

A man is shown from the chest up, performing a push-up. He is in a plank position with his hands on a red circular slider on a light-colored floor. The image is dimmed to serve as a background for the text.

DMOOSE CORE SLIDERS INSTRUCTION GUIDE

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INSTRUCTION GUIDE

Most of us indeed have a love/hate relationship with their core sliders. Throwing your stability off balance by 'sliding' on the ground doesn't sound much fun. However, the impact that this has on your body and fitness makes it an awe-inspiring Fitness Accessory. It doesn't matter whether you are a seasoned athlete or just a beginner, Core Sliders are a Fitness Treat! To bring this treatment to you, DMoose has added their very own Core Sliders to their Home Workout Products.

Made using durable plastic and high-quality fabric, the DMoose Core Sliders are perfect for giving your workouts a fun variation. The design is compact and convenient, sized with a 6-Inch diameter, and a dual-sided feature to make it suitable for all surfaces.

Are you tired of your monotonous workout routine? Add a twist to your exercises with the DMoose Fitness Core Sliders. Get the ultimate core engagement out of your workouts. Increase muscle strength and condition your body while keeping your joints secure. The compact and lightweight design makes it the perfect addition to your home gym. Get your hands on it now!



WHAT ARE **CORE SLIDERS AND HOW DO THEY WORK?**

Core Sliders are circular shaped discs, often called Gliding Discs as well. You can place them along any surface and glide, you can place your hands, elbows, knees, and feet on the core sliders and slide without the need of lifting them.

This sliding puts your body out of balance and calls for serious core activation to counter that. Thus, your core does extra work to stabilize your body and gets stronger and conditioned in the process. This training for balance and stability increases the agility of your body.

Plus, the versatility of Core Gliding Discs allows it to target a vast range of muscle groups.

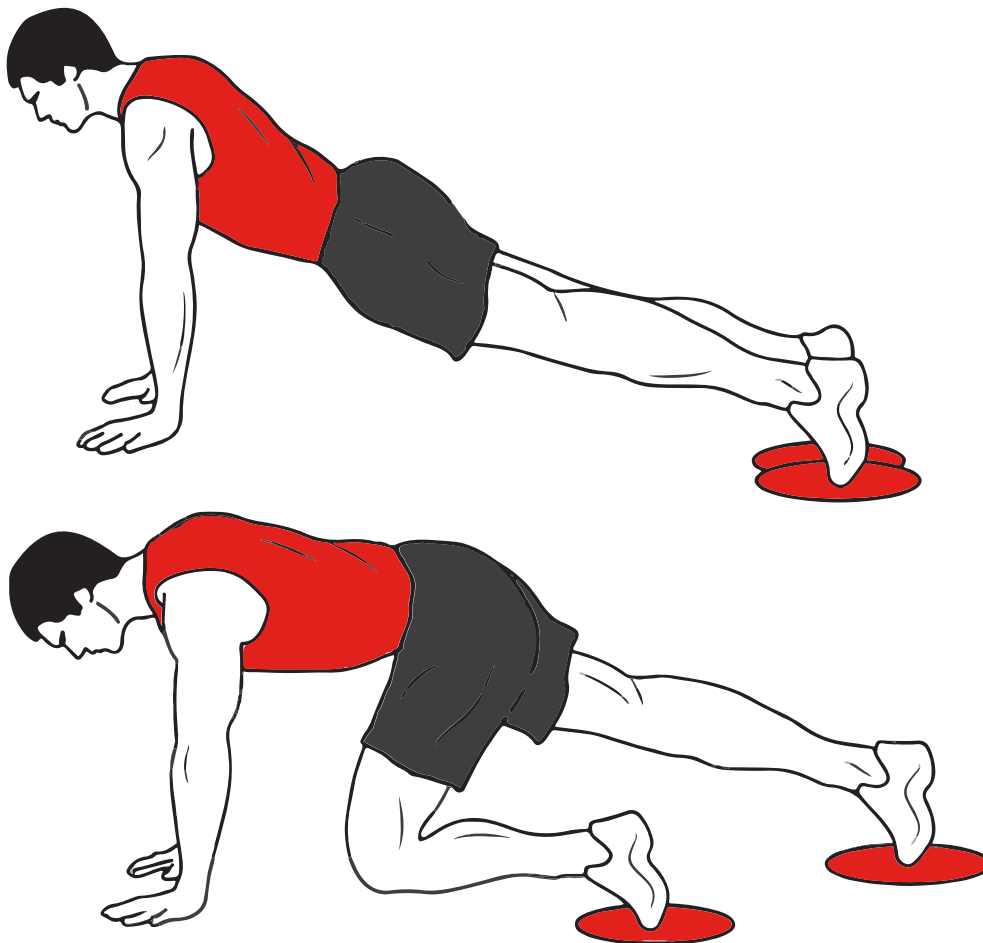
The quick gliding motions increase muscle movement and give your body nice cardio. This not only strengthens your heart but also increases your metabolism, agility, and muscle strength. All the benefits of cardio! Since the usage of these discs calls for fun variations to conventional exercises, you wouldn't need to tire yourself with the monotonous bike or treadmill!

Having a low impact on joints is another reason why Core Sliders are a hot product in the market. In normal exercises, your joints support your body weight. However, the gliding motions of Core Gliders remove weight from the joints, thus decreasing the risk of joint-related injuries!



BENEFITS OF DMOOSE CORE SLIDER

- Strengthens Your Core
- Improves Stability
- Conditions the Muscles in Your Upper Body, Lower Body, and Core
- Increases Core Engagement
- Increases Muscle Strength
- Improves Agility
- Minimal Impact on the Joints
- Provides an Excellent Cardio
- Awesome Variation to any Workout Routine
- Do Exercises Without Lifting Feet



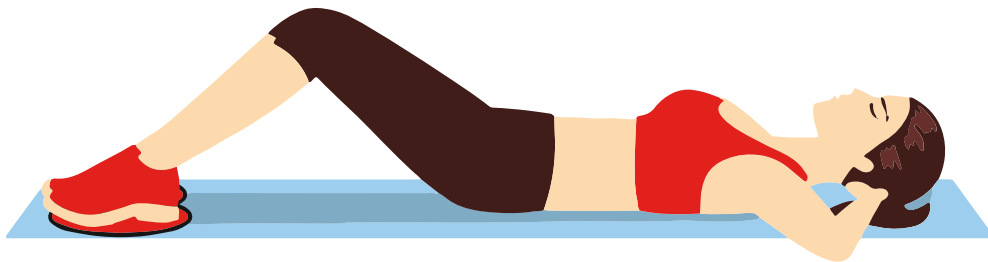
HOW TO USE DMOOSE CORE SLIDER

- Place your DMoose Core Sliders on the surface.
- If you are working on a tile or hard floor, place the fabric layer side on the floor.
- If you are working on carpet or rugs, place the smooth, plastic side on the floor.
- You can place your hands, elbows, knees, or feet on the upper side of the core slider and start sliding!

CORE SLIDER EXERCISES

GLIDING SIT-UP:

Place the sliding disks under your heel. Lay flat on the ground on your back and keep your legs fully extended. Inhale, contract your abs and curl up into a sitting position while simultaneously gliding your heels up. Hold the position for a while and then lower to the starting position. This exercise targets your core and hamstrings.

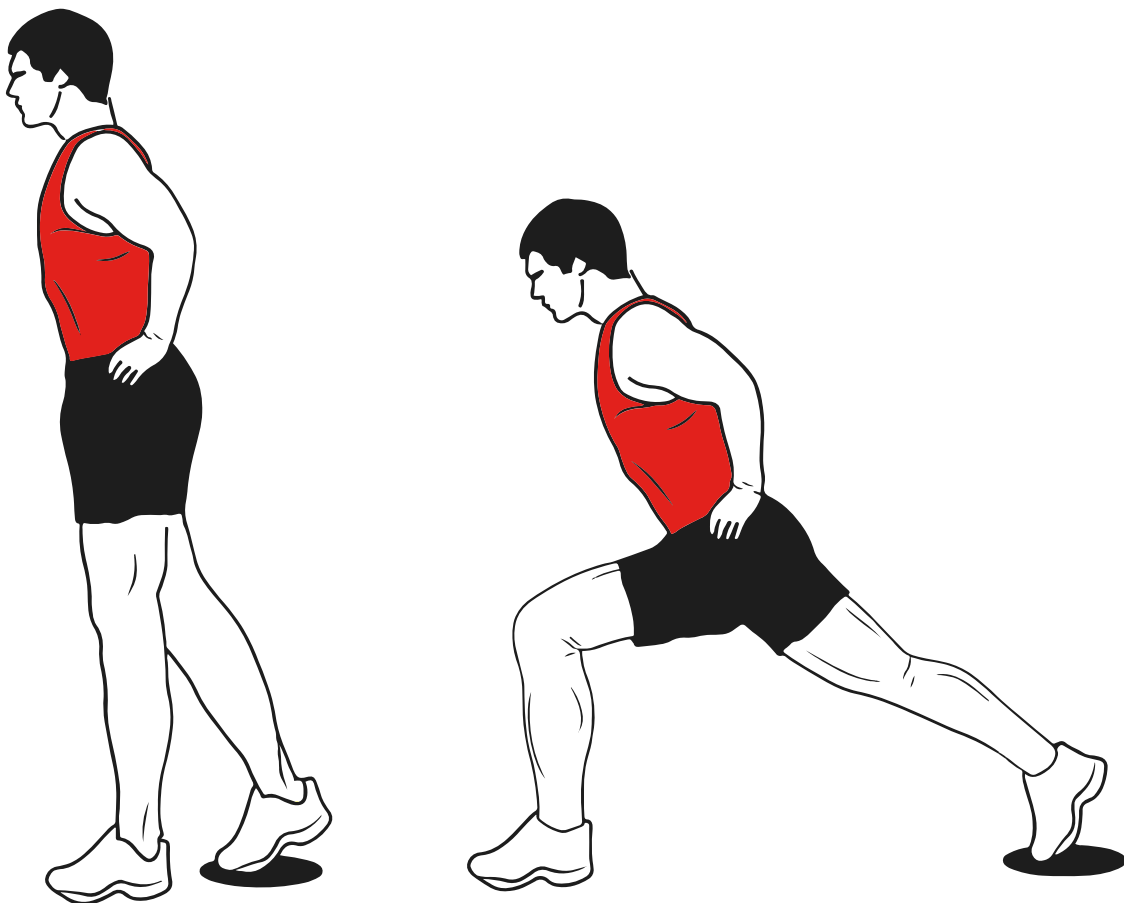


GLIDING LEG CROSSEVERS:

Get in a high plank position with your arms extended beneath your shoulders. Both of your feet should be placed behind you, each on a core slider. Slowly glide one foot upwards, and then cross it over to the opposite side. Return it to the starting position and repeat with the opposite leg. This exercise targets your core, shoulders, triceps, and glutes.

REVERSE LUNGE:

For this exercise, you'd need to place only core slider beneath only one of your feet, to prevent the other foot from sliding. Stand upright, legs hip-width apart with one foot on top of the core slider. Move the foot on top of the disc behind you and get into a lunge position. The supporting leg should be bent as your gliding leg slides down. Pause for a moment and then return to the starting position. Switch legs once all reps are completed. This exercise targets your glutes, quads, hamstrings, calves, and core.

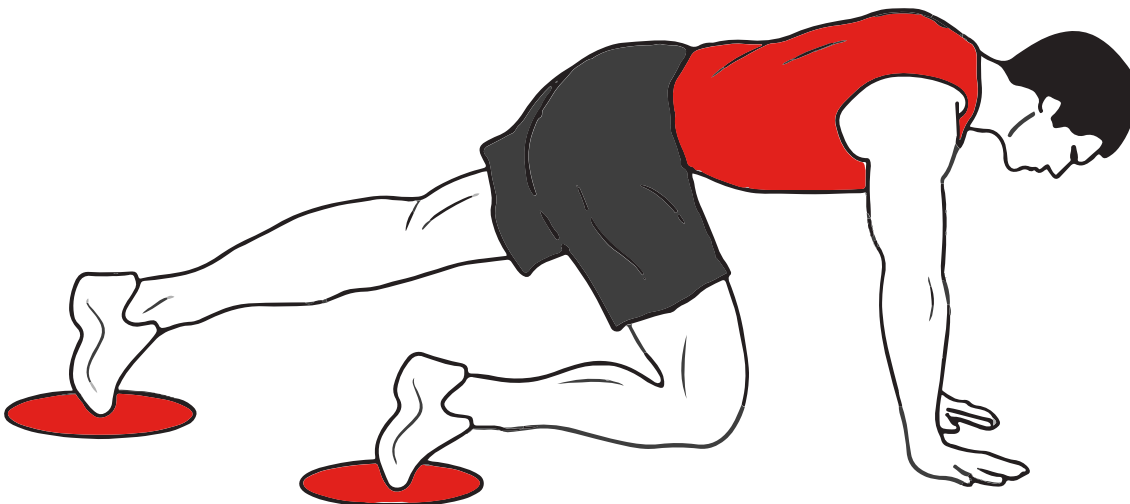


PLANK JACK:

For this exercise, you'd need to place only core slider beneath only one of your feet, to prevent the other foot from sliding. Stand upright, legs hip-width apart with one foot on top of the core slider. Move the foot on top of the disc behind you and get into a lunge position. The supporting leg should be bent as your gliding leg slides down. Pause for a moment and then return to the starting position. Switch legs once all reps are completed. This exercise targets your glutes, quads, hamstrings, calves, and core.

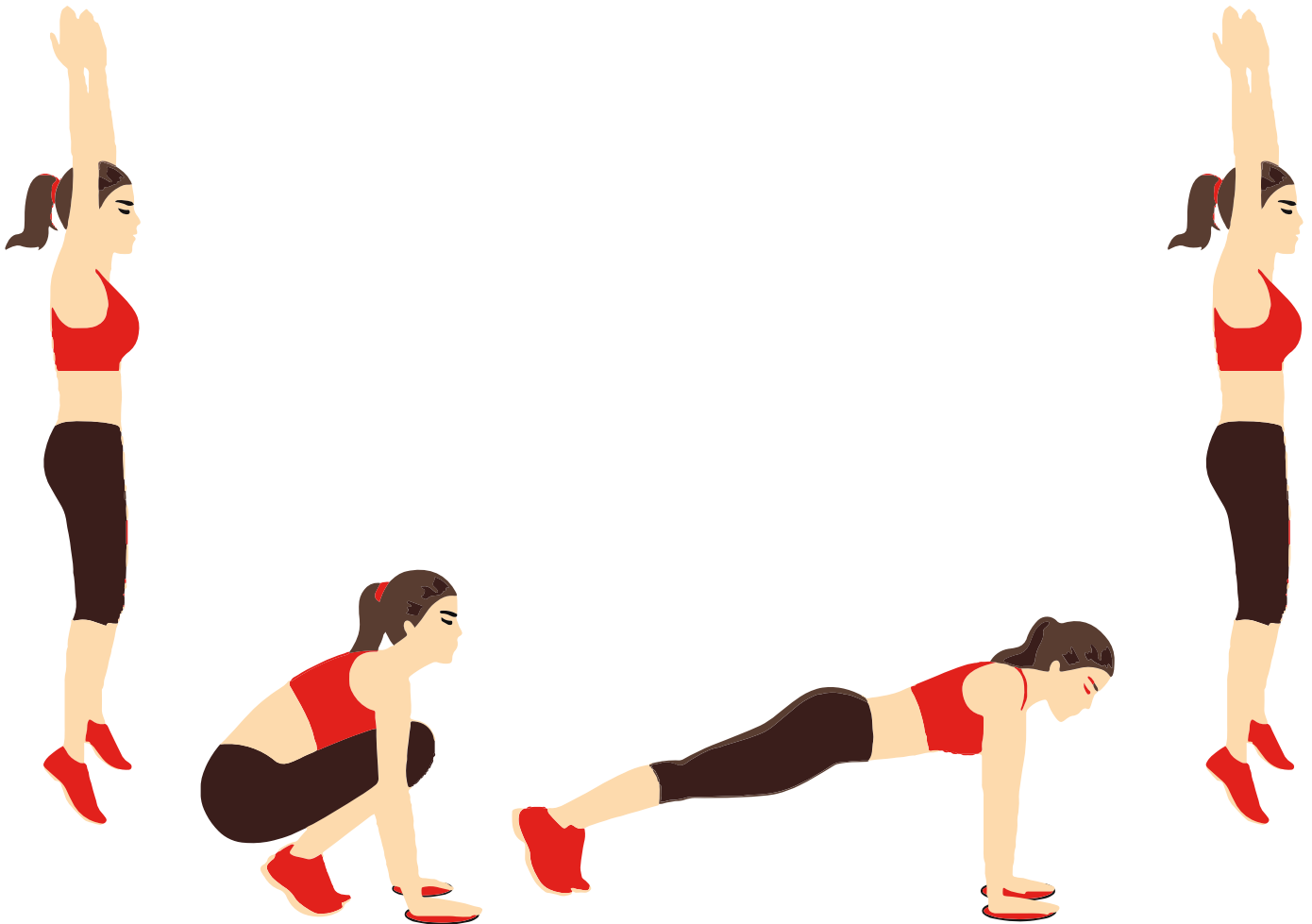
MOUNTAIN CLIMBERS:

For this exercise, you'd need to place only core slider beneath only one of your feet, to prevent the other foot from sliding. Stand upright, legs hip-width apart with one foot on top of the core slider. Move the foot on top of the disc behind you and get into a lunge position. The supporting leg should be bent as your gliding leg slides down. Pause for a moment and then return to the starting position. Switch legs once all reps are completed. This exercise targets your glutes, quads, hamstrings, calves, and core.



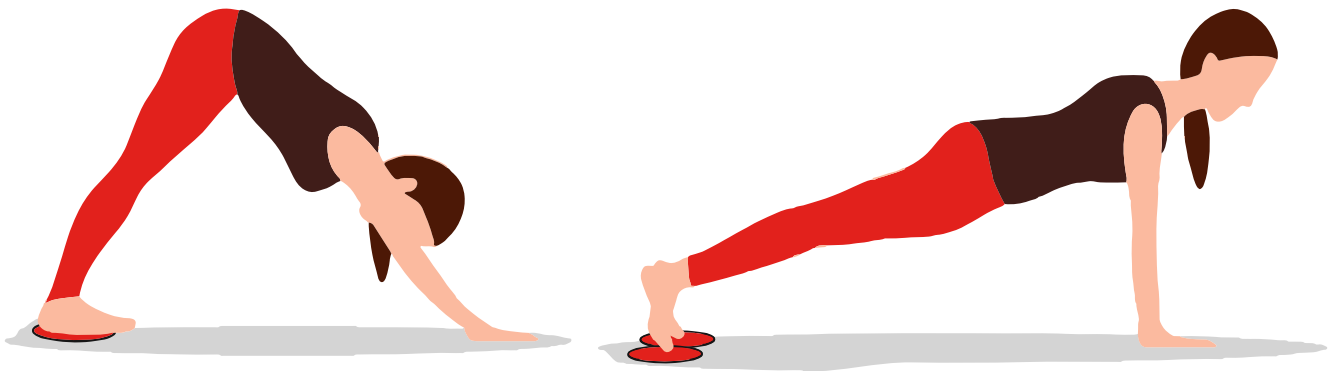
DISC BURPEE:

Stand upright, keeping the gliding discs beneath your feet. Lower down and plant both your hands on the ground, slide until your body is extended. Simultaneously bend your elbows and get into a push-up position. Slide your feet back into your body and stand up. This completes one rep. This exercise targets quads, hamstrings, glutes, calves, chest, shoulders, and core.



PIKES:

Get in a high plank position with your arms extended beneath the shoulders. Both of your feet should be placed behind you, each on a core slider. Remember to keep your knees straight throughout the exercise. Brace your core and hike your hips up towards the ceiling, pulling your feet towards your hands. Your hands and shoulders should stay in their position. Hold it for a while and glide back to the starting position. This exercise targets your core, shoulders, triceps, biceps, and glutes.



HIP ADDUCTION:

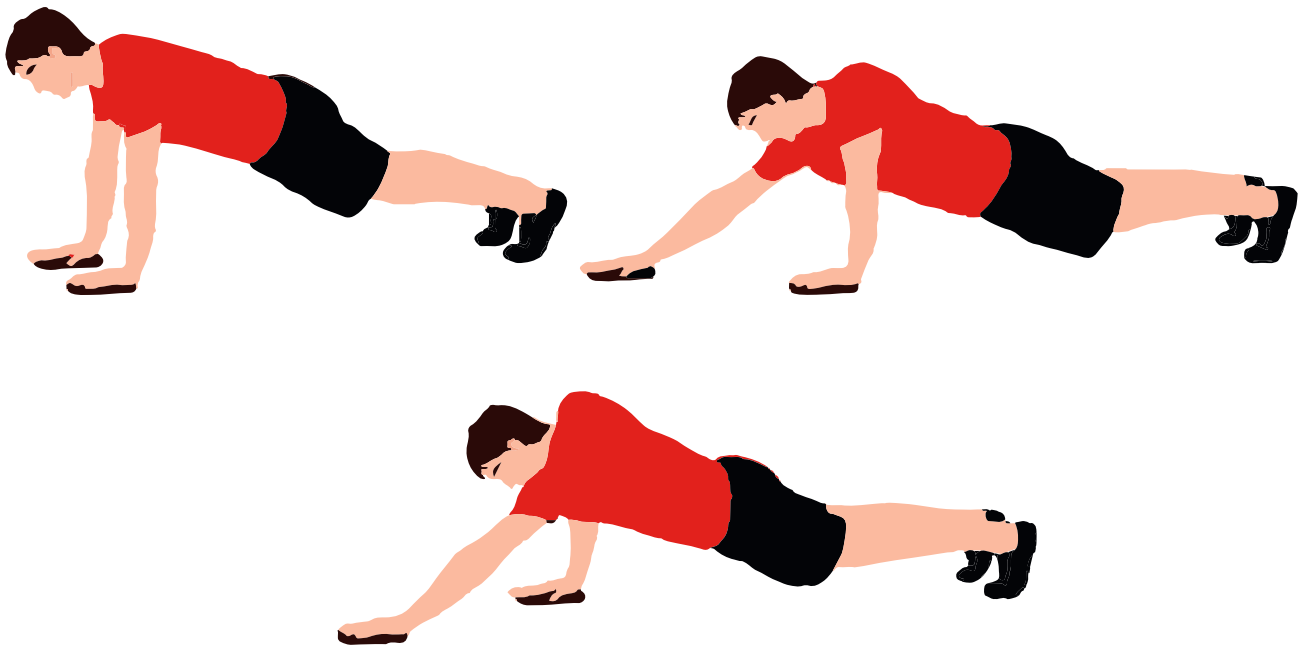
Keep the core sliders under your knees and get into an upright kneeling position. Balance your hips on your feet. Keeping your feet in position, spread out your legs as far as you can. Remember to keep your back straight and your core engaged. Once your knees are far apart, squeeze your inner thighs to bring them back to the starting position. This exercise targets your inner thighs, glutes, and core.

TRAVELING PLANK:

Get in a normal plank position with the core sliders under your elbows. Slide one elbow forward and take a step up with the same leg. Repeat the same with the other side. 'Travel' along with the room while doing this exercise. Remember to keep your core tight. This exercise targets your core, shoulders, chest, back, glutes, and calves.

ARM ROTATIONS:

Get into a high plank position, your feet placed behind you and arms extended, hands placed directly beneath your shoulders. A core slider should be placed beneath each hand. You should be facing downwards to avoid neck strain. Extend one arm outward, moving it in a full circle and then coming back to the initial position. Perform the desired number of reps and repeat with the opposite arm. This exercise targets your chest, shoulders, and core.



CALF FLICKS:

Get into a high plank position, your feet placed behind you and arms extended, hands placed directly beneath your shoulders. A core slider should be placed beneath each hand. You should be facing downwards to avoid neck strain. Extend one arm outward, moving it in a full circle and then coming back to the initial position. Perform the desired number of reps and repeat with the opposite arm. This exercise targets your chest, shoulders, and core.

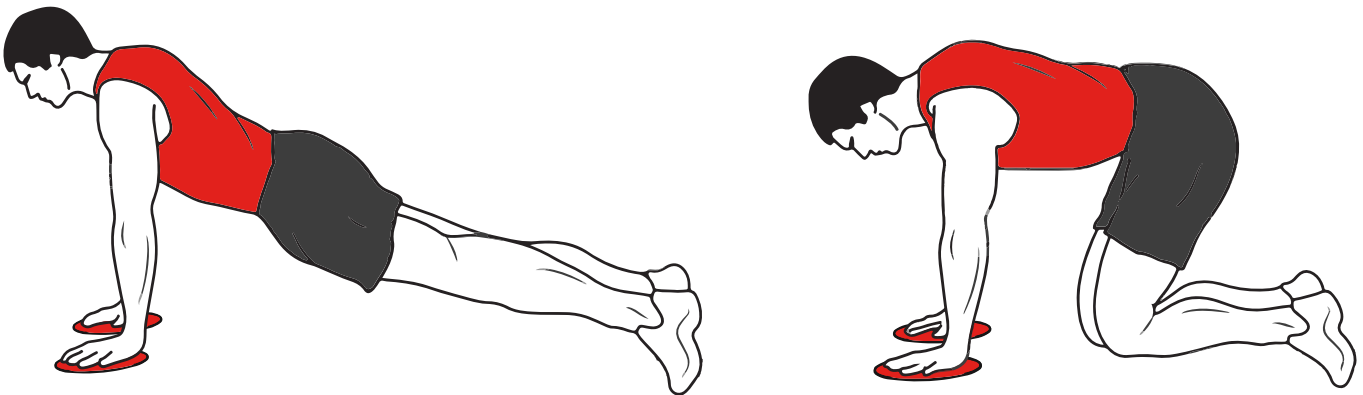


AB GLIDE-OUT

Kneel on the ground, with your arms extended and hands placed under the shoulders, on the core sliders. Keep your upper body straight. Slowly glide your arms out in front of you while keeping your core engaged, head faced down. Slide as far down as you can, hold the position for a while, and then slide back into your starting pose. This exercise targets your lower back, shoulders, triceps, and core.

BODY SAW:

Get into a plank position with your elbows directly beneath your shoulders. Your legs should be extended behind you, your feet on a set of core sliders. Tuck your tailbone and engage your core and butt. Push your forearms and elbows, and without losing core engagement, slide as far down as you can. Wait for a moment and slide back to the starting position. This exercise targets your hips, shoulders, calves, triceps, and core.



PLANK KNEE TUCK TWIST:

Get in a high plank position with your arms extended beneath the shoulders. Both of your feet should be placed behind you, each on a core slider. Engage your core, and slowly bring your diagonally underneath your body towards one arm. Hold for a moment and then return to the starting position. Repeat, bringing your knees towards the opposite arm. This exercise targets your core, chest, shoulders, and hips.

SINGLE-LEG SLIDE:

Get in a high plank position with your arms extended beneath the shoulders. Both of your feet should be placed behind you, each on a core slider. Engage your core, and slowly bring your diagonally underneath your body towards one arm. Hold for a moment and then return to the starting position. Repeat, bringing your knees towards the opposite arm. This exercise targets your core, chest, shoulders, and hips.



Note

these are just a few exercises, the versatility of the DMoose Core Sliders allow you to perform a plethora of exercises apart from the ones mentioned above!

Get fit fast with DMoose Fitness. With Better
Equipment You Will Have a Better Workout!

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fitness goals, visit www.dmoose.com



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