

Why use Sliders?

Sliders can be added into any exercise program to help challenge core strength and stability.

Why work out with a slider?

- Improves balance
- Increases the strength of your core muscles (stomach, back and butt muscles)
- Adds variety to your workout
- Helps strengthen your entire body

Technique Tips

1. While in standing position, place your feet slightly wider than your hips.
2. Always hold abdominal (stomach) muscles tight. When in pushup or plank positions, pull stomach muscles toward your back to help with proper positioning.
3. In all exercises, make sure to keep your back straight. This is especially important when doing the pushup or plank positions. If the move is too difficult to complete while keeping your back straight, put your knees on the floor. This is a little easier and should let you keep your back straight.

Your Workout

- Spend at least 5-10 minutes warming up by moving or walking.
- Begin with one set of 5-10 repetitions.
- If you are able to, increase the intensity to two or three sets of 5-10 repetitions.
- If you have difficulties with balance, have extreme back or neck problems, or are pregnant, you may not be able to do all of these exercises.

Reverse Tuck

Lie on your back on the floor with your knees bent and both feet on sliders. Lift your hips off the floor into a bridge position. Then slide both feet outward, or away from your butt, keeping your hips in the same position. Pull your feet back in while keeping hips lifted throughout. Repeat as able. You should not feel any pain in your lower back.



Ski Sliding

Stand with sliders under both feet. Push your right foot forward while pushing your left foot backward at the same time. Then reverse with your left foot moving forward and your right foot sliding backward. If concerned with balance, hold onto a chair or lean against a wall. Repeat as able.



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Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury talk with your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, and the Utah Department of Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and talk with a doctor. This brochure was created by the Utah BeWise Program.

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Slider Exercises

A Low Impact but Highly Effective Total Body Workout Anytime, Anywhere.

Arm Slide

Kneel on the floor with both of your hands on the sliders. Slide both arms forward at the same time to lower your chest as close to the ground as possible. Pull your arms back to your chest and repeat as able. If you are on a hard surface, you can place a mat or towel under your knees for comfort.



Sliding Leg Crossovers

Start in the plank position, without bending your knees and hips, and sliders under both feet. Contract your butt and thigh muscles while keeping your head in line with your spine. Exhale and gently slide one foot in front of the other as your hips rotate to the same side as your foot is moving. Move your foot until your hip cannot rotate any further but do not allow your hip to turn upward or lower toward the floor. Hold briefly, and then come back to original position. Switch legs and repeat as able.



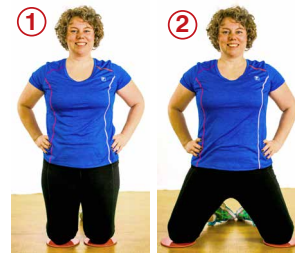
One Arm Slide

Start in plank position with sliders under both hands. Extend your right hand forward as far as you can while putting your weight on your left arm. Keep your legs and body rigid. Avoid bending your knees or hiking your hips. Hold. Return to starting position and repeat with your left arm. Repeat as able.



Sliding Hip Abduction

Kneel on the floor with sliders under each knee. Keep your hands on your waist and keep your back straight. Slowly slide both your knees outward as far as you can without allowing your hips or back to bend. Hold briefly. Slowly return to starting position while maintaining your balance and vertical posture. Repeat as able.



Arm Circle

Start in the plank or pushup position with sliders under both palms. Slide your right arm forward while your other hand stabilizes your body weight. Then make large arcs/circles in a continuous motion with the movement going in a clockwise pattern. Return to starting position and repeat on your other side with arcs moving in a counter clockwise pattern. Repeat with each arm as able.



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Sliding Reverse Lunge

Stand up straight, looking forward, with your chest up. Feet should be shoulder-width apart with the slider under your right foot. Bend your right leg and slide your right foot back into a lunge while keeping your left foot stationary. Make sure to keep your right knee in line with your right foot during movement. For advanced exercisers, lower your leg until your knee touches the ground. Hold briefly and then return to starting position. Repeat as able and then switch legs.

Sliding Side Lunge

Stand up straight with the slider under your right foot. Side your right leg as far as you can while keeping your weight on your left heel for balance (leg without slider). You will bend your left knee as you lower into the slide while slowly pushing your hips back into a squat position. Make sure to keep your left heel flat. Push off firmly with your left foot to return to start position. Use hands to maintain balance. Repeat as able and then repeat exercise with the slider under your left foot.

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Slider Pike Up

Start in a plank or pushup position with your hands directly under your shoulders and both feet on sliders—with your feet hip-width apart. Your body should be in a straight line from head to heels. While keeping your back flat and legs straight, hike your hips toward the ceiling, pulling your feet toward the hands. Pause briefly. Then slide your feet back to the starting position. Repeat as able.



Sliding Sit-Up

Lie down on the floor and extend your legs with your heels on the sliders. Place your hands on the back of your head by clasping your fingers. Your head should not come forward or bend during this exercise. Make sure to keep your neck in line with your spine and elbows extended away from your body. Exhale and elevate your upper body to create a V-shape with your thighs as they pull toward your chest. Breathe out. Come up as far as you can then slowly lower your upper body back down to the floor and repeat as able.

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