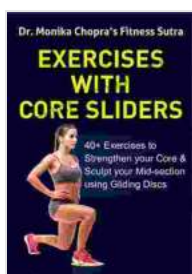


Transform Your Core and Midsection with 40 Dynamic Gliding Exercises

Are you ready to unleash the power of gliding and unlock a stronger, more sculpted core and midsection? Introducing "40 Exercises To Strengthen Your Core Sculpt Your Mid Section Using Gliding," the ultimate guide to transforming your body with this revolutionary exercise technique.

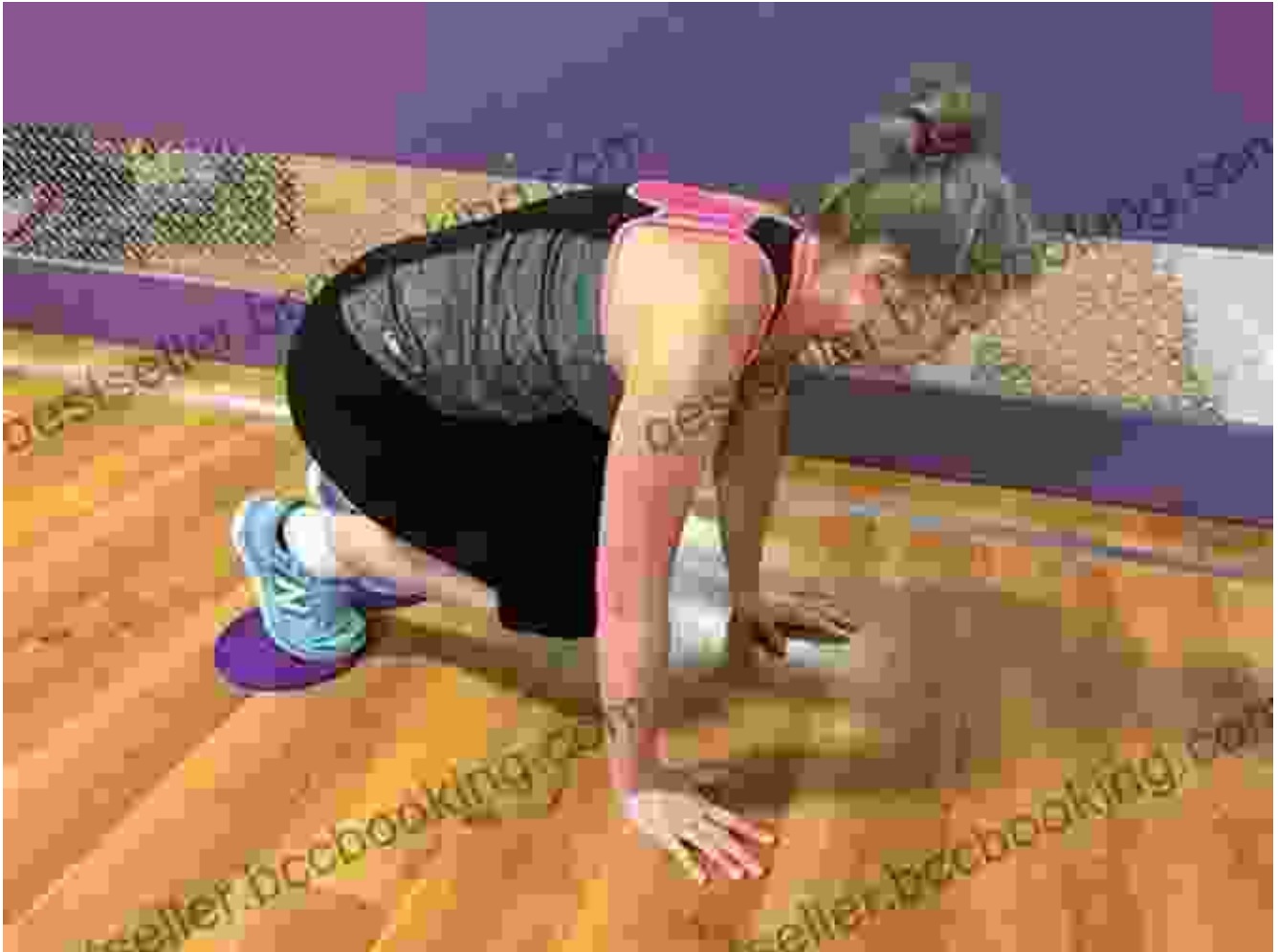


Exercises with Core Sliders: 40+ Exercises to Strengthen your Core & Sculpt your Mid-section using Gliding Discs (Fitness Sutra) by Dr. Monika Chopra

★★★★☆ 4.2 out of 5

Language : English
File size : 19839 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 149 pages
Lending : Enabled





Benefits of Gliding Exercises

- **Enhanced Core Activation:** Gliding exercises challenge your core to stabilize and control your movements, maximizing muscle engagement.
- **Increased Metabolism:** The dynamic nature of gliding exercises elevates your heart rate, boosting calorie burn and metabolism.
- **Improved Joint Stability:** Gliding promotes smooth and controlled movements, reducing stress on joints and improving overall mobility.

- **Enhanced Balance and Coordination:** The instability of gliding discs forces your body to work harder to maintain balance, enhancing coordination and proprioception.
- **Functional Movement:** Gliding exercises mimic everyday movements, improving functional fitness and reducing the risk of injuries.

The 40 Core-Sculpting Exercises

This comprehensive book features 40 carefully crafted exercises designed to target every muscle group in your core and midsection. Each exercise is explained in detail with clear instructions, photo demonstrations, and variations to cater to all fitness levels.

The exercises include:

1. **Planks:** Sliding Plank Hold, Elbow Plank with Knee Drive, Plank with Toe Taps
2. **Push-Ups:** Gliding Push-Ups, Chest Press with Kneeling Glide, Tricep Extensions with Gliding
3. **Lunges:** Reverse Lunges with Glide, Walking Lunges with Knee Drive, Lateral Lunges with Gliding
4. **Squats:** Squats with Sliding Pulses, Sumo Squats with Knee Glide, Curtsy Lunges with Gliding
5. **Rotations:** Russian Twists with Gliding, Oblique Crunches with Sliding Leg Extensions, Side Planks with Knee Drives

6. **Bridge Variations:** Bird Dog with Gliding Leg Extensions, Glute Bridges with Sliding Leg Press, Single-Leg Bridge with Gliding Hip Extension
7. **Full-Body Moves:** Burpees with Gliding Mountain Climbers, Plank Jacks with Leg Extensions, Jumping Jacks with Gliding Leg Swings

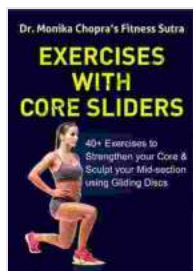


Workout Programs for Every Goal

Whether you're a beginner looking to strengthen your core or an experienced athlete seeking a new challenge, "40 Exercises To Strengthen Your Core Sculpt Your Mid Section Using Gliding" has you covered. The book includes:

- **Beginner Workouts:** Easy-to-follow programs designed to introduce the basics of gliding and gradually build strength.
- **Intermediate Workouts:** Challenging routines that combine gliding exercises with other movements to accelerate progress.
- **Advanced Workouts:** High-intensity workouts that push your limits and take your core strength to the next level.

Unleash the power of gliding and transform your core and midsection with "40 Exercises To Strengthen Your Core Sculpt Your Mid Section Using Gliding." This comprehensive guide provides everything you need to achieve your fitness goals, build a stronger, more sculpted physique, and unlock the benefits of enhanced mobility, balance, and coordination. Start gliding today and experience the results for yourself!

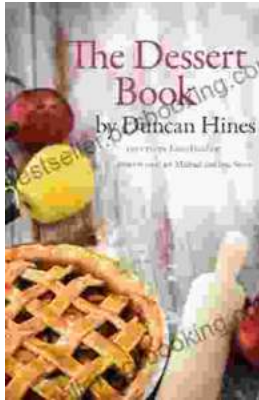


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