



Integrated Strength
Presented by Tami Reilly
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What Is Integrated Strength?

Strength is more than “one rep max.” The body needs to work in multiple planes and ranges of motion. Integrating strength-training components with stability, mobility and range of motion and joint integrity is the key to a complete workout. This is a simple and effective way to improve strength, function, shape and definition. This class will take a base move and add layers to challenge the muscle in every way possible.

No heavy weights are utilized to get the burn and fatigue your muscles. Functional training has proven to be an integral part of your training program. Let’s take some of our good ol’ favorites and revamp them to fit our current functional training principles.

Why use the Gliding® discs?

- Lengthens and strengthens
- Offers variety and creativity
- Increased range of motion
- Increased muscle activation

How to format the class:

- Teach exercises basic to complex
- Using only one disc
- Range of motion
- Speed
- Rotation, Flexion, Extension
- Adding toys (weights, tubing, bars, balls, etc.)
- Eye tracking

Exercises included:

- Push-up tuck rotation
- Push-up knees in
- Push-up pike-up
- Plank ab series
- Hamstring hip bridge
- Abductor/adductor
- Ab curl with disc under feet—basic, oblique
- Lunge—side, back, curtsy
- Lunge—circle, double, combos
- Squat—stationary and moving
- Slide side to side
- Skate
- Ski

**Please remember to submit a session evaluation.
Your feedback is important to us!**