

# FITTERFIRST SLIDE BOARD

Off-Ice Training for On-Ice Performance  
TRAINING MANUAL



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PRINTED IN CANADA

# CONGRATULATIONS ON YOUR NEW SLIDEBOARD!

## Welcome to The Slideboard Team!

You have now joined the thousands of other well-balanced people using Fitterfirst products to increase their physical and mental health. The Slideboard you have purchased is an excellent choice in FUNctional training for improved athletic performance, greater confidence and faster rehabilitation. Your Slideboard is easy to assemble so you can get sliding right away!

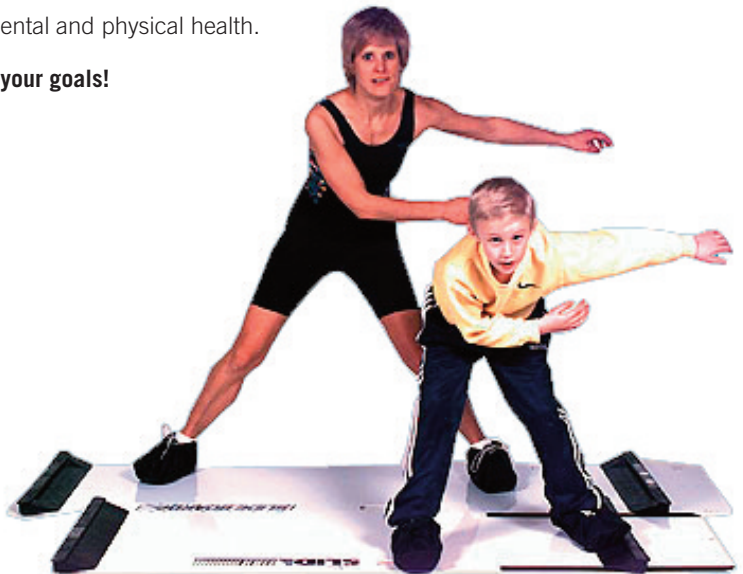
### SLIDEBOARD HISTORY & BENEFITS

Slideboard was developed and patented by Dr. Louis Keppler, renowned orthopedic surgeon and team physician for the Cleveland Indians. It is the original, patented design developed over a decade ago for its rehabilitative effects. Professional, elite and week-end athletes alike can benefit from this unique training tool.

Members of the NHL, NBA, NFL, Major League Baseball, professional cycling, skiing and in-line skating and speed skating have added Slideboard to their training regiments, utilizing both the 7-foot and 8-foot models. We're confident that you, too, will get maximum benefits from training with this low-impact lateral training exerciser. Slideboard will help you:

- Develop lateral strength, power and endurance.
- Improve balance and agility.
- Increase speed and flexibility.
- Improve cardiovascular endurance.
- Prepare for any athletic competition desired.
- Improve mental and physical health.

**Good luck in reaching your goals!**



# SLIDEBOARD INSTRUCTIONS

## SLIDEBOARD ASSEMBLY

- Slideboard package includes board (1), bumpers (2), booties (2), screws (2).
- Place the Slideboard with non-stick surface down and logo across the top.
- Insert one bumper into wide end of the holes on the right-hand side of the board and push bumper outwards to lock in position. Affix this bumper to the Slideboard with screws.
- Insert other bumper into wide end of the holes at desired position on left-hand side of the board and push bumper outwards to lock in position. This adjustable bumper should not be affixed with screws.
- Bumpers will be angled slightly outward when locked in place.
- Ensure bumpers are secure before use.



## SLIDEBOARD MAINTENANCE & SAFETY

Use the following guidelines to use your Slideboard safely and to keep it in great shape:

- Be sure to clean the Slideboard floor area of small pebbles, stones, or dirt and move all objects away from Slideboard area for safety. If necessary have a person stand behind you for spotting purposes.
- The sliding surface will get scratched with normal wear and tear. This will not, however, hinder the sliding action. If sliding surface is too slow, apply a small amount of polishing spray (Pledge) and wipe down the entire surface of the Slideboard.

*CAUTION: Be aware of speed changes that could lead to injury due to a smoother, more slippery surface after cleaning.*

- If non-slip pad is not working properly, it may be dirty. Wipe down with damp cloth and allow to dry, then it is ready for use.
- The two best ways to preserve the natural slide of the board are wearing clean booties during use and storing Slideboard properly after use.
- Do not wear slide booties on any surface other than the Slideboard. If the booties are worn away from the Slideboard, they pick up particles, which can scuff the surface of the board. For best results, do not use footwear that is worn outdoors. They can pick up particles that can cause unnecessary wear on the slide booties, or on the Slideboard surface.
- Make sure the slide booties are always worn over cross-training footwear to prevent injury from the sliding action required.
- Do not leave the Slideboard in extreme heat or cold. Keep it at room temperature. Avoid direct sunlight on the Slideboard to prevent permanent damage to the board.
- The Slideboard is safe when used properly however a helmet as well as knee and elbow pads are strongly recommended for maximum protection.
- Don't store board in upright position.

# USING YOUR SLIDEBOARD - BASICS

## BASIC TECHNIQUE

- Train with the proper posture and technique.
- Keep your head angled upwards, shoulders and hips parallel to the Slideboard.
- Bend your upper body slightly from the hips at about 45°.
- Push off each side of the Slideboard with your outside foot positioned on the slope of the bumper, and your knees bent at about 90°. Start with both feet together and under your body on the push-off.
- Aim for full extension of your leg and ankle at the end of each push.
- After reaching the opposite side, repeat the cycle by returning your feet under your body and push off again.
- Repeat this cycle and exercise as often as desired.

## STRETCHING

- Stretch your legs and back before and after each workout.
- Start slowly to give your body time to warm up.

## BALANCE & RHYTHM

- When you are familiar with the technique required, you should be able to glide back and forth.
- Unlike skating, the slide leg is slightly outside the upper body. Return the stride leg as close to the board as possible so that it will quickly be in position to become the slide leg or glide leg.

## ARM PLACEMENT

- Hold your arms alongside your body and bent, like a runner.
- Adjust your arm position to your specific sport technique to further tailor your workout.

## PROPER MECHANICS

- Using improper mechanics can lead to injuries.
- Start slowly and concentrate on proper slide technique to allow for proper stance and procedure to prevent injury and maximize training benefits.



# USING YOUR SLIDEBOARD - ADVANCED

## CROSS TRAINING PROGRAMS

All sports require split second movements and many of the most explosive movements are in a lateral direction. So, while you may train hard, conventional exercising methods only prepare you for that particular skill or need. This leaves you with a lateral weakness and a higher risk of injury. The Slideboard is an effective training tool to enhance lateral movement skills and to reduce your risk of sports related injuries.

### **Program #1 Four Parts Rest-One Part Work**

20 seconds at full speed (with proper mechanics) followed by 1 minute and 20 seconds of rest. Repeat this sequence 10 times for your workout.

### **Program #2 Four Parts Rest-One Part Work**

30 seconds at full speed (with proper mechanics) followed by 2 minutes rest. Repeat this sequence 10 times for your workout.

### **Program #3 Two Parts Rest – One Part Work**

45 seconds at full speed (with proper mechanics) followed by 90 seconds rest. Repeat this sequence 10 times for your workout.

### **Program #4 One Part Rest-One Part Work**

(for Advanced and World-Class Athletes)

One minute at full speed (with proper mechanics) followed by 1 minute of rest. Repeat this sequence 15 times for your workout.

## PROGRSSION

- Develop your own rest-to-work ratio program based on your goals and ability.
- Quality is the most important factor in any workout. That is, you'll get more out of your workouts by completing them with the proper mechanics and technique, without straining.

## ADVANCED TRAINING

- Cross-train with a friend who can help monitor your form and progress.
- If you or your training partner have access to a video camera, use it to tape your technique from the front and side angles. Weaknesses will show up on the tape, and can be corrected in future sessions.
- Use a training program made of three basic components: (1) endurance, (2) interval training and (3) tempo training
- Remember to review and maintain your technique through each part of your training.
- Organize your training to split up endurance, interval and tempo training on separate days and limit your sessions to less than 75 minutes.

# USING YOUR SLIDEBOARD - KEY BENEFITS

## **LATERAL STRENGTH**

The strength needed to resist lateral pressure inherent in dynamic sport movements.

## **POWER**

The rate at which work or a sport-specific skill is performed.

## **AEROBIC ENDURANCE**

The ability of your cardiovascular system to deliver oxygen to the working muscles for the duration the activity.

## **BALANCE**

Static and dynamic balance is essential for effective movement control and response.

## **SPEED**

The rate of motion at which you perform.

## **AGILITY**

Ability to move your limbs quickly and easily

## **JOINT STABILITY**

The ability of your joints to remain in, or return to, a state of equilibrium during dynamic movements.

## **PROPRIOCEPTION**

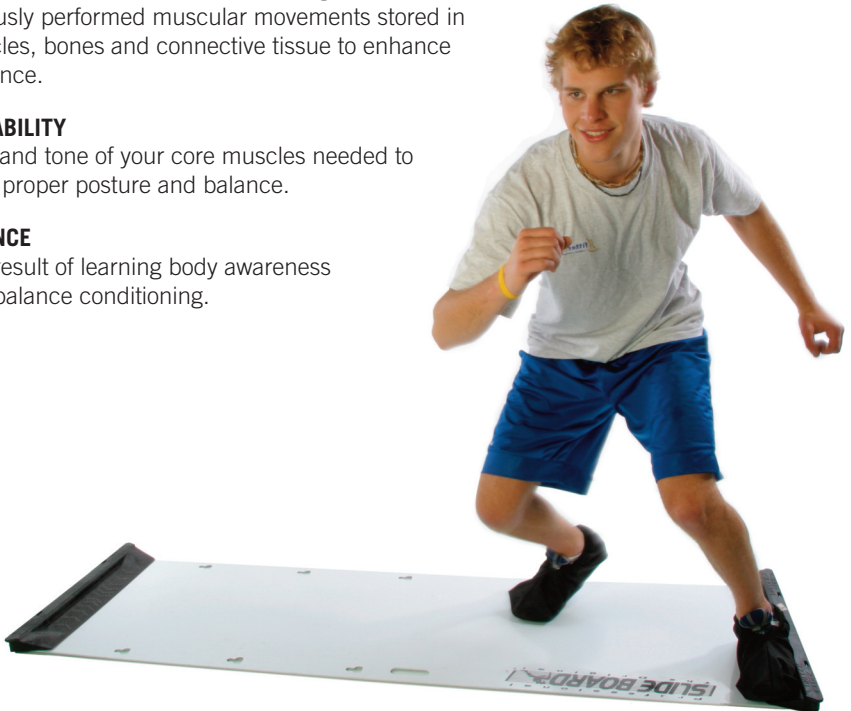
The body's internal mechanism for calling on 'memories' of previously performed muscular movements stored in the muscles, bones and connective tissue to enhance performance.

## **CORE STABILITY**

Strength and tone of your core muscles needed to maintain proper posture and balance.

## **CONFIDENCE**

A direct result of learning body awareness through balance conditioning.



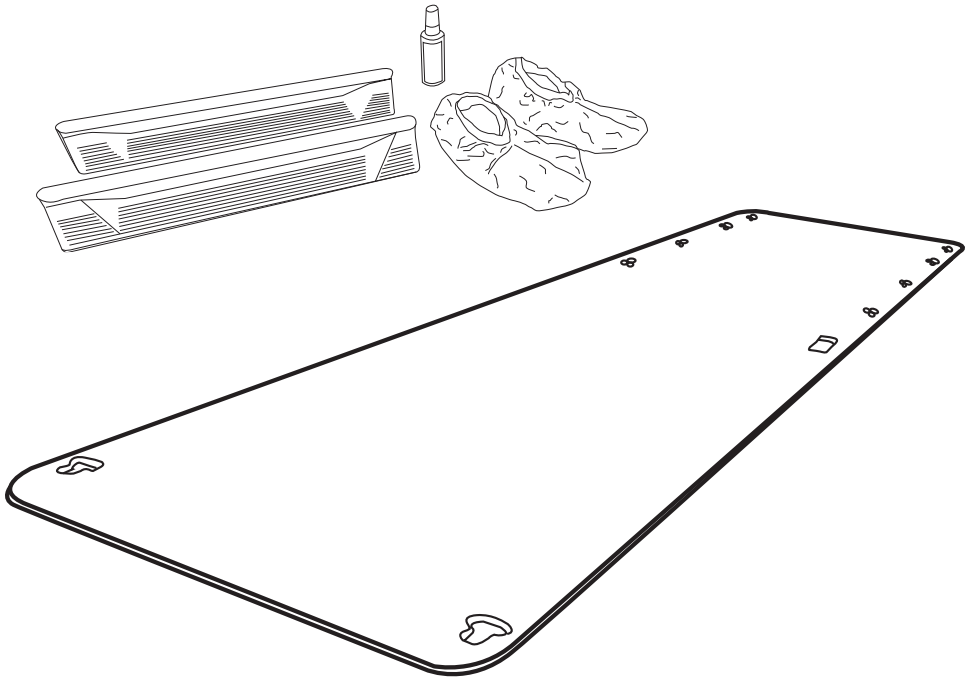
# WARNING DISCLAIMER NOTICE

- The slideboard is not to be used as a toy.
- For safety purposes, a certified protective helmet, kneepads, and elbow pads are recommended at all times.
- Keep the board in an open space, away from household furniture and sharp objects.
- Short pile carpet and hardwood floors work best for non-slip surface.
- Tennis or cross-country training footwear should be used for cushioning impact while wearing slide booties.
- Board should only be used by otherwise healthy Individuals.
- DO NOT MODIFY, alter, change the slideboard in any way.

*This product is designed to challenge and improve your balance skills. When using this or any other balance and fitness equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. Remember, the best protection from injury is a little common sense!*



# FITTERFIRST SLIDE BOARD



For additional information, questions or comments, please call us toll-free at 1-800-fitter 1 or visit us at [www.fitter1.com](http://www.fitter1.com)



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