full Body - Abs + Dynamic

Complete both sides, doing between 3 to 10 reps each side.



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Cross Mountain Climbers

* always seek medical advice before starting any exercise routine

Exercise overview:

In a plank position working the full body, in a dynamic motion.

Starting position:

Begin in a hands a knees position, with your toes on the discs, hold your arms straight, shoulders engaged and push backwards with both feet to come into a plank position. Make sure to keep your arms horizontal with your legs and back forming a straight line. Keep your head looking down or in front, which ever is most comfortable.



Finishing position:

In a smooth controlled motion, keeping your shoulder strong and back straight begin to pull your right knee forwards. As you pull your knees forward pull it across your body until it lightly touches your left elbow. Hold this position for 1 second, before slowly returning back to the start position. Repeat this process with the left leg for a complete set.

Exercise:

Full Body - Abs + Dynamic

Complete both sides, doing between 3 to 10 reps each side.



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Curtsey Squats

* always seek medical advice before starting any exercise routine

Exercise overview:

In a standing position working the legs, gluteals and core.

Starting position:

In a standing position with weight evenly distributed between both legs. Position your feet with your toes on the glide disc.



Bend both knees slightly, and bring your arms up in front of you clasping your hands together.

Keep your head looking forward with your back straight and strong but also relaxed.

Finishing position:

In a smooth controlled motion, keeping your shoulder strong and back straight begin to push your left foot backwards. As your foot travels backwards, bend your right knee and push your foot out and under to the right. Your leg will now be slightly crossing under you to the back. Hold for 1 - 3 seconds, and pull it back to the start position.

Repeat this on the other side.

Exercise:

Full Body - Legs, Abs + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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Dynamic Plank

* always seek medical advice before starting any exercise routine

Exercise overview:

In a plank position working the shoulders, arms and core.

Starting position:

In a plank position with your toes on the glide discs. Hold your weight evenly between your forearms/elbows and your toes. Keep your head looking forwards or down, which ever is most comfortable.



Finishing position:

In a smooth controlled motion, keeping your shoulders strong and back straight, begin to pull your full body forwards. This movement will be as a result of your elbows bending and your chest coming closer to the ground. As you pull forwards, hold your feet firm and allow the disks to glide forwards. Hold with your body just above the ground for 1 - 3 seconds before slowly returning to the starting position.

Exercise:

Full Body - Arms, Shoulder and Core

Complete between 3 to 10 reps.



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Gliding Side Lunge

* always seek medical advice before starting any exercise routine

Exercise overview:

In a standing position working the legs, core and gluteals.

Starting position:

In a standing position with your toes on the glide disc. Hold your weight evenly between both feet, bend your knees slightly and hold your arms up in front of you, clasping your hands.



Finishing position:

In a smooth controlled motion, keeping your shoulder square and back straight, slowly bend your left leg. As your left leg bends, push your right foot out to your right side. Straighten your right leg, making sure to keep good contact between your toes and the glide disc. As your left leg bends you will find a point that is a balance between comfort and effort. Hold for 1 - 3 seconds before returning to the start point. Repeat on the other side.

Exercise:

Full Body - Arms, Shoulder and Core

Complete both sides, doing between 3 to 10 reps each side.



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Gliding Arm Circle

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Exercise overview:

In a plank position working the shoulders, arms and core.

Starting position:

In a plank position, shoulders strong, back straight and legs following the back in a flat straight line, with you toes supporting your lower weight. Head looking down or forwards if its comfortable for you, but down lets you see the movement.



Finishing position:

In a smooth controlled manner, start to slide the right hand forwards. While sliding, compensate for the weight distribution with the left arm. As you reach your full forward extension begin the circle movement out and to the side. When you reach the lower end of the circle, twist your arm back round to straight and return to the start position. This single circle will be one rep for one side.

Repeat as required on both sides evenly.

Exercise:

Upper Body - Shoulders, Arms + Core

Complete both sides, doing between 3 to 10 reps each side.



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Gliding Burpees

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Exercise overview:

In a standing position performing a full body dynamic motion working the legs, core, arms and gluteals.

Starting position:

In a standing position with your toes on the glide disc. Move dynamically from a standing position to a plank position, by allowing your feet to glide on the disks. Perform a controlled pushup and then pop up to standing.



Finishing position:

After the push-up, pop up to the vertical position and into a jumping vertical motion. Depending on your environment you may be able to put your arms up above your head, and for people at home you may only be able to jump a few inches off the ground. When you land, centre your feet on the disc and restart the cycle.

Exercise:

Full Body - Legs, Core + Gluteals

Complete between 3 to 10 reps



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Gliding Hamstring Curl

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Exercise overview:

Lying on your back feet flat to the ground working the hamstrings, back and core.

Starting position:

With your arms at your sides, hands flat on the ground, curl your tail bone under as you push your hips up. Once you reach your comfortable limit, hold for a second in the mid way point. Push your feet outwards slowly in a controlled manner.



Finishing position:

This exercise has 2 levels. If you are a beginner push out and hold for a second before returning your back to the ground slowly. Then return to the starting position.

For the more advanced user, once you have reached your comfortable limit you can now slowly pull your feet back in to the mid way position. Start with short distances and work your way outwards. Make sure not to extend beyond your comfortable limit.

Exercise:

Lower Body - Hamstrings, Back + Core

Complete between 3 to 10 reps.



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Gliding Knee Tucks

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Exercise overview:

In a plank position working the full body, in a dynamic motion.

Starting position:

Begin in a hands and knees position, with your toes on the disks, hold your arms straight, shoulder engaged and push backwards with both feet to come into a plank position. Make sure to keep your arms horizontal with your legs and back forming a straight line. Keep your head looking down or in front, which ever is most comfortable.

Finishing position:

With your toes positioned slightly towards to the front of the disc, begin to 'tuck' your knees in towards your chest. Bending the knees as both feet move forwards in a slow controlled movement. As your feet come forwards make sure to adjust your weight distribution by shifting the majority of your weight onto the hands and arms. Once your knees reach a comfortable 'tucked' position, hold for 1 - 3 seconds before returning to the start position.

Exercise:

Full Body - Core + Dynamic

Complete between 3 to 10 reps.





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Gliding Leg Cross Over

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Exercise overview:

In a plank position working the core.

Starting position:

With your arms straight and vertical holding your shoulders strong and square, with your back straight and your legs following the straight line down to the feet. Holding your feet square to the legs supporting your lower weight on your toes, which is central on the disc.



Finishing position:

Making sure to keep your back straight and shoulders strong. Begin to pull your left foot forwards bending your left knee. As your knee comes closer to your chest, begin to pull your left foot under your body to the right hand side. As your foot crosses under your body, begin to push it back to cross under your straight right leg. Once your left leg is fully extended, hold for 1 second before reversing the movement to the start position.

Exercise:

Central Body - Back + Core

Complete both sides, doing between 3 to 10 reps each side.



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Gliding Pike

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Exercise overview:

In a plank position working arms and the core.

Starting position:

With your arms straight and vertical holding your shoulders strong and square, with your back straight and your legs following the straight line down to the feet. Holding your feet square to the legs supporting your lower weight on your toes, which are slightly towards the front of the discs.



Finishing position:

Making sure to keep your back straight and shoulders strong. Begin to raise your hips into the air. Do this motion in a slow controlled movement allowing your feet to glide smoothly towards your hands. Once you reach the top position where you are able to comfortably hold for 1 - 3 seconds, and then keeping your back straight allow your feet to glide back to the start position.

Exercise:

Central Body - Arms + Core

Complete between 3 to 10 reps.



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Gliding Plank Jacks

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Exercise overview:

In a plank position working legs, arms and the core.

Starting position:

With your arms straight and vertical holding your shoulders strong and square, with your back straight and your legs following the straight line down to the feet. Holding your feet square to the legs supporting your lower weight on your toes, which are positioned centrally on the discs.



Finishing position:

Making sure to keep your back straight and shoulders strong. Begin to push both feet away from each other. Be sure to perform this movement as equally as possible. If you are on a nice flat and slidy surface, (depending on which side of the disc you are using) there should be no problem moving your legs equally. Once you reach your comfortable limit of extension hold for 1 - 3 seconds before returning to the start position.

Exercise:

Central Body - Legs, Arms + Core

Complete between 3 to 10 reps.



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Gliding Reverse Lunge

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Exercise overview:

In a standing position working the legs, core and gluteals.

Starting position:

In a standing position with your toes on the glide disc. Hold your weight evenly between both feet, bend your knees slightly and hold your arms up in front of you, clasping your hands together.



Finishing position:

In a smooth controlled motion, keeping your shoulders square and back straight, slowly bend your left leg. As your left leg bends, push your right foot out behind you. Continue to bend your left knee slowly, as you do allow your right foot to move further backwards. As your right foot moves backwards, pause in this position just before your knee touches the ground. Hold for 1-3 second before returning to the start position.

Exercise:

Full Body - Legs, Core + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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Gliding Reverse Plank Pull

* always seek medical advice before starting any exercise routine

Exercise overview:

In a seated or 'staff' position, with legs straight out in front, working the arms, core and gluteals.



Starting position:

With your arms at your sides hands flat on the ground and heels positioned in the centre of the discs. Begin to lift your bum off the ground. As you lift your bum, engage your core and push your hips upwards. As your hips lift, allow your feet to glide forwards until your torso and your legs are forming a straight line down to your feet. Tilt your head back to look upwards.

Finishing position:

Once you reach a comfortable top position, hold for 1 second before pulling your bum downwards. Allow your torso to pivot around the shoulder and using your core pull your bum through your arms backwards. Continue to move your bum backwards and up until you reach a comfortable position. Hold this position for 1 - 3 seconds before returning to the starting position.

Exercise:

Lower Body - Core, Arms + Gluteals

Complete between 3 to 10 reps.



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Gliding Sit-up Curl

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Exercise overview:

Lying on your back with your arms fully extended out to both sides away from the body, working your core.

Starting position:

With your hands resting on the discs placed centrally so that your fingers do not extend out over the edges. This exercise will require both strength and balance. You will need to ensure you lift your heels up off the ground for this movement. If you feel your heels dragging on the floor shift your weight using your cores muscles.

Finishing position:

To begin the movement engage your core muscles. In a fluid but controlled motion, lift your heels up off the floor as you lift your upper body off the ground. As you lift your chest, pull your arms inwards, providing some additional lifting power. As you lift your chest, pull your knees in towards your chest. Once you reach the upper position (shown above), hold for 1 second before slowly returning back down to the starting position.

Exercise:

Central Body - Core

Complete between 3 to 10 reps.





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Gliding Sit-ups

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Exercise overview:

Lying on your back with your hands flat, fingers touching your temples, working your core.

Starting position:

With your heels resting on the centre of the discs. This exercise will require both strength and balance. It is very important that your heels stay connected to the discs. If you feel your feet lifting, you will need to shift your weight forwards using your core muscles.

Finishing position:

With you fingers lightly touching both temples, you will need to engage your core. Making sure to keep your back as straight as possible, begin to slowly lift your upper body off the ground. As your upper body lifts you will need to pull your feet inwards at a rate that allows you to balance evenly. Try not to jerk your arms and shoulders forwards. Once you reach to the top position, hold for a second before returning slowly back down to the start position.

Exercise:

Central Body - Core

Complete between 3 to 10 reps.





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Gliding Skaters

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Exercise overview:

In a standing position working the legs, core and gluteals.

Starting position:

In a standing position with your toes on the glide disc. Hold your weight evenly between both feet, bend your knees slightly and hold your arms up in front of you, clasping your hands together.



Finishing position:

In a smooth controlled 'skating' motion, push your right foot back and slightly outwards. As you push with your right foot back, bring your left arm down and backwards. This movement will be performed simultaneously. When the right foot is pushing backwards, bend the left knee slightly to keep balance. Once you reach a comfortable position hold for 1 - 3 seconds before bringing both your leg and arm back to the starting position.

Exercise:

Full Body - Legs, Core + Gluteals

Complete both sides, doing between 3 to 10 reps each side.



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Gliding Mountain Climbers

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Exercise overview:

In a plank position working the full body, in a dynamic motion.

Starting position:

Begin in a hands and knees position, with your toes on the discs, hold your arms straight, shoulders engaged and push backwards with both feet to come into a plank position. Make sure to keep your arms horizontal with your legs and back forming a straight line. Keep your head looking down or in front, which ever is most comfortable.

Finishing position:

This exercise will require a fast motion. This motion will involve alternating between left and right leg. To perform this exercise begin to pull the left foot forwards, as your foot moves forwards your left knee will come up close to your chest. Once you reach a comfortable limit, immediately push your foot back to the starting plank position. Your bum may lift a little, that's OK, just focus on good form.

Repeat both sides.

Exercise:

Full Body - Core + Dynamic

Repeat this alternating movement for between 10 to 30 sec's.



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Plank Ankle Extensions

* always seek medical advice before starting any exercise routine

Exercise overview:

In a plank position working the ankles and core.

Starting position:

With your arms straight and vertical, holding your shoulders strong and square, with your back straight and your legs following the straight line down to the feet. Holding your feet square to the legs supporting your lower weight on your toes, which is central on the disc.



Finishing position:

Making sure to keep your back straight and shoulders strong. Working one ankle at a time begin to slowly pull your left toes forwards. Allow your leg to move as required, but keeping the knee straight. Once you reach the full forwards position, hold for 1 second before pushing your toes slowly backwards. Again once you reach the back position hold for 1 second before returning to the neutral position. Repeat this stretching movement on both sides evenly.

Exercise:

Lower Body - Ankles + Core

Complete both sides, doing between 3 to 10 reps each side.



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CORE GLIDE DISCS - EXERCISE E-BOOK

Gliding Plank Side Kick Out

* always seek medical advice before starting any exercise routine

Exercise overview:

In a plank position working legs, arms and the core.

Starting position:

With your arms straight and vertical holding your shoulders strong and square, with your back straight and your legs following the straight line down to the feet. Holding your feet square to the legs supporting your lower weight on your toes, which are positioned centrally on the discs.



Finishing position:

Making sure to keep your back straight and shoulders strong. Begin to push your left foot away from the right. As you push your left foot outwards in a smooth arc, be sure to keep your right leg engaged and in a static position. As your left foot moves outwards, try to keep your bum from lifting. Once you reach a comfortable position, being sure not to over stretch the leg or groin muscles. Hold for 1 - 3 seconds before returning to the start position.

Repeat both sides.

Exercise:

Central Body - Legs, Arms + Core

Complete both sides, doing between 3 to 10 reps each side.