



SLIDE BOARD

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Slide Board. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Slide Board discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Slide Board. Always modify exercises as needed for your fitness level.

NEW SLIDE BOARDS MAY NOT LAY COMPLETELY FLAT INITIALLY. ANY PROBLEM SHOULD AUTOMATICALLY CORRECT WITHIN THE FIRST FEW USES.

Use & Safety Instructions

1. Inspect Slide Board before and after every use for scratches, tears, or worn areas. If you find any defect, **DO NOT USE** and contact ProsourceFit Customer Service for a replacement.
2. Do not use Slide Board on concrete or other rough surfaces, which may weaken or scratch the board.
3. Ensure that all obstructions & sharp objects are removed from the workout area. Only use in a clear area to avoid damage to board, property, or other persons.
4. Only use Slide Board as intended and demonstrated in this guide for exercise purposes. Inappropriate use of the Slide Board may lead to serious injury, disfigurement or property damage.
5. The Slide Board is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
6. Always wear the booties when exercising on the Slide Board. Do not wear any other footwear on the board without the booties. Do not wear booties off of the Slide Board to avoid picking up particles that may scratch or harm the board.
7. Begin all exercises slowly and use smooth, controlled movements. Begin workouts slowly to build strength and stamina, especially if you are new to exercise. Do not perform exercises that are beyond your ability to maintain control.
8. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

Care & Storage Instructions

- 1.** Store in a cool, dry place away from moisture, heat, and direct sunlight.
- 2.** Wipe clean with a damp cloth and wipe dry. To make it more slippery, wipe clean with a damp cloth, wipe dry, then spray entire surface with silicon spray. Repeat as often as needed to maintain a slick surface.
- 3.** Use caution after cleaning, as the surface will be more slippery.

EXERCISE GUIDE

SPEED SKATER



- 1** Start at the left side of the board up with your left foot up against the edge.
- 2.** Bend your knees slightly, then lift your right foot up and powerfully push off the left foot toward the other end of the board while swinging your arms across your body for momentum. Let your right foot come back down to the board as you near the edge.
- 3.** Repeat on the other side, lifting your inside leg and propelling your body back to the start position.
- 4.** Continue sliding back and forth for 30 - 60 seconds, working up to longer times as you build strength and endurance.

ALTERNATING SIDE LUNGES



- 1.** Start standing in the middle of the board, facing the long end.
- 2.** Engage your core, then slide one leg out to the side, keeping it straight as you bend your standing leg. Sink down as low as you comfortably can, while pushing butt backward. Keep chest and head lifted and tall.
- 3.** Then, slide your straight leg back in toward your other foot as you press through your standing heel into a standing position.
- 4.** You can repeat all reps on the same leg before switching, or alternate each time. Complete 8 - 10 reps on each leg.

OBLIQUE KNEE TUCKS



1. Start in a push-up position on the board with feet together and core engaged.
2. Slide both knees in toward your chest, then twist your core and knees toward the outside of one elbow. Make sure to keep hips and glutes down as you tuck.
3. Kick both legs back to the start position, then repeat on the opposite side.
4. Repeat 10 - 20 times.

MOUNTAIN CLIMBERS



- 1 Start in a push-up position on the board with core engaged.
2. Slide one leg in toward your chest, bending your knee and keeping knee inside of your elbow.
3. Switch legs as quickly as possible, returning the first leg to the start. Repeat for 20 - 30 seconds.

FORWARD LUNGES



1. Start standing facing one end of the board with feet together.
2. Slide one foot forward into a lunge position, so both knees are bent at 90 degrees. Front knee should not go past your toe, and back knee should remain about 1 - 2 inches off the ground.
3. Pull foot back to the start position, then repeat. Complete 8 - 12 reps, then switch and repeat on the other leg.

BURPEES



1. Start standing near one end of the board, facing one end with feet together.
2. Squat down and place hands outside of feet, about shoulder distance apart.
3. Quickly send both feet back until your body is in a straight push-up position.
To make it harder, you can also add a push-up here.
4. Slide both feet back into the start position, then quickly stand back up.
5. Repeat 8 - 12 times.

SLIDING PUSH-UPS



- 1.** Place your hands inside the booties and begin in a high push-up position with hands on the mat and feet on the floor.
- 2.** Engage core, making sure hips don't sink or lift up into the air. Then slide both hands out to wider than shoulder-width, lowering your chest down toward the ground as you do so to perform a push up.
- 3.** Press back up and slide your hands back in to the start position.
- 4.** Repeat 5 - 10 times

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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