

Episode 1: Burn That Stubborn Lower Body Fat Using Gliding Discs At Home

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QIYHDI2G65A](https://www.youtube.com/watch?v=QIYHDI2G65A)
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SUMMARY

The video introduces an effective indoor workout using glider discs, ideal for busy parents or those needing to exercise indoors due to weather constraints. The workout focuses on upper body, core, and lower body exercises, providing a versatile routine that can be done at home.

- *Glider discs are a great alternative to traditional workout tools like socks or hand towels.*
- *The workout can be performed while children are sleeping or during inclement weather.*
- *Key exercises include squats, curtsy lunges, and sumo squats, emphasizing proper form.*
- *Each exercise should be done in sets of 10-15 repetitions.*
- *The upcoming episodes will feature core and upper body workouts.*
- *Viewers are encouraged to engage with the KSP Mom Challenge on Instagram for daily fitness motivation.*
- *Feedback and suggestions for future videos are welcomed in the comments.*

Okay so a lot of you have asked us on Instagram for an indoor workout and I recently trans upon this one when I was traveling to Edmonton and I absolutely fell in love with this one and of course it's traditionally what we used to do with socks or hand towels but now you can actually do with these glider discs now these are really cool because it has a smooth surface and a rock surface and this is all you need when you want to workout while your babies are sleeping or you're traveling or it's rainy or you need butter outside and they typically cost you about 500 or 600 bucks and if you follow the exercises that we've mentioned which is focusing on upper body core and lower body you should be really good to go so let's get started with these all you will need is your flight at this and thoughts of

motivation to wake up each morning and hit the floor and put that of course you can check out KSP mom challenge on Instagram make sure you follow the hashtag because we put your daily dose of fitness motivation on it every single morning so let's get started now okay first one up is a squat and slide so you squat down and slide out squat down slide out very important when doing the disk worker is that your toe and the ball of your foot is firmly pressed against the center also while doing squats make sure that you are not crossing your knees are not crossing the tools now to 15 sets of this and then we move to the curtsy lunge you won't like this and your back move like this and back move like this and back back next up after you 1015 is into a squat position slight squat like squat nice nice afternoons mean to the sumo squat position one to lay after that and banks [Music] now for this we put our hand in the tricep position now here your heel is in the middle fitness and you keep pressing your key right in the center now for this one guys make sure that you are extremely confident with tape like this you put your hands against a wall or if you have a bar or a rod or a handle that you can hold on or a pole or a pillar in your house then make sure that you do that hands against the wall and all you need to do is take your leg back and find that

we need to do is 15 on each side and what you can also do as a variation if you're confident is pulse back out so I hope you enjoyed this workout and you're gonna give this a try the next episode coming up is the core workout and then first the upper body workout so please stay tuned to those episodes and to join us on Instagram for ksb mom's challenge every morning and don't forget follow the hashtag and of course most importantly leave us in the comments below more videos that you would like to watch and don't forget to like share subscribe