

# **Power systems gliding discs**





## Overview

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What are gliding discs used for?

Gliding discs look similar to frisbees and are used on the feet and hands to provide a smooth gliding surface. Use these workout discs to lengthen and strengthen all the major muscle groups in your body through engaging their full range of motion.

Are gliding discs patented?

Gliding® Discs are protected by United States Patents D562918, 8382645, and 9011294. The Official website for the Gliding Sliding Discs Exercise System. The original, patented fitness gliders with premium disks for either hardwood or carpet floors. Club packs available, free shipping.

What is a good gliding disc?

Our numbers range from 1 to 7 with 1 being the least Glide and 7 being the most Glide. Discs with a Glide rating of 1 or 2 fall out of the air quickly and are more difficult to throw far. That can be a desirable trait for players who like to throw full power even on shorter range shots.

Are exercise discs good for a full-body workout?

No matter which size you choose, just make sure your hands and feet fit comfortably on the disc. Exercise discs can be great fitness accessories for a full-body workout. Using exercise sliders is pretty simple—though performing exercises with them is challenging.

How big are exercise discs?

Size: Typically these rounded discs measure about 7 inches in diameter. Size begins to vary when the shape (think oval, triangle, or hexagonal) changes. No matter which size you choose, just make sure your hands and feet fit comfortably on the disc. Exercise discs can be great fitness accessories for a full-body workout.



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### Gliding Discs

Power Systems carries the Gliding sliding disc exercise system allows for smooth, fluid, graceful movements. Skip to main content Shop Shop Markets We Serve Health Clubs Schools & Athletics Communities

### Gliding Discs

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### Gliding Discs

Gliding Discs The Gliding sliding disc exercise system allows for smooth, fluid, graceful movements. Gliding exercises are extremely versatile and can be structured into a stand-alone Gliding class or incorporated into your existing class format.

### Power Systems Gliding Discs , 93044 -- Dumbbells Direct

Power Systems Gliding Discs - 93044 Brand: Power Systems Item SKU: 93044 Product Description Gliding discs look similar to frisbees and are used on the feet and hands to provide ...



### Versa Slides

NEW! Our Versa Slide gliding discs are the perfect total-body toning tool. Target and engage core muscles during upper-body or lower-body exercises to improve balance, stability, and abdominal strength. Keep your abs activated and add difficulty to a wide range of simple movements, including lunges,

### Gliding Discs

Gliding discs are great for varying and enhancing both your upper-body and lower-body workouts. Shop Markets We Serve Health Clubs Schools & Athletics Communities Home Gyms Studio Mats Cardio Barbells Stability Balls Fitness Steps Weighted Bars



### Gliding Discs

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### The 8 Best Exercise Sliders, According a Personal Trainer

Power Systems Gliding Club Kit (Carpet Discs) - 93038 Brand: Power Systems Item SKU: 93038 Product Description Gliding discs look similar to frisbees and are used on the feet and hands to ...



### TRX® Ab Gliders

TRX® Ab Gliders. Slide your way to strength. This set of training discs levels up every plank, lunge, pushup, mountain climber, and more by adding a sliding challenge to your hands or feet ...

### Power Systems Gliding Club Kit (Hardwood Discs) , 93040

Power Systems Gliding Club Kit (Hardwood Discs) - 93040 Brand: Power Systems Item SKU: 93040 Gliding discs look similar to frisbees and are used on the feet and hands to provide a ...



### Gliding Discs

The Gliding(TM) sliding disc exercise system allows for smooth, fluid, graceful movements. Gliding(TM) exercises are extremely versatile and can be structured into a stand-alone Gliding(TM) class or ...



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