

SPRI[®] SLIDE BOARD

EXERCISE GUIDE



- Warm up before each session, and perform each selected exercise 3–5 times without the Slide Board.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Slide Board exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

SKATING STRIDE



START: Begin standing at one end of the board, knees slightly bent. Lean forward at a 45-degree angle with the core engaged.



MID: Activating the glutes, push off by keeping the outer foot next to the stopper and leading with the inner foot to slide across the length of the board. The inner foot will reach the opposite stopper.



FINISH: Continue sliding until the opposite foot comes to cross the board and lift into a skating position. Keeping the momentum, put down the lifted leg and push off again to cross back to the other side. Repeat exercise for desired amount of time. Rest, repeat when ready.

LUNGE



START: Begin standing up straight with one foot on the floor in front of the stopper, heel touching. Place the other foot on the board, toe touching the stopper.

FINISH: Activating the core, distribute the weight evenly as you slide the back foot behind you coming into a moving lunge position. Front thigh should be parallel to the floor and knee should not come over the toes. To come back to starting position, slowly slide the back foot forward bringing the toe to touch the stopper. Repeat exercise for desired amount of time. Rest, repeat on the opposite side.

45-DEGREE LUNGE



START: Begin standing up straight at one end of the board. Place one foot on the board and one foot on the other side of the stopper on the floor at a 45-degree angle.

FINISH: Activating the core, distribute the weight evenly as you slide the inner foot across the board coming into a moving side lunge position. The thigh of the standing leg should be parallel to the floor and knee should not come over the toes. To come back to starting position, slowly slide the inner foot back in toward the stopper. Repeat exercise for desired amount of time. Rest, repeat on the opposite side.

KNEE TUCK



START: Place hands on stopper and come to a push up position, back should be flat and muscles engaged.

FINISH: Squeeze shoulder blades and engage glutes while slowly bringing the knees in toward the chest. Hold for 1-2 seconds before pushing the knees out coming back to start position. Repeat exercise for desired amount of time. Rest, repeat.

MOUNTAIN CLIMBER



START: Place hands on stopper and come to a push up position, back should be flat and muscles engaged. Start the exercise by quickly pulling the left knee into the chest, keeping the right leg straight behind you, leg muscles engaged.

FINISH: Switch legs by simultaneously pushing the left bent knee back to straighten and pulling your right knee into the chest. These should be quick, controlled movements, pulling one knee into the chest while straightening the other leg. Repeat exercise for desired amount of time. Rest, repeat.

HAMSTRING CURL



START: Begin lying on the back with glutes in front of the stopper on the floor and place feet on the board, bent at 90 degrees. Activating the core push hips up to a bridge while keeping shoulders, neck and head on the floor.

FINISH: Keeping the hips up, core and glutes strong, push the feet out as far as is comfortable, resting the weight into the heels of the feet. Hold 1-2 seconds, slowly pull the feet back in to start position. Repeat exercise for desired amount of time. Rest, repeat.