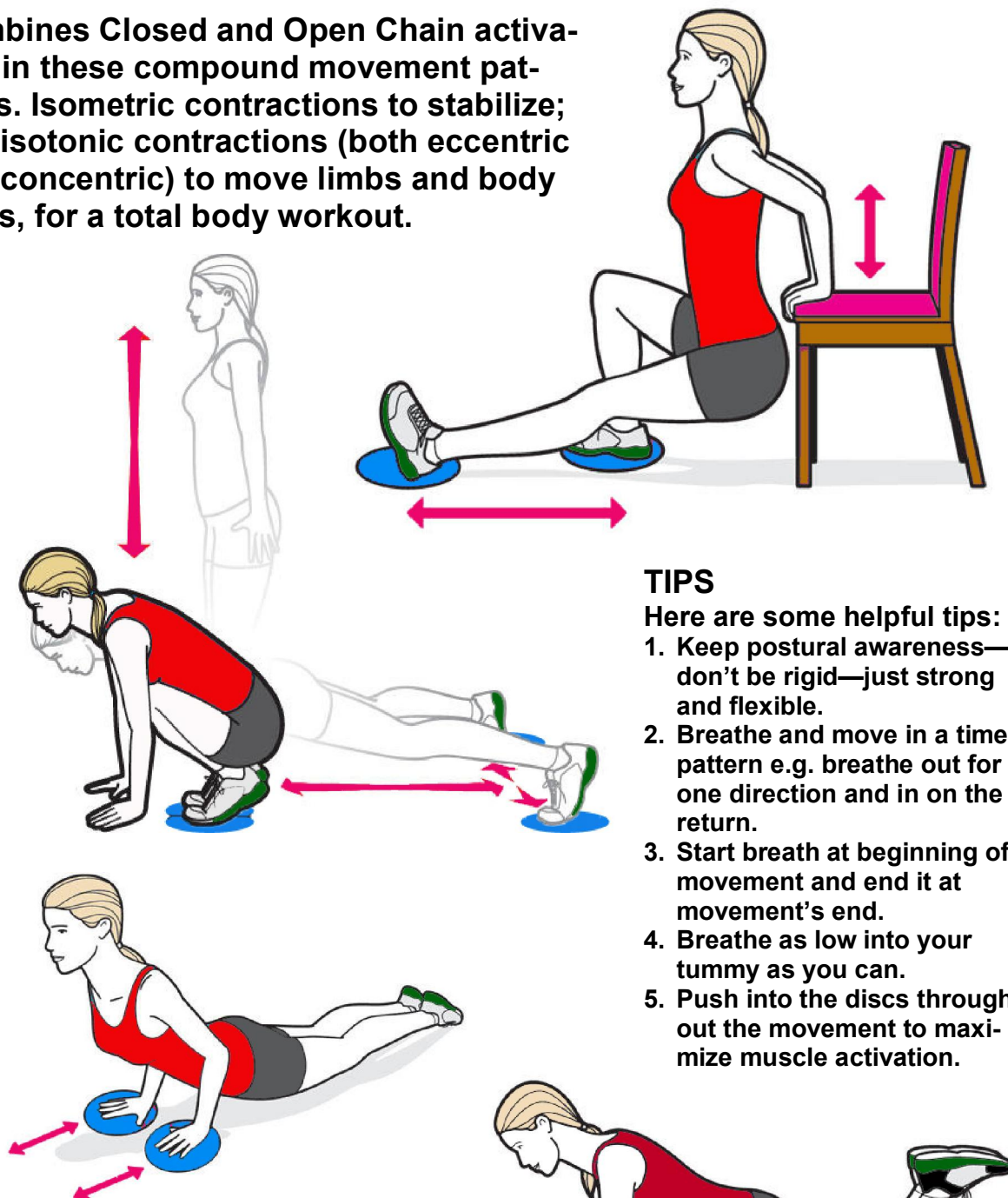


# SLIDING DISC Big Bang 4

Combines Closed and Open Chain activation in these compound movement patterns. Isometric contractions to stabilize; and isotonic contractions (both eccentric and concentric) to move limbs and body mass, for a total body workout.



## TIPS

Here are some helpful tips:

1. Keep postural awareness—don't be rigid—just strong and flexible.
2. Breathe and move in a timed pattern e.g. breathe out for one direction and in on the return.
3. Start breath at beginning of movement and end it at movement's end.
4. Breathe as low into your tummy as you can.
5. Push into the discs throughout the movement to maximize muscle activation.

AOK Sliding Discs are inexpensive and light weight. Take them with you when travelling or even to your gym. Suitable for ages ages but check with your doctor or fitness instructor to ensure you are capable of using them safely.