

Glidin' and stylin'

all winter long

BY CHERILEE GAROFANO, BA, CPT, CNP, RNCP



For all exercisers, new and seasoned, keep the fitness spark alive by introducing something new into your workout. Gadgets are ubiquitous in the fitness industry and often are more gimmick than helpful aid. The Gliding disc system provides an excellent functional workout using patented high-tech polymer discs. These easy-to-use, portable discs can ramp up current exercises by adding into an existing well-balanced routine. (Available for either wood floor or carpet).

Gliding exercises work multiple muscle groups while engaging core stabilisation and increasing range of motion and flexibility. Used as part of a complete exercise program, including cardiovascular fitness and proper nutrition, you can build a long, lean body. They are also fun and easy to use!

Here are some of my favourite and effective exercises. Perform this routine twice a week or mix a few into your existing routine 2-3 times a week.

Remember to 'set' for all exercises: belly button drawn in, shoulder blades drawn back and down with neck in neutral position.

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1 Push ups

arms, chest, back, core

Start on hands and knees, hands on Gliders directly under shoulders. Move into push up position while pushing discs simultaneously out to your sides. Slide hands back together and push up to starting position. Do 2 sets of 12-15 keeping good form.

Hamstring curl

2 *glutes, hamstrings, calves*

Lying on back with hips in bridge position and heels on Gliders, slide heels away to level out body. Draw heels back in towards body to finish. Do 2 sets of 10-12 reps.



3 Running man core workout

whole body; focus on core stabilizers

In plank position with feet on Gliders, stabilize body while sliding one leg up towards chest then fluidly switch legs as if running. Start with a 30 second set; add more time as you progress. Keep hips as level as possible throughout the movement.

4 Lateral lunge

glutes, adductors, hamstrings

Stand with both feet on Gliders, knees slightly bent. Squat down extending one leg out to the side, pushing with toes. Use the inner thighs to draw the leg back into standing place. Do 2 sets of 10-12 reps each side.

5 Boogie-woogie standing twist

whole body; good cardio workout

Stand with good posture, both feet on Gliders. Do the 'Twist' by moving hips in one direction and the upper body in the other direction. Contract abdominals as you twist back and forth. Squat down to add effort to exercise. Start with 1 minute and work up to



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3 sets of 1 minute each.

To add more upper body work, as you twist, extend one arm out as if punching. **H&L** Cherilee Garofano, *Envision Wellness*, a corporate and in-home holistic nutrition and training company. 416.200.1501, 2276 Queen St. E, Toronto. Visit envisionwellness.ca



Gliders are available at most retail outlets that sell fitness tools.



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