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.

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

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 = 18 minutes 30 seconds

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 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 SQUAT GLIDE
Glide, striding forwards and backwards but bend at your knees until you feel the burn in your glutes.
Resistance level: 0-4
Muscles worked: Calves, Quadriceps, Hamstrings, Glutes, Core
Duration: 5 minutes+

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.