

precor fts glide exercises

precor fts glide exercises are an effective way to enhance cardiovascular fitness, improve muscular endurance, and support full-body conditioning. The Precor FTS Glide is a versatile fitness machine combining elements of elliptical, climbing, and gliding movements, making it ideal for low-impact, high-intensity workouts. This article explores various exercises specifically designed for the Precor FTS Glide, focusing on how to maximize its benefits for strength, endurance, and flexibility. Additionally, detailed guidance on proper technique, workout planning, and safety tips will help users achieve optimal results. Understanding the range of movements available on the Precor FTS Glide can enhance workout variety and maintain engagement. This comprehensive overview is tailored for fitness enthusiasts, trainers, and anyone interested in incorporating precor fts glide exercises into their routine.

- Understanding the Precor FTS Glide Machine
- Key Benefits of Precor FTS Glide Exercises
- Effective Precor FTS Glide Exercise Techniques
- Sample Workout Routines Using the Precor FTS Glide
- Safety Tips and Common Mistakes to Avoid

Understanding the Precor FTS Glide Machine

The Precor FTS Glide is a multifunctional fitness machine designed to simulate natural gliding and climbing movements. It combines a smooth elliptical motion with a stepping and sliding action, offering a low-impact cardiovascular workout that engages multiple muscle groups simultaneously. The machine's adjustable resistance levels and stride length make it suitable for users of all fitness levels. Its design encourages a full range of motion, promoting joint mobility and muscle activation without placing excessive strain on the knees or hips. Familiarity with the machine's components, including the adjustable handles, foot platforms, and digital display, is essential for performing precor fts glide exercises efficiently.

Key Benefits of Precor FTS Glide Exercises

Incorporating precor fts glide exercises into a fitness regimen offers numerous advantages that contribute to overall health and physical performance. The following benefits highlight why this equipment is favored in many fitness settings:

- **Low-Impact Cardio:** The gliding motion reduces joint stress, making it ideal for rehabilitation and injury prevention.

- **Full-Body Engagement:** Exercises on the Precor FTS Glide activate the legs, core, and upper body muscles, promoting balanced strength development.
- **Improved Cardiovascular Endurance:** Regular use enhances heart and lung efficiency through sustained aerobic activity.
- **Enhanced Coordination and Balance:** The dynamic movement pattern challenges proprioception and neuromuscular control.
- **Calorie Burning:** High-intensity gliding workouts can effectively contribute to weight management and fat loss.

Effective Precor FTS Glide Exercise Techniques

Mastering the correct form is crucial to maximize the benefits of precor fts glide exercises and prevent injury. Below are key techniques and exercise variations to incorporate:

Basic Glide Movement

Start with a steady, controlled gliding motion by placing feet on the platforms and pushing off smoothly. Maintain an upright posture with shoulders relaxed and core engaged. Use the handles for balance without pulling aggressively.

Incline Climb Simulation

Increase the machine's incline or resistance to mimic climbing. This targets the glutes, hamstrings, and calves more intensely. Focus on driving through the heels and using the arms to maintain rhythm.

Interval Sprints

Perform short bursts of high-intensity gliding followed by recovery periods. This method boosts cardiovascular capacity and burns more calories in a shorter time frame.

Side-to-Side Glides

Incorporate lateral movements by shifting weight from one foot to the other during the glide. This variation improves hip mobility and engages the abductors and adductors.

Upper Body Integration

Use the moving handles to involve the arms and shoulders actively. Coordinate arm movements with leg glides to enhance full-body workout efficiency.

Sample Workout Routines Using the Precor FTS Glide

Structured workouts help optimize precor fts glide exercises by targeting specific fitness goals. Below are sample routines for different objectives:

Beginner Endurance Workout

1. Warm-up: 5 minutes at low resistance and moderate pace
2. Basic Glide: 10 minutes steady pace
3. Incline Climb: 5 minutes at increased resistance
4. Recovery Glide: 5 minutes at low resistance
5. Cool-down: 5 minutes slow pace with light stretching

Intermediate Interval Training

1. Warm-up: 5 minutes moderate pace
2. Interval Sprints: 30 seconds high intensity, 90 seconds low intensity, repeat 8 times
3. Side-to-Side Glides: 5 minutes focusing on lateral movement
4. Incline Climb: 10 minutes at moderate resistance
5. Cool-down: 5 minutes slow pace

Advanced Strength and Cardio Circuit

1. Warm-up: 5 minutes dynamic stretching and light glide
2. Incline Climb: 10 minutes high resistance

3. Upper Body Integration: 5 minutes focusing on arm and shoulder drive
4. Interval Sprints: 45 seconds on, 60 seconds off, repeat 10 times
5. Side-to-Side Glides: 7 minutes
6. Cool-down: 5-10 minutes with gentle gliding and stretching

Safety Tips and Common Mistakes to Avoid

Ensuring safety during precorefts glide exercises is essential to prevent injury and maintain workout effectiveness. Awareness of common errors can improve performance and longevity of use.

Maintain Proper Posture

Avoid leaning excessively forward or backward. Keep the spine neutral, shoulders down, and core activated to protect the lower back.

Control Your Movements

Do not rush through exercises. Smooth, controlled gliding reduces joint impact and improves muscle engagement.

Avoid Over-Gripping Handles

Excessive gripping can cause tension in the wrists and forearms. Use the handles primarily for balance and rhythm rather than support.

Start with Appropriate Resistance

Begin workouts with manageable resistance and gradually increase intensity to prevent strain and fatigue.

Wear Suitable Footwear

Opt for athletic shoes with good support and grip to enhance stability and comfort on the foot platforms.

Frequently Asked Questions

What muscles does the Precor FTS Glide primarily target?

The Precor FTS Glide primarily targets the lower body muscles, including the quadriceps, hamstrings, glutes, and calves, while also engaging the core for stability.

How do I properly use the Precor FTS Glide for a workout?

To use the Precor FTS Glide, stand on the platform with feet shoulder-width apart, hold the handles for balance, and perform smooth gliding motions by sliding one foot forward and the other back, maintaining controlled movements to engage the leg muscles effectively.

Can the Precor FTS Glide be used for low-impact cardio exercises?

Yes, the Precor FTS Glide offers a low-impact cardio workout option that reduces joint stress while improving cardiovascular endurance and lower body strength.

What are some effective exercises to do on the Precor FTS Glide?

Effective exercises on the Precor FTS Glide include lateral slides, forward and backward lunges, single-leg glides, and side lunges, all of which help improve balance, coordination, and lower body strength.

Is the Precor FTS Glide suitable for beginners?

Yes, the Precor FTS Glide is suitable for beginners as it allows adjustable resistance and low-impact movement, making it accessible for various fitness levels.

How can I increase the intensity of my workout on the Precor FTS Glide?

To increase intensity, you can add resistance bands, increase the speed of your gliding motions, perform longer sets, or combine the glide exercises with other strength and balance moves.

Are there any safety tips to keep in mind when using the Precor FTS Glide?

Safety tips include maintaining proper posture, using the handrails or handles for balance if needed, starting at a slow pace to get accustomed to the motion, and ensuring the equipment is properly maintained and clean.

How does the Precor FTS Glide benefit functional training?

The Precor FTS Glide enhances functional training by improving balance, coordination, and strength through natural movement patterns that mimic daily activities and sports motions.

Additional Resources

1. *Mastering Precor FTS Glide Workouts: A Comprehensive Guide*

This book offers an in-depth look at the Precor FTS Glide machine, providing step-by-step instructions for effective exercises. It includes detailed workout plans tailored for different fitness levels, from beginners to advanced users. Readers will learn proper form, safety tips, and how to maximize calorie burn using the glide feature.

2. *Functional Training with Precor FTS Glide: Strength and Stability*

Focused on functional training principles, this book explores how the Precor FTS Glide enhances strength, balance, and coordination. It presents a variety of exercises targeting core muscles and improving overall athletic performance. The author also discusses integrating glide workouts into a balanced fitness routine.

3. *Precor FTS Glide for Rehabilitation and Injury Prevention*

Designed for physical therapists and fitness enthusiasts alike, this guide highlights the therapeutic benefits of the Precor FTS Glide. It includes protocols for injury recovery, improving joint mobility, and preventing common workout injuries. The book also features case studies demonstrating successful rehabilitation programs.

4. *High-Intensity Interval Training on the Precor FTS Glide*

This title introduces readers to HIIT workouts specifically adapted for the Precor FTS Glide machine. It covers how to design short, intense sessions that improve cardiovascular health and boost metabolism. The book also offers tips on tracking progress and increasing workout intensity safely.

5. *Core Conditioning and Balance Training Using the Precor FTS Glide*

Targeting core strength and balance, this book provides exercises that utilize the unique glide mechanism to challenge stability. Readers will find routines that improve posture, prevent falls, and enhance athletic agility. The author emphasizes the importance of controlled movements and breathing techniques.

6. *Weight Loss and Toning with Precor FTS Glide Exercises*

This practical guide focuses on using the Precor FTS Glide for fat burning and muscle toning. It includes nutrition advice alongside workout plans to help readers achieve their fitness goals. The book is filled with motivational tips and modifications to suit different body types and fitness levels.

7. *Dynamic Stretching and Mobility Work on the Precor FTS Glide*

Aimed at improving flexibility and joint health, this book explores dynamic stretching routines facilitated by the glide's smooth motion. It explains how to safely increase range of motion and reduce muscle tightness. The exercises are designed for athletes, seniors, and anyone seeking enhanced mobility.

8. *Precor FTS Glide: A Trainer's Manual for Group Fitness Classes*

This manual offers fitness instructors everything needed to incorporate the Precor FTS Glide into group workouts. It includes class plans, cueing tips, and modifications to accommodate diverse

participant abilities. The book also addresses equipment setup and maintenance for safe group use.

9. Advanced Precor FTS Glide Techniques for Athletic Performance

Geared toward athletes and advanced fitness enthusiasts, this book delves into specialized glide exercises that build explosive power and endurance. It combines strength training with plyometric movements adapted for the machine. Readers will find performance metrics and periodization strategies to optimize training outcomes.

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