



Introducing the Valslide® By Valerie Waters

I am Valerie Waters, personal trainer and creator of the Valslide®. If you are not familiar this amazing new exercise tool, then let me introduce you. The Valslide® was created with every fitness level in mind. It combines mild instability with controlled, flowing movements. It is being used in physical therapy to rehab knees and shoulders and it is also being used by junior and pro athletes to mimic dynamic slide board exercises. I use it with my celebrity clients to sculpt the “fit & feminine” look desired by Hollywood’s elite. You can use it on it’s own when you’re traveling or add it to your existing workouts for a new level of intensity. No matter what level you or your clients are at, the Valslide® can make an improvement in your results.



Here are just a few of my favorite exercises to get you excited:

Valslide® Reverse Lunge

Level 1: Valslide® Reverse Lunge

Stand with feet together, place the ball of your left foot on the Valslide®. Slide your left foot back; Right leg will bend at 90°. Slide your left foot up to start position, pulling up with the glute of your right leg. Finish reps and switch sides. **You should feel this in your glutes and some in your quads of the stationary leg. The sliding leg is just going along for the ride. Do 3 sets of 10-15 reps.



Level 2: Valslide® Reverse Lunge with weight (not pictured)

Hold dumbbells in each hand. Stand with feet together; place the ball of your left foot on the Valslide®. Slide your left foot back; Right leg will bend at 90°. Slide your left foot up to start position, pulling up with the glute of your right leg. Finish reps and switch sides. You can make your core work harder by holding the weight on one side. Do 3 sets of 10-15 reps.

Level 3: Valslide® Reverse Lunge with weight on Airex Pad

Hold a kettlebell or dumbbell in your right hand. Stand with feet together; place the ball of your right foot on the Valslide® and your left foot on an Airex pad. Slide your right foot back; Left leg will bend at 90°. Slide your right foot up to start position, pulling up with the glute of your left leg. Finish reps and switch sides. Do 3 sets of 10-15 reps.



Valslide® Mountain Climber

Level 1: Valslide® Plank Mountain Climber

On floor, assume push up position, body straight, arms under shoulders, and each foot on a Valslide®. Draw abs in and activate glutes. Slide right knee towards chest and exhale. Slide back to start. Slide left knee in towards chest and exhale. Continue to alternate between legs for remaining reps. **You should feel this in your abs. Do 3 sets of 15 reps.



Level 2: Valslide® Mountain Climber forearms on a Bosu (not pictured)

On floor, assume push up position, body straight, arms under shoulders, with each foot on a Valslide® and with both forearms on a Bosu. Draw abs in and activate glutes. Slide right knee towards chest and exhale. Slide back to start. Slide left knee in towards chest and exhale. Continue to alternate between legs for remaining reps. **You should feel this in your abs. Do 3 sets of 12-15 reps.

Level 3: Valslide® Mountain Climber hands on a Medicine Ball

On floor, assume push up position, body straight, arms under shoulders, and each foot on a Valslide® and both hands on a medicine ball. Draw abs in and activate glutes. Slide right knee towards chest and exhale. Slide back to start. Slide left knee in towards chest and exhale. Continue to alternate between legs for remaining reps. **You should feel this in your abs. Do 3 sets of 12-15 reps.



Valslide® Push up Fly

Level 1: Valslide® Push up ½ fly

Start in a regular push up position. Place the Valslide® under one hand. As you lower in push up position, slide your Valslide® slightly out to the side. Pull the hand in as you push back up. Finish reps and repeat on the other side. Perform this exercise in the modified push up position to decrease difficulty. **You should feel this in your chest and shoulders. Do 3 sets of 6 reps on each arm.



Level 2: Valslide® Push up fly (not pictured)

Start in a regular push up position. Place the Valslide® under each hand. As you lower in push up position, slide both Valslides slightly out to the side. Pull the hands in as you push back up. Finish reps and repeat on the other side. Perform this exercise in the modified push up position to decrease difficulty. Do 3 sets of 10 reps.

Level 3: Valslide® Elevated Push up fly

Start in a regular push up position with your feet elevated on a step. Place the Valslide® under both hands. As you lower in push up position, slide your Valslides slightly out to the side. Pull the hands in as you push back up. Finish reps and repeat on the other side. Perform this exercise with one Valslide® at a time to decrease difficulty. Do 3 sets of 10 reps.

