

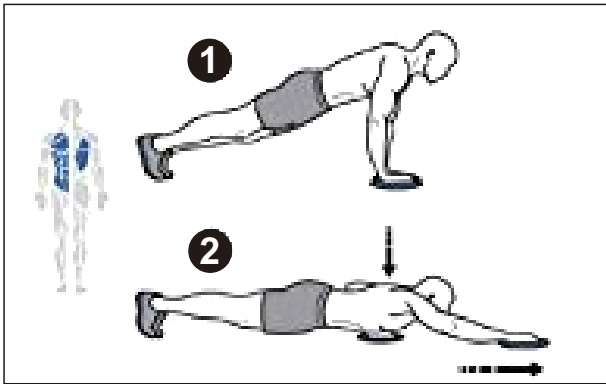
GLIDING DISC WORKOUT

SP0418

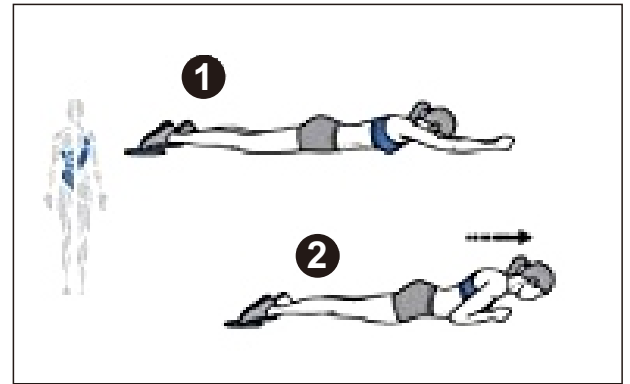
<http://www.iodoland.com/>

Upper Body

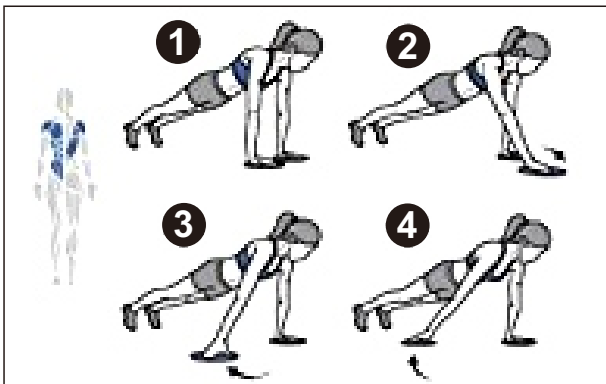
1. Push-up Reach



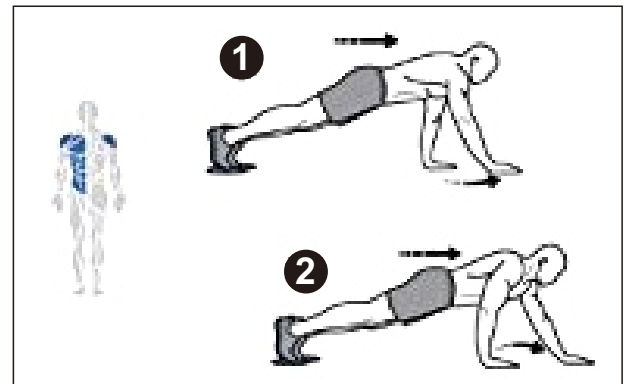
2. Gliding Army Crawl



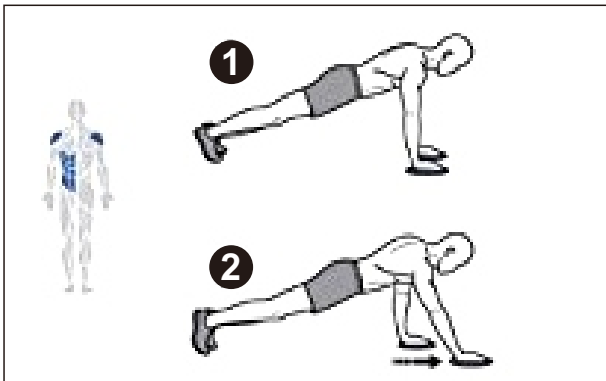
3. Gliding Arm Cricles



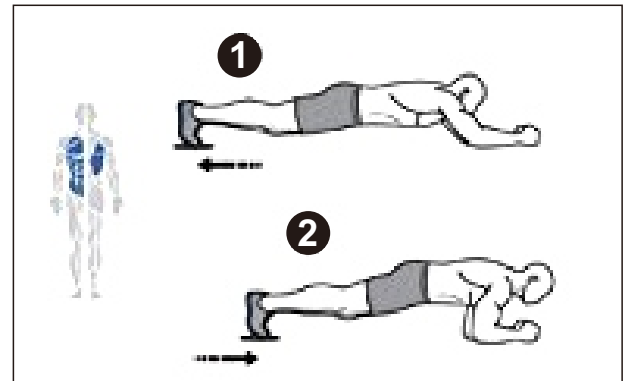
4. Alligator Walk-out



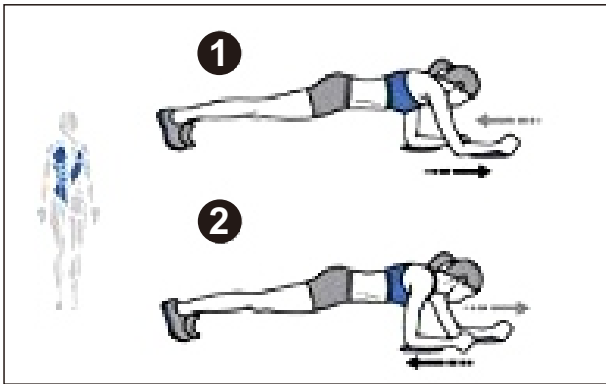
5. Alternating Slide-out



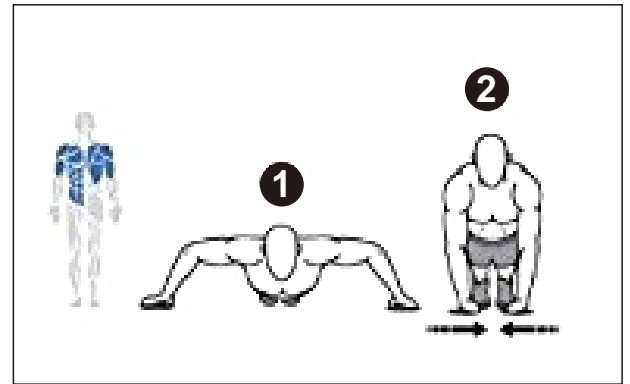
6. Body Saw



7. Forearm Plank Saw

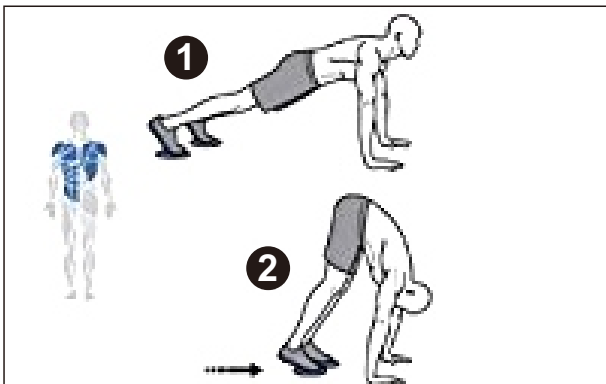


8. Push-up Fly

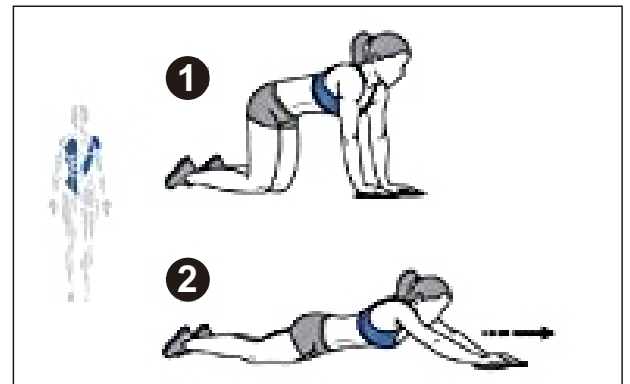


Core

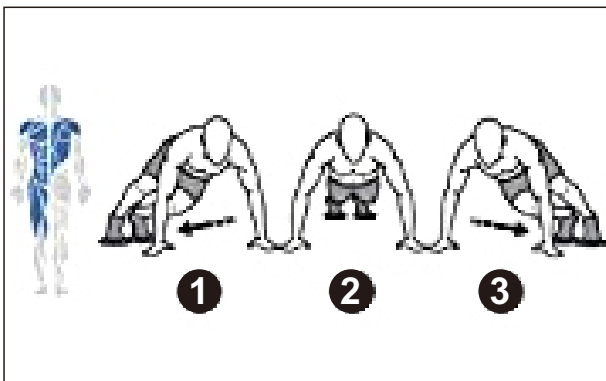
1. Pike



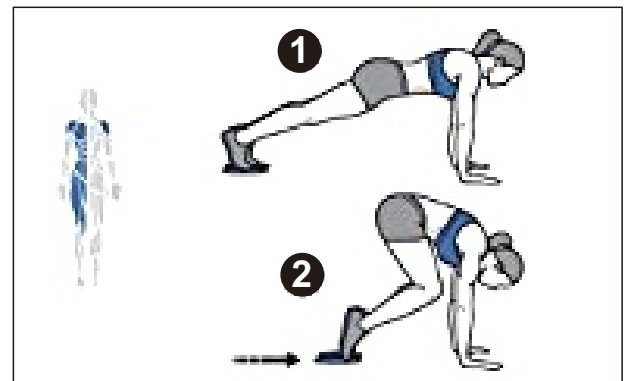
2. Glide-out



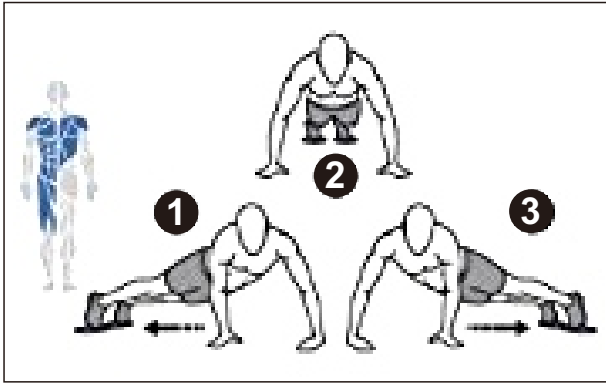
3. Side Knee Tuck



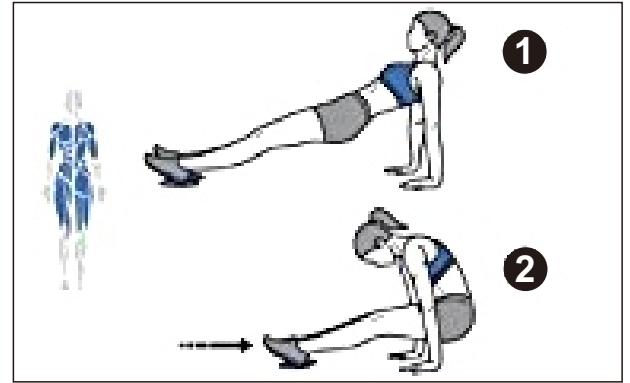
4. Knee Tuck



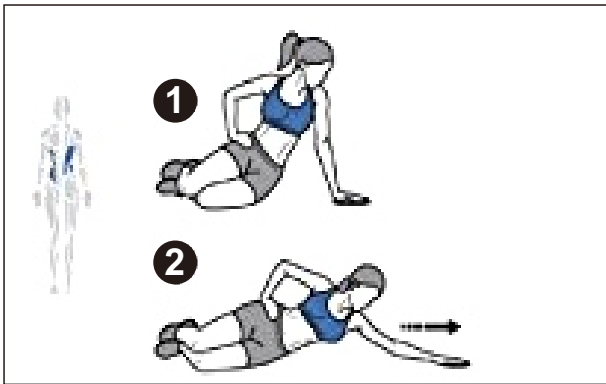
5.Plank Kick-out



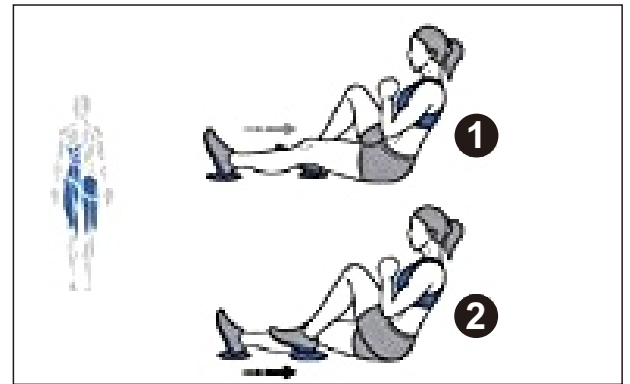
6.Reverse Plank Pull Through



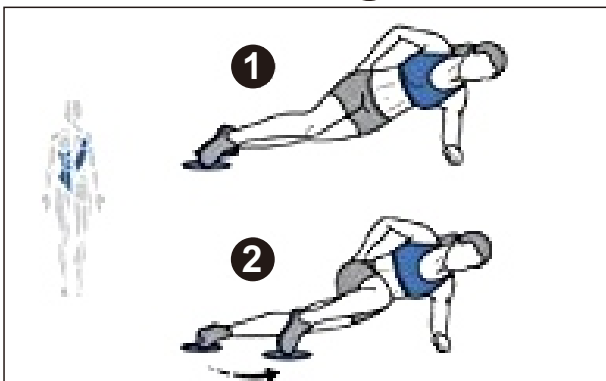
7.Mermaids



8.Sitting Heel Glides

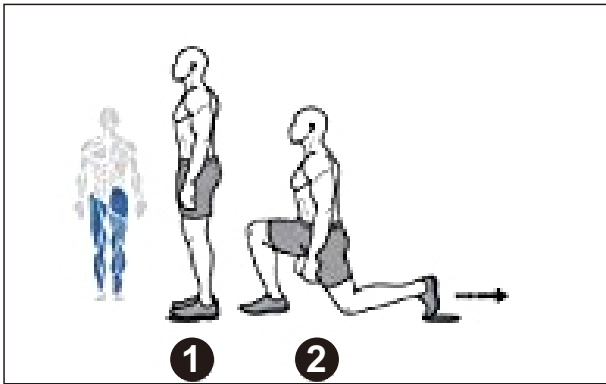


9.Side Plank Leg Crunch

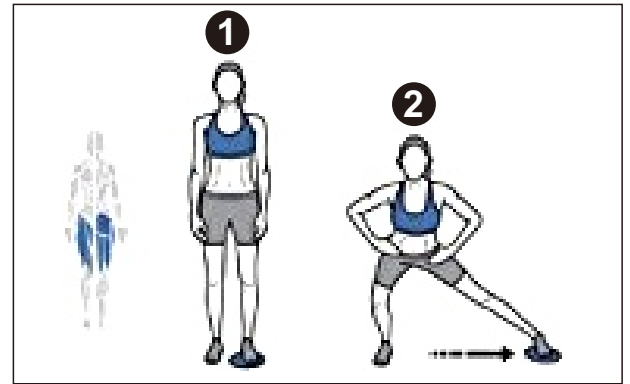


Lower Body

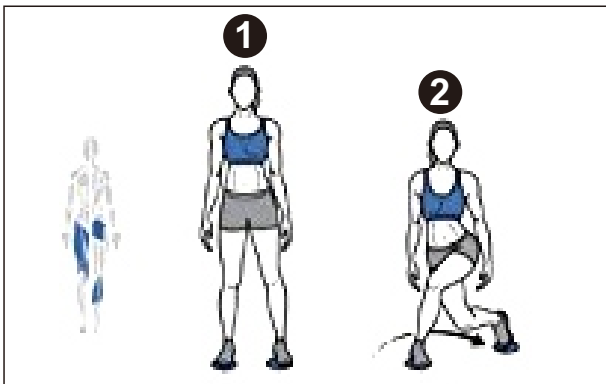
1. Reverse Lunge



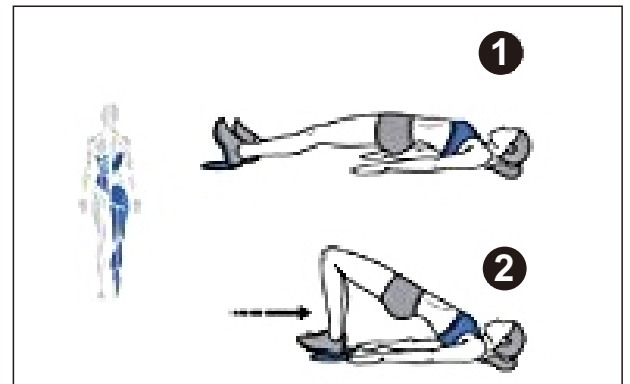
2. Side Lunge



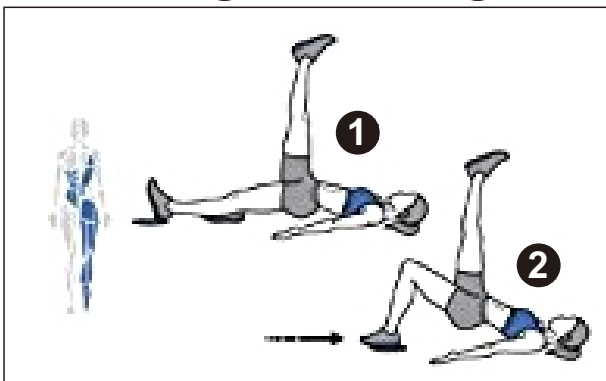
3. Curtsy Lunge



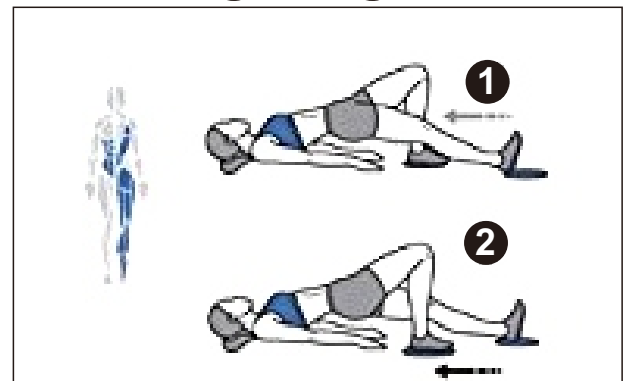
4. Hamstring Curl



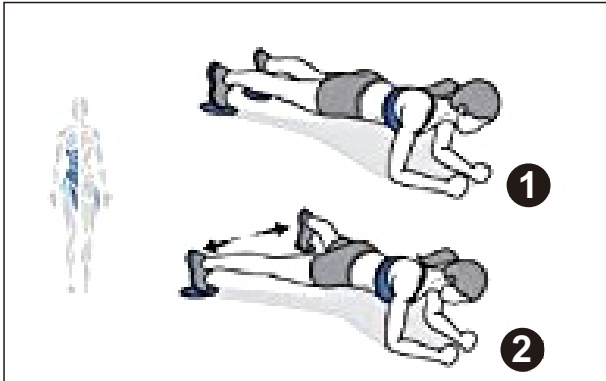
5. One-Leg Hamstring Curl



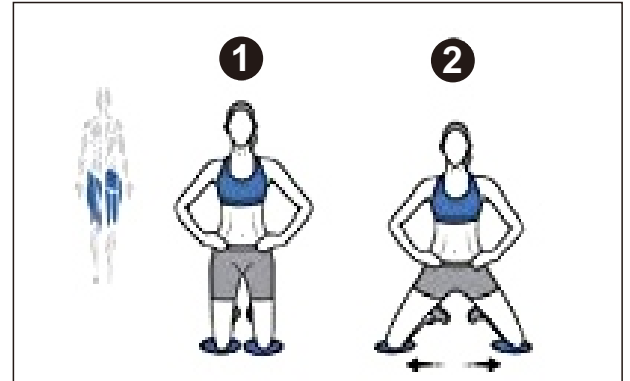
6. One-Leg Bridge Slide



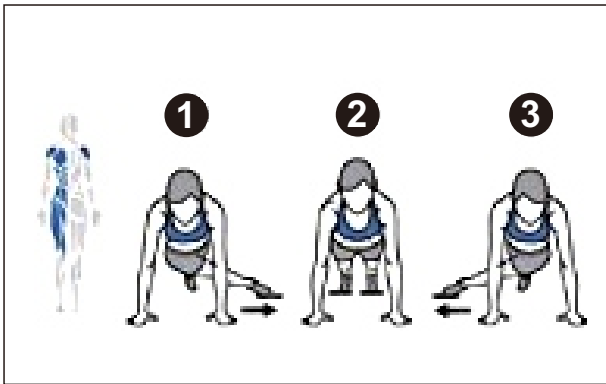
7.Plank Jack



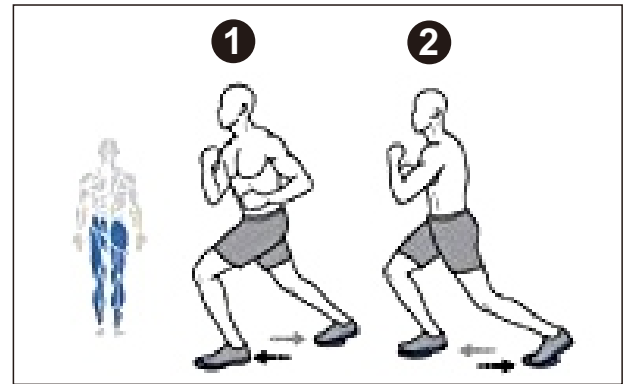
8.Hip Abduction



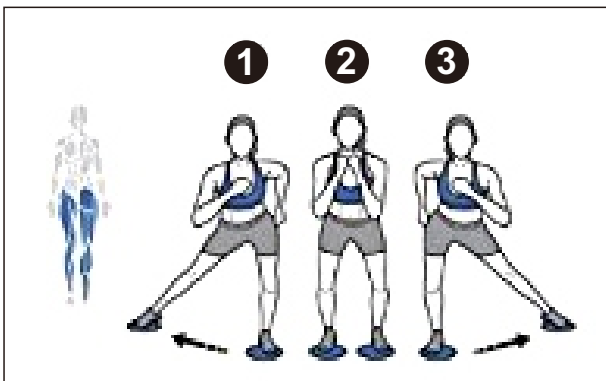
9.Leg Crossovers



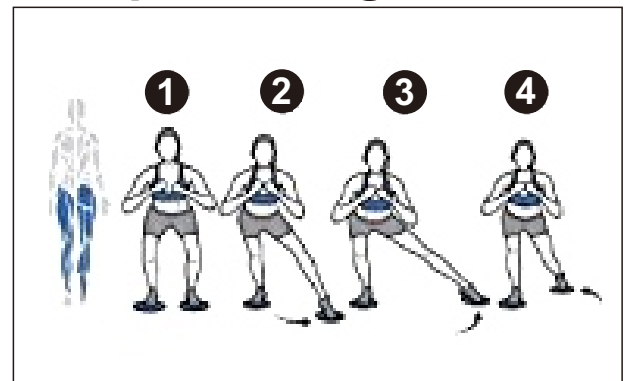
10.Skier



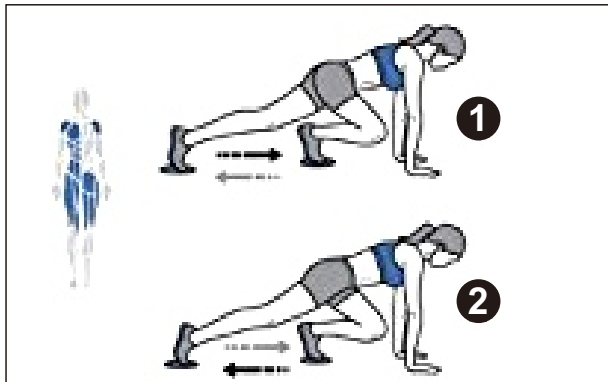
11.Skaters



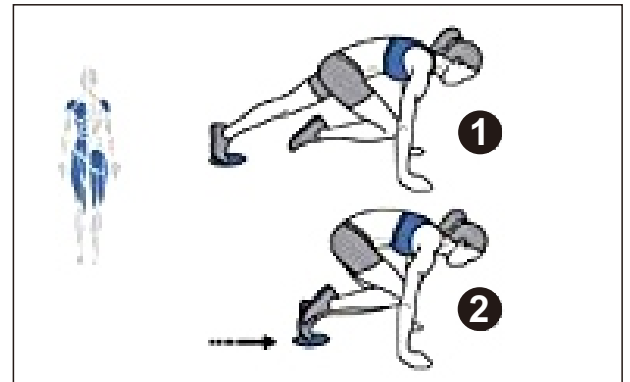
12.Squatted Leg Circles



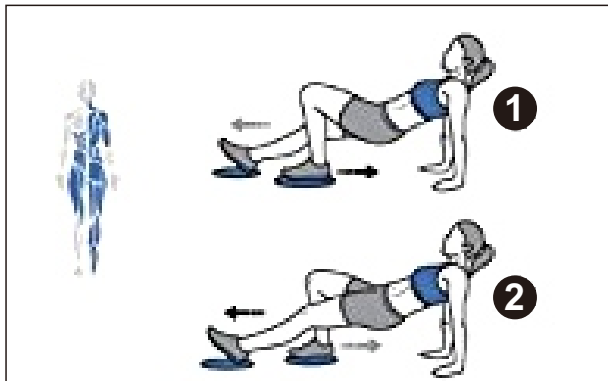
13.Mountain Climber



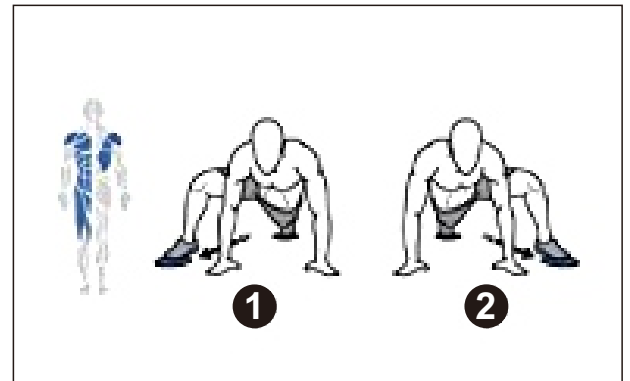
14.1-Leg Mountain Climber



15.Reverse Climber

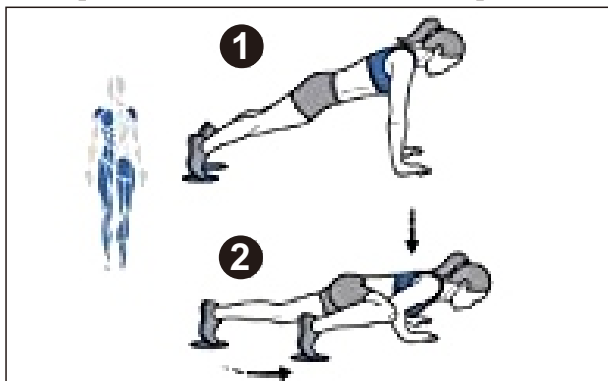


16.Wide Mountain Climber

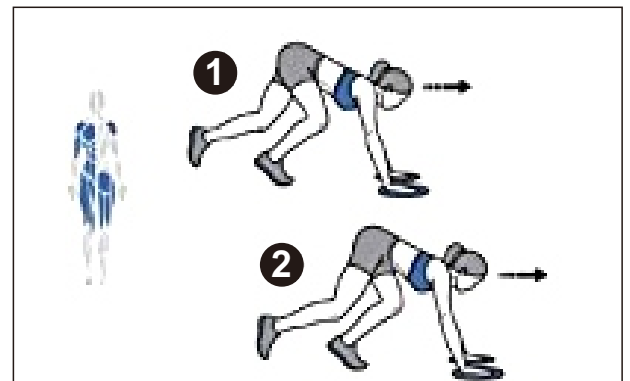


Total Body

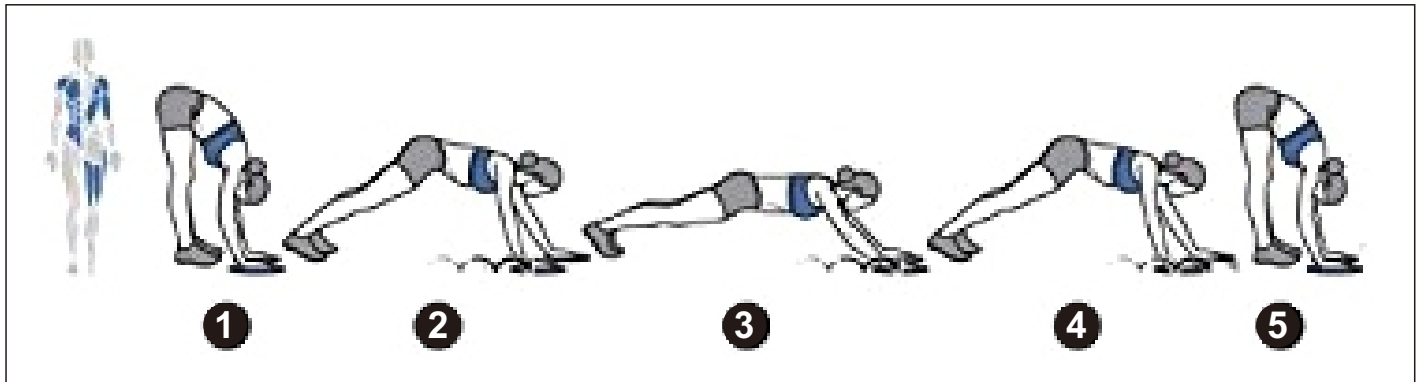
1.Spiderman Push-up



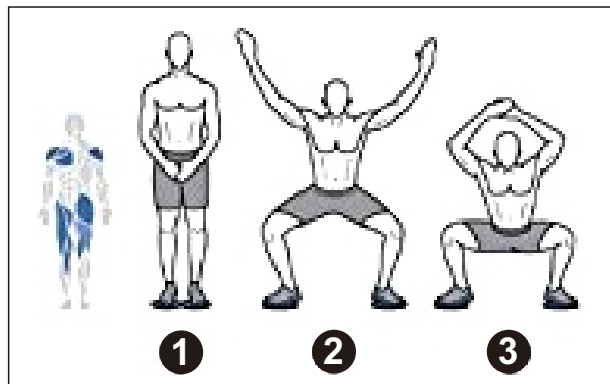
2.Plate Push



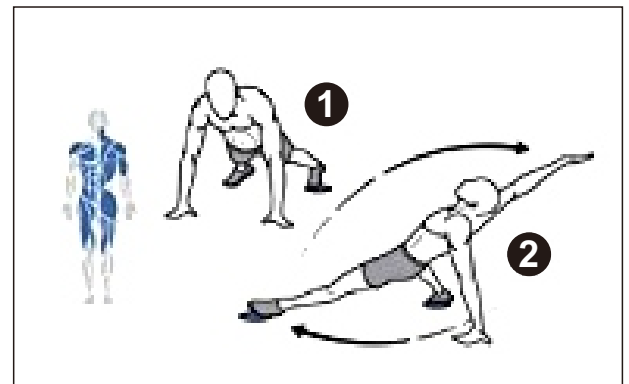
3. Inchworm



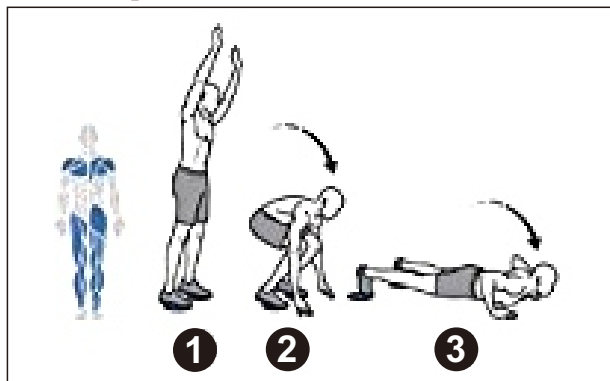
4. Jacks to Wide Squat



5. Corkscrew



6. Burpee





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