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To Whom it May Concern,

The Thigh Glider is a unique tri-plane exercise device that targets the muscles of the inner thigh, outer thigh, glutes (butt), core, pelvic floor, and the muscles deep in the hip known as the hip rotators. Due to its unique design it can work all these muscles in a single movement. It will target the inner thighs more on the adduction (bringing the thighs together) phase of the movement. The glutes are targeted the whole time, but especially in the thigh adduction phase if you lift your hips to the T-bar (center handle/support). The outer thighs are worked in thigh abduction (bringing the thighs out when the resistance bands are on the (inside of the machine)). The hip rotators are also most effectively recruited with this movement. The core is worked the whole time, but especially in a tall kneeling position with the hips extended. Both the core (specifically the transversus abdominis) and the hip rotators- attach to the muscles known as the pelvic floor. By engaging these muscles we automatically work the pelvic floor and create increased tone/ strength in these muscles. Which is why the ThighGlider was the first ever infomercial device to claim to work the pelvic floor (the muscles that provide continence/ bladder control). If you have any further questions or if you want more detail I would be glad to expound on it.

Sincerely,

Mark Basil, MES,CPT,CES,HLC