PROGRAMME · SLIDERS

20 minutes of *dynamic core work*

COREFLO

Duration · 20 min | **Level** · intermediate | **Frequency** · 2 to 3 times a week | **Rest** · 30 s between sets

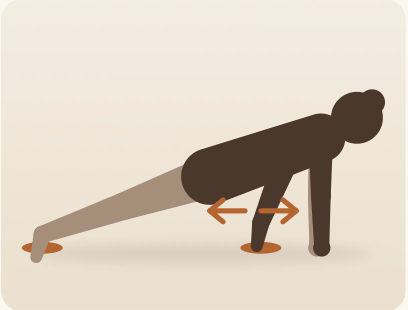


1 Sliding reverse lunge

THIGHS · GLUTES

1. Stand with one foot on a slider.
2. Slide that foot back while bending your standing leg.
3. Bring the foot back by pushing through the front heel, then switch.

3 × 10
each side, knee over ankle



2 Mountain climbers

ABS · CARDIO

1. Plank with a slider under each foot, hands under shoulders.
2. Slide one knee towards your chest, then the other.
3. Alternate at a steady pace.

3 × 30 s
stable hips, flat back



3 Pike

ABS · SHOULDERS

1. Plank with both feet on the sliders.
2. Slide your feet towards your hands, lifting your hips.
3. Return to plank with control.

3 × 8
straight legs, shoulders over hands



4 Sliding side lunge

THIGHS · INNER THIGHS

1. Stand with one foot on a slider.
2. Slide that foot out to the side while bending the other leg.
3. Bring the foot back by squeezing your inner thighs, then switch.

3 × 10
each side, straight back

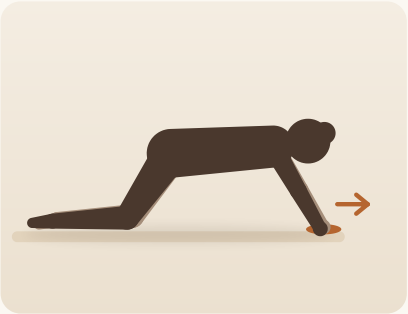


5 Sliding bridge

HAMSTRINGS · GLUTES

1. Lie on your back, heels on the sliders, hips lifted.
2. Slide your heels away while keeping your hips high.
3. Pull your heels back towards your glutes as you exhale.

3 × 8
hips high throughout



6 Kneeling slide-out

ABS · SHOULDERS

1. Kneel with your hands on the sliders under your shoulders.
2. Slide your hands forward while keeping your back flat.
3. Return by engaging your abs, as you exhale.

3 × 8
only go as far as your back stays flat

Pilates breathing

Warm up for 3 minutes before you start. Exhale during the effort, inhale on the way back. Keep your core engaged: it protects your back with every slide.

Practise safely

Use the right side for your floor (fabric side on wood or tiles, smooth side on carpet). Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.