

Total Gym Adjustable Glideboard

Overall Benefits

The adjustable glideboard provides the opportunity to instantly adapt the equipment to promote optimal spinal positioning for any client.

Specific Position Benefits

SEATED BACKWARD

The adjustable glideboard allows the trainer to modify the equipment for clients who are prone to slouching (lumbar kyphosis) during any pulling exercises.



By raising the adjustable glideboard, the pelvis is positioned to assist the user in achieving an upright posture during the exercise.

SEATED LATERAL

Provides the a level platform for optimal spinal alignment and comfort.



By raising the adjustable glideboard, the pelvis is positioned perpendicular to the force of gravity creating an optimal position for the spine during rotational exercises.

KNEELING LATERAL

Provides the a level platform for optimal spinal alignment, comfort and safety.



By raising the adjustable glideboard, the users center of gravity is centralized creating a safer position for advanced high kneeling exercises. The pelvis is again positioned perpendicular to the force of gravity, creating an optimal position for the spine during rotational exercises

SUPINE

Provides a safer position for inverted supine exercises.



By raising the adjustable glideboard, the client is able perform inverted supine exercises level with the ground to keep the head positioned slightly above the heart. This allows users with hypertension and other pressure related disorders to use this position safely.

SEATED FORWARD

The adjustable glideboard allows the trainer to modify the equipment for clients who are prone to slouching (lumbar kyphosis) during any pushing exercises.



By raising the adjustable glideboard, the pelvis is positioned to assist the user in achieving an upright posture during exercises.