

MAXI-GLIDER 360®

The **Maxi-Glider 360®** is a versatile and low-impact workout device that targets your lower body and core. For a full body workout, just grab the moving handles!

How to get the most from your Maxi-Glider 360 system

Follow the instruction manual to assemble your Maxi-Glider 360. Choose your resistance level, jump on and use this wall chart for exercise inspiration.

GET FIT.

Resistance levels



Combine any of the following exercises to build a workout to suit your needs and availability.

To get the best out of your Maxi-Glider 360, you should aim for at least **15 minutes, 5 times a week.**

EXAMPLE WORKOUT:

The Glide (5 minutes),
The Single Side (6 minutes),
The Plank (2 minutes),

The Squat Glide (5 minutes),
The Chest Fly (30 seconds).

TOTAL = 18minutes 30seconds

THE GLIDE

Jump on and glide, striding forwards and backwards with alternate legs. For a total body workout, use the moving handles.

Resistance level:
0-4

Muscles worked:
Calves, **Quadriceps**, **Hamstrings**,
Glutes, Core

Duration:
5 minutes+



THE HOLD

Stride forward with one foot and backwards with the other. Hold that position for 10 seconds, then swap legs.

Resistance level:
0-4

Muscles worked:
Calves, **Quadriceps**, **Hamstrings**,
Glutes, Core

Duration:
1 minute per set, 2-3 sets per workout.



THE SQUAT GLIDE

Glide, striding forwards and backwards but bend at your knees and hips until you feel the burn in your glutes.

Resistance level:
0-4

Muscles worked:
Calves, Quadriceps, Hamstrings,
Glutes, Core

Duration:
5 minutes+



THE SINGLE SIDE

Put your weight on one leg and push the other out to the side, pausing for a second before dropping back down. Do 10 and then swap legs.

Resistance level:
0-4

Muscles worked:
Hip flexors, **Hip abductors**,
Glutes, Core

Duration:
1 minute per leg, 2-3 sets per workout.



THE ROTATION

Put your weight on one leg and push the other forward and out to the side, moving your leg round in a circle and returning to centre. Do 10 and then swap legs.

Resistance level:
0-4

Muscles worked:
Hip flexors, **Hip abductors**, Glutes, Core

Duration:
1 minute per leg, 2-3 sets per workout.



THE DOUBLE ROTATION

Hold the stationary handles and bend slightly at the hips and knees. Push both legs forward and out to the sides, moving your legs round in a circle and returning to centre.

Resistance level:
0-4

Muscles worked:
Hip flexors, **Hip abductors**,
Glutes, Core

Duration:
1 minute per set, 2-3 sets per workout.



THE PLANK

Grip the moving handles and lean forward, your feet pushing backwards on the pedals. Hold this position for as long as you can.

Resistance level:
0-4

Muscles worked:
Triceps,
Chest, **Core**

Duration:
As long as you can hold it, aim for 30 seconds per set, 2-4 sets per workout.



THE CHEST FLY

Grip the moving handles and pull your hands together, lifting your legs up to the side with just your upper body. Hold for 10 seconds and relax. Repeat this 10 times.

Resistance level: 0-4

Muscles worked: **Biceps**,
Chest, Core

Duration:
Aim for 10 seconds per hold,
2-3 holds per workout.

