

precor fts glide exercises

Precor FTS Glide Exercises are a revolutionary approach to strength training that combines the benefits of functional movement with the versatility of a cable system. The Precor FTS Glide machine is designed to facilitate a wide range of exercises that enhance strength, stability, and overall fitness. This article delves into the various aspects of Precor FTS Glide exercises, including their benefits, techniques, and some effective workout routines to incorporate them into your training regimen.

Understanding the Precor FTS Glide Machine

The Precor FTS Glide is a unique piece of equipment that utilizes a dual cable system, allowing for a wide range of motion and exercise variations. The machine enables users to perform unilateral and bilateral exercises, targeting multiple muscle groups simultaneously. Its design promotes functional training, making it suitable for athletes, fitness enthusiasts, and anyone looking to improve their strength and conditioning.

Features of the Precor FTS Glide

- **Dual Cable System:** The machine consists of two adjustable cables that can be positioned at various heights, allowing for a full range of motion.
- **Free Movement:** Unlike traditional weight machines that restrict movement to a fixed path, the FTS Glide allows users to perform exercises in a more natural and functional way.
- **Adjustable Resistance:** Users can easily adjust the resistance levels, accommodating different fitness levels and training goals.
- **Compact Design:** The FTS Glide is designed to fit in smaller workout spaces while providing a versatile training option.

Benefits of Precor FTS Glide Exercises

Precor FTS Glide exercises offer numerous benefits that can enhance your fitness journey. Here are some key advantages:

1. Improved Functional Strength

Functional strength is crucial for everyday activities and athletic performance. The FTS Glide machine promotes exercises that mimic real-life movements, helping users build strength that is transferable to daily tasks and sports.

2. Enhanced Stability and Coordination

Using the FTS Glide requires balance and coordination, which can improve overall stability. Engaging core muscles while performing exercises on the machine helps develop better body awareness and control.

3. Versatility and Variety

The FTS Glide allows for a wide range of exercises, making it easy to switch up your routine and target different muscle groups. This variety can prevent workout monotony and keep you motivated.

4. Joint-Friendly Training

The adjustable cables enable a more natural range of motion, which can be easier on the joints compared to traditional weight machines. This can be particularly beneficial for individuals recovering from injuries or those with joint issues.

5. Customization for All Fitness Levels

Whether you are a beginner or an advanced athlete, the FTS Glide can be customized to suit your fitness level. Adjusting the resistance and varying the exercises allows for progressive overload, which is essential for muscle growth and strength development.

Effective Precor FTS Glide Exercises

Incorporating a variety of exercises into your workout routine is essential for achieving balanced strength and conditioning. Below are some effective exercises you can perform on the Precor FTS Glide.

1. Cable Chest Press

The cable chest press targets the pectoral muscles, triceps, and shoulders.

- Setup: Adjust the cables to shoulder height. Stand in the center with one foot forward for stability.
- Execution:
 1. Grab the handles with palms facing down.
 2. Press the handles forward until your arms are fully extended.
 3. Slowly return to the starting position.
- Repetitions: Aim for 3 sets of 10-12 reps.

2. Cable Row

This exercise focuses on the upper back, biceps, and shoulders.

- Setup: Adjust the cables to a lower setting. Stand with your feet shoulder-width apart.
- Execution:
 1. Grab the handles and pull them towards your torso, keeping your elbows close to your body.
 2. Squeeze your shoulder blades together at the peak of the movement.
 3. Slowly return to the starting position.
- Repetitions: Aim for 3 sets of 10-12 reps.

3. Lateral Raise

Lateral raises are excellent for shoulder development.

- Setup: Adjust one cable to the lowest setting. Stand side-on to the machine.
- Execution:
 1. With the opposite hand, grab the handle and lift it laterally to shoulder height.
 2. Keep a slight bend in your elbow and avoid swinging the body.
 3. Return to the starting position.
- Repetitions: Aim for 3 sets of 10-15 reps per arm.

4. Cable Squat to Row

This compound exercise targets the legs, back, and core.

- Setup: Adjust the cables to a low setting. Stand facing the machine.
- Execution:
 1. Hold the handles with both hands and perform a squat.
 2. As you rise, pull the handles towards your chest in a rowing motion.
 3. Return to the starting position and repeat.
- Repetitions: Aim for 3 sets of 10-12 reps.

5. Cable Woodchop

This exercise is excellent for core engagement and rotational strength.

- Setup: Adjust one cable to the highest setting. Stand side-on to the machine.
- Execution:
 1. Grab the handle with both hands above your shoulder.
 2. Rotate your torso and chop down diagonally across your body.
 3. Return to the starting position and switch sides.
- Repetitions: Aim for 3 sets of 10-12 reps per side.

Incorporating Precor FTS Glide Exercises into Your Routine

To maximize the benefits of Precor FTS Glide exercises, consider the following tips:

1. Create a Balanced Workout Plan

Incorporate a variety of exercises that target different muscle groups to create a well-rounded workout. Aim to include both upper and lower body exercises, as well as core-focused movements.

2. Focus on Form and Technique

Prioritize proper form and technique over lifting heavier weights. This will help prevent injuries and ensure you are effectively targeting the intended muscle groups.

3. Gradually Increase Resistance

As you become more comfortable with the exercises, gradually increase the resistance to continue challenging your muscles. This progressive overload is key to making consistent strength gains.

4. Allow for Recovery

Ensure you allow adequate recovery time between workouts to promote muscle repair and growth. Incorporating rest days is essential for optimal performance.

5. Combine with Cardiovascular Training

For a complete fitness routine, consider combining FTS Glide exercises with cardiovascular training. This can enhance your endurance and overall fitness level.

Conclusion

Precor FTS Glide exercises offer a diverse and effective way to enhance your strength training routine. With their emphasis on functional movement, stability, and versatility, these exercises can be beneficial for individuals at any fitness level. By incorporating a variety of movements and focusing on proper form, you can achieve your fitness goals and improve your overall strength and conditioning. Whether you are new to strength training or an experienced athlete, the Precor FTS Glide machine can be a valuable addition to your workout regimen.

Frequently Asked Questions

What is the Precor FTS Glide system?

The Precor FTS Glide is a functional training system that utilizes a cable pulley system to offer a wide range of resistance exercises, allowing users to perform movements that mimic everyday activities.

What are the benefits of using the Precor FTS Glide for strength training?

The Precor FTS Glide provides versatility in workouts, enhances muscle activation, improves core stability, and allows for functional movements that translate to real-life activities.

Can beginners use the Precor FTS Glide?

Yes, beginners can use the Precor FTS Glide as it offers adjustable resistance and a variety of exercises that can be tailored to different fitness levels.

What types of exercises can be performed on the Precor FTS Glide?

Exercises include cable rows, chest presses, lateral raises, squats, lunges, and core stabilization movements, among others.

How does the FTS Glide compare to traditional weight training?

The FTS Glide offers a more functional, dynamic movement pattern compared to traditional weight training, which often relies on fixed positions and machines.

Is the Precor FTS Glide suitable for rehabilitation exercises?

Yes, the Precor FTS Glide can be used for rehabilitation purposes as it allows for controlled, low-impact movements that are beneficial for recovery.

What is the recommended frequency for workouts on the Precor FTS Glide?

For optimal results, it is recommended to use the Precor FTS Glide 2-3 times per week, incorporating it into a balanced workout routine.

Can the FTS Glide be used for group training sessions?

Absolutely! The FTS Glide is great for group training as multiple users can engage in different exercises simultaneously, fostering a dynamic workout environment.

What safety precautions should be taken when using the Precor FTS Glide?

Users should ensure proper setup, use correct form, start with lighter weights, and consult a trainer if unsure about any movements to prevent injury.

Where can I find a Precor FTS Glide to try out?

You can find the Precor FTS Glide at many commercial gyms, fitness centers, and some sports equipment retailers. Additionally, many gyms offer trial memberships to try before you buy.

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