



Complete Core Training on the GlideCycle

The GlideCycle™ offers unique core training advantages above and beyond endurance sports such as running, cycling and walking. The GlideCycle™ pelvic suspension system generates challenges from multiple angles, similar to exercising on a therapy ball.

When standing in an upright posture, the center of gravity (core) is aligned over the base of support (feet) which is the most stable position for the body due to the way our muscles and joints are formed to support this alignment as well as the vertical forces of gravity through the body. Thus, standing and walking are stable positions with little challenge to core muscles. If a person leans forward, backward or to either side, the center of gravity shifts outside of the base of support, altering the stable alignment and allowing gravity to challenge the core and muscular systems to restore balance.

The GlideCycle™ seat is dynamic in that the rider does not completely stand in a stable position, nor do they completely sit which poses a forward-backward challenge to muscles comprising the "Core". In addition, the GlideCycle™ seat allows a certain degree of side to side motion which poses further challenges from multiple angles. Although comfortable, challenges on the GlideCycle™ are significant enough to engage multiple layers of abdominal, back and hip muscles. Thus, GlideCyclists enjoy noticeable improvements in core muscle function and strength as well as a more complete body workout.

Also worth noting is that core stability and strength, along with leg strength, are important components of our balance system which must be challenged regularly to prevent the gradual decline often seen with age-related changes and inactivity. In other words, there is much we can do to prevent or minimize loss of balance and for many, the GlideCycle™ is an ideal tool.