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Valslides: What Are They, Quick Review & Exercises You Can Do With Them

What Are Valslides?

[Valslides](#) were created by celebrity fitness trainer Valerie Waters. They take the same function as a slideboard, but at a fraction of the cost (about 1/10) and they are much more portable. Valerie uses them to train hollywood celebrities and even top fitness trainers like Alwyn Cosgrove recommend them.

They are two sliding discs that you can place under your feet or hands that allow you to perform exercises that you couldn't easily do otherwise.

Valslide Review

The Valslides slide well on most surfaces (if you also have the booties for using them on tile or hardwood or other similar floors). The foam is comfortable and doesn't slide off your hands or feet (I've tried both bare foot & in shoes).

They can be used to do a lot of exercises that can't be easily done otherwise, and they make basic exercises like side & reverse lunges more effective and easier on your joints. Alwyn Cosgrove says with 8 square feet, a Valslide & maybe a miniband he'll break anyone. From my experience, they are really are that good.

See my more in-depth review here:

[Valslide Review](#)

Valslide Exercises

There are a lot of exercises you can do with Valslides. I've made a number of short video demonstrations of them and made a playlist on Youtube here:

[Valslide Exercises](#)

And here are a few of the most popular exercises:

Compilation of Valslide Exercises

[youtube=http://www.youtube.com/watch?v=r2nv5Vg0-pQ]

This video is a compilation of a bunch of Valslide exercises - it's just a sample of what you can do with Valslides. Notice how many of the exercises are adaptaptations of regular bodyweight exercises. The Valslides make them smoother (no "jumping" motion, which is easier on your joints) and work different muscles as you're performing a slide, not a jump.

Valslide Side Lunge

[youtube=http://www.youtube.com/watch?v=GjepDseTGgA]

The side lunge is a very basic exercise, but the Valslide gives you a new variation that I've found is especially good for decreasing knee pain (or if you don't have knee pain, preventing it). Due to the sliding motion, muscles are worked the whole way through the motion rather than just the beginning and the end, which is great for building up the muscles around your knees.

Valslide Curtsey Lunge/Curtsey Squat

[youtube=http://www.youtube.com/watch?v=ZMlfkiLviIQ]

This exercise is a variation of the reverse lunge but also considered by some to be in the "squat" family of exercises.

Valslide Jack-Knife Push Up Combo

[youtube=http://www.youtube.com/watch?v=6A4UtHYAnGw]

This exercise combines the jack-knife with a push up - using Valslides of course. I haven't seen many people even mention the jack-knife exercise (I can only remember ever seeing it once actually), but it's a great exercise especially when combined with a push up.

Valslide Bodysaw Exercise

[youtube=http://www.youtube.com/watch?v=iyurZ-E8UeE]

The bodysaw is a great ab exercise. It takes the plank and turns it into a sawing motion, giving you a great plank variation. A variation of this you can do without Valslides is to just rock forward and back on your toes. I do both for variation, but I've had problems with my achilles tendon in the past, so I prefer the Valslide version, but both work your muscles slightly differently so I recommend doing both variations.

Valslide Crawl Exercise

[youtube=http://www.youtube.com/watch?v=zX5OX7Tj09k]

Ya ya, laugh all you want. I look stupid, the exercise looks stupid and it's probably not something you'd want to do in public. As of writing this post, 416 people have seen this video - meaning 416 people have seen me look stupid - one even called me a "kid". lol. Apparently I don't look my age. (Salespeople, Mormons, Jehova's Witness's & every other random person who shoes up at my door always ask me if my parents are home. I don't have the heart to tell them I own the house and my parents live 3 hours away).

And that's a quick overview of the Valslide.

Any questions about Valslides, comments or feedback I'd leave to hear about it - just leave a comment below.

And if you want to get yourself a pair of Valslides, visit <http://www.buyvalslide.com>

Shawn Horwood

P.S. If you buy a pair of Valslides from the link above, let me know and I'll send you my 3 favorite short Valslide workouts.

You can also find this article published on [Valslides: What Are They, Quick Review & Exercises You Can Do With Them](#), and on the tag pages [buy valslide](#), [val slide](#), [val slides](#), [valslide](#), [valslide exercises](#), [valslide reviews](#), [valslide workout](#), [valslices](#).