

## LATERAL LUNGES



Stand upright with one foot secured on disc under disc strap and the other foot, without disc, on ground serving as anchor.



Slide disc away from body as shown. Pause and repeat. 8-10 reps, 2-3 sets, resting for 30 seconds in between sets.

## PLANK EXTENSION



Place hand on discs with fingers under straps and extend arms to ground, assuming a starting push up position.



Slowly extend one arm, sliding disc above shoulder, lowering body towards the ground. Use other arm to push up body and return extended arm to starting position. This can be a difficult exercise so start by just sliding disc a few inches out above shoulder and then bring it back. Gradually lengthen your extension as you gain strength. Pause and repeat. 8-10 reps, 2-3 sets, resting for 30 seconds in between sets.

## LUNGES



Stand upright with one foot secured on disc under disc strap and the other foot, without disc, on ground serving as anchor.



Keeping shoulders directly over hips, slide disc backwards with one foot as shown. Pause and repeat. 8-10 reps, 2-3 sets, resting 30 seconds in between sets.

## CLIMBERS



With forefeet secured on disc under disc strap, position one foot forward and one foot back with arms extended to ground.



Alternate foot positions by sliding one foot forward while the other slides backward. Pause and repeat. 8-10 reps, 2-3 sets, resting for 30 seconds in between sets.

**Care Instructions:** Disc and disc cover can be hand washed and air dried.

**Note:** Pro-Tec Athletics strongly urges consultation with a medical doctor before using this product. Discontinue use immediately if pain or excessive discomfort occurs.

**Disclaimer:** Pro-Tec Athletics assumes no responsibility or liability for any injury that occurs while using this product.



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**SLIDER  
DISCS**

*Exercise Guide*

## CORE CRUNCH



With forefeet secured under disc strap, bend knees into crouching position, arms extended to ground.



Slide feet backward until legs are extended. Pause and repeat. 8-10 reps, 2-3 sets, resting for 30 seconds in between sets.