

The Power Behind Performance®

Pro Slide Board™- 8 ft **Pro Slide Board™- 10 ft**

Safety Information:

- Inspect slide board to ensure it is free of debris that may impair movement
- Never use the slide board alone; users should have the assistance of a spotter
- Wear athletic shoes with closed toes and heels; booties must be worn over shoes; ensure the booties are clean after each use before storing. Do not wear booties outdoors or off the slide board.
- Knee pads, elbow pads, and/or helmets may and should be worn for additional protection.
- Only use slide board in open area away from clutter and sharp objects.
- The slide board is not a toy and should not be used as such or modified in any way.
- Consult with your physician before beginning this or any other exercise program. Power Systems assumes no responsibility for risk of injury to user or others.

For more information about the Pro Slide Board™
and other training products and programs, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Basic Slide

Start: Stand with the feet together, right foot touching the right side of the board. Bend the knees slightly and engage the abdominals.



Action: Using the right leg for power, slide the left foot out slightly and push off with the right foot, propelling the body to the other end of the board. The left foot stays in contact with the board at all times. Bring the feet back together at the left side of the board and repeat in the opposite direction.

Squat Slide

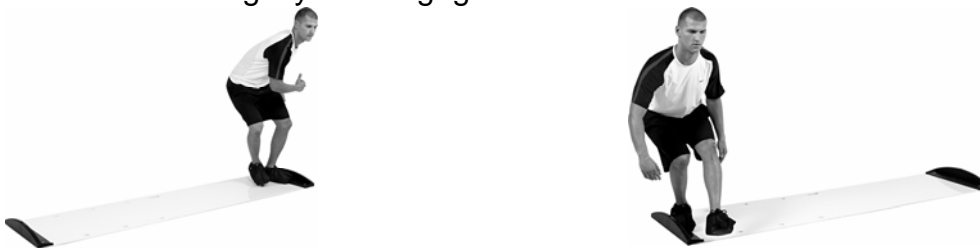
Start: Stand with the feet together, right foot touching the right side of the board. Bend the knees and engage the abdominals. Body is tall, back straight.



Action: Push off from the right side of the board, sliding the left foot out. Bend further into the knees, lowering the body as it crosses the middle of the board, then raising it as the other end of the board is reached. Move should simulate a squatting motion or U-shape as the body moves from side to side.

One-Legged Squat

Start: Stand with the feet together, left foot touching the left side of the board. Bend the knees slightly and engage the abdominals.



Action: Using the left leg for power, slide the right foot out slightly and push off with the left foot, propelling the body to the other end of the board. The right foot stays down at all times. When the other end of the board is reached, slowly lift the left foot and lower into a one-legged squat on the right side, being careful to maintain control and balance. Repeat on the other side.

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Skater Slide

Start: Stand with the feet together, abdominals engaged.



Action: Perform the standard slide, altering the ending by performing a hamstring curl (heel to glute) with the inside leg. Repeat on the opposite side.

Leg Slide

Start: Stand facing the narrow end of the board, feet roughly hip distance apart. The toes should be touching the end of the board.



Action: Keeping the abdominals engaged, bend the knees until they are close to 90°. Staying low in the legs, keep the left leg still and slide the right leg back (almost straight) until the toe is the only part of the foot touching, then return to the start and repeat. Repeat a second set on the opposite side.

Push-Up

Start: Slide booties should be placed on the hands. Set up facing the slide, hands on the slide and body in a push-up position.



Action: Keeping the abdominals engaged and the neck in line with the straight back, perform a push-up (on the toes or knees). Slide one hand in and perform a close grip push-up or perform a tricep push-up (hands under shoulders, elbows go back and against body as body lowers). Slide hand back out and perform regular push-up. Repeat.

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