

SYNERGEE®

Core Slider Exercise Manual



MOUNTAIN CLIMBERS

Get into the plank position with your arms extended and Sliders under your feet. Maintain a flat back and don't let your hips come up too high during the movement. Use your abs to pull your right knee up to your right elbow, keeping your feet on the sliders. Return to the plank, then do the same with your left side. Control the speed as needed to maintain form, but it should be a fast movement!



PIKE

Start in the plank position with arms extended and Sliders under your feet. Using your abs, pull your feet towards your hands and slide them along the floor. Your hips will lift into the air. When you get your feet as close to your hands as possible, push your feet away from your hands and return to the starting position.



LATERAL SLIDES

Stand up straight with feet shoulder distance apart. Place one Core Slider under one foot. The foot without the slider will be your anchor point. Get into a quarter squat position—glutes engaged, knees slightly bent—and push the your foot/the Slider away from your body and then pull it back towards your body. Do 10-15 reps on that side, and then switch to the other foot.



PLANK JACK

Start in the plank position on your elbows with the sliders under your feet. Push your feet away from each other, and then pull them back towards each other. Keep your abs and glutes engaged the entire time. Keep your hips from bouncing up and down with the movement, and also keep them from sagging. Move as slow as you need to maintain your plank position; if you can move faster, it can double as a core and cardio movement.



PUSH UP/WHEELBARROW

Start in the push up position with the Sliders under your hands. Push the Slider under your right arm/hand forward. Your chest will lower and you will go down into the bottom push-up position with your left arm. Return to the starting position by pushing up on your left side and extending your arm; and at the same time, sliding your right hand back until it is under your shoulder again. Repeat the movement, but this time pushing your left hand forward and doing a pushup on your right side.

