SLACKLINE INDUSTRIES

SLACK STAND WORKOUT

BALANCE BASICS

1. STRONG STANCE
Step onto the SLACK STAND with one foot along the line. Raise arms overhead with the elbows above shoulders, find a focal point ahead of you and engage the abdominals to hold this balance pose for 15 seconds on each side. Try holding the stretch band to keep arms in the proper position.

2. TWO FOOTED BALANCE STANCE
Place the SLACK STAND near a wall so it can be used if there is difficulty balancing. Step onto the SLACK STAND with both feet keeping arms raised overhead, eyes forward and abdominals engaged to hold position for 15 seconds.

3. CLOSE STANCE WALKING LUNGES
Place the SLACK STAND near a wall so it can be used if there is difficulty balancing. Step onto the SLACK STAND with both feet in a close stance near one end. Using the arms overhead for balance, bend the knees and lower the body down to a lunge position then come back up. Take a step along the line and repeat the lunge, continue across the entire line.

4. SQUATS WITH CALF RAISES
Position two SLACK STANDs parallel to one another hip distance apart. Place one foot along each line standing with arms extended out at shoulder height. Slowly drop down into a squat position and then come back up beyond starting position into a calf raise.

5. SQUATS WITH KNEE LIFT
Position two SLACK STANDS parallel to one another hip distance apart. Place one foot along each line standing with arms extended out at shoulder height. Slowly drop down into a squat position and when coming back up shift weight to one side lifting the opposite knee to waist height. Alternate knees between each rep.

6. CROSS-LINE SQUATS
Position two SLACK STANDS parallel to one another a few inches apart. Come into a squat stance perpendicular to the lines so that each foot is touching both and extend arms out at shoulder height. Slowly drop down into a squat position and return to standing. Engage the core to help stay balanced.

7. FRONT LUNGES
Stand perpendicular to the middle of the SLACK STAND and place the ball of one foot on it. Position the back foot to be in a comfortable lunge position insuring the front knee is directly over the ankle at a 90 degree angle. Press down and up for the complete set then switch sides or try alternating lunges.

8. REAR LUNGES
Stand perpendicular to the SLACK STAND so it is behind you. Place one foot, toes down on the slackline and step forward to a comfortable lunge position keeping the front knee over the ankle at a 90 degree angle. Press down and up for the complete set then switch sides and add weights for a challenge.

9. ROTATING PLANKS
In the center of the line come into push up position engaging the core and keeping a straight back with hips down. Hold the position for 15 seconds then rotate into side plank,holding again before returning to center and switching sides.

10. PUSH-UPS
In the center of the line come into a comfortable push up position keeping the hips down and abdominals engaged. Push down so the chest touches the slackline and then come back up. For a challenge, try using two SLACK STANDS.

11. HOVERS
Sit perpendicular on the SLACK STAND and grip the line close to the body. Press down into hands lifting the body off the slackline and hold for 15 seconds.

12. TRICEP DIPS
Sit perpendicular on the SLACK STAND and place hands next to each hip on the line with the palms facing down. Bend the knees at a 90 degree angle, or for a challenge extend the legs and keep feet together or lift one extended leg. Slide the glutes off the line just slightly and lower down to just above the ground using the back of your arms to support body weight. Raise back up to line height again using the back of the arms to push your body weight back up.

13. SHOULDER PRESSES AND SEATED ROWS
A. Place the stretch band under the center of the SLACK STAND and sit on the line with legs extended so the stretch band is behind you. Grip the band in each hand with elbows bent and palms facing up at shoulder height. Press straight up until arms are fully extended and release to starting position.

B. Sit on the SLACK STAND facing down the line with one foot on the ground and the other leg extended on the line. Place the stretch band around the foot of extended leg and grip the band with both hands, arms extended and palms facing each other. Come into a solid seated position with a straight back at a 45 degree angle. Bend the elbows and pull the band straight back to the core squeezing the shoulder blades together then slowly release back to starting position.

14. BICEP CURLS AND TRICEP EXTENSIONS
A. With a set of hand weights, come onto the SLACK STAND with one foot on the line. Keep arms bent so elbows are at the hip and palms face up. Curl the hands up until they touch the shoulders, keeping the elbows close to the body at the hip then release until arms are extended at your side.

B. Place the stretch band under the center of the SLACK STAND and sit along the line directly on top of the band with knees bent and feet straddling the line or try extending one leg for an added challenge. Grip the band with both hands, palms facing each other and extend the arms fully overhead. Keeping the elbows very close to the ears and stationary, lower hands down until they are behind the neck then slowly extend back up to starting position.

15. BRIDGES
Lay down on the floor perpendicular to the SLACK STAND and place heels on the line hip width apart. Tilt the pelvis and raise glutes off the floor engaging the hamstrings and then release back down, keeping the glutes from touching the floor. For an added challenge lift one leg at a time isolating reps on either side.

16. KNEE TWISTS
Come into push up position perpendicularly facing the line with arms fully extended and toes touching the ground hip width apart. Raise one leg fully extended to glute height, then bring that knee slowly in toward the opposite shoulder and extend back out contracting the lower abdominals and obliques. Complete one set then switch legs.
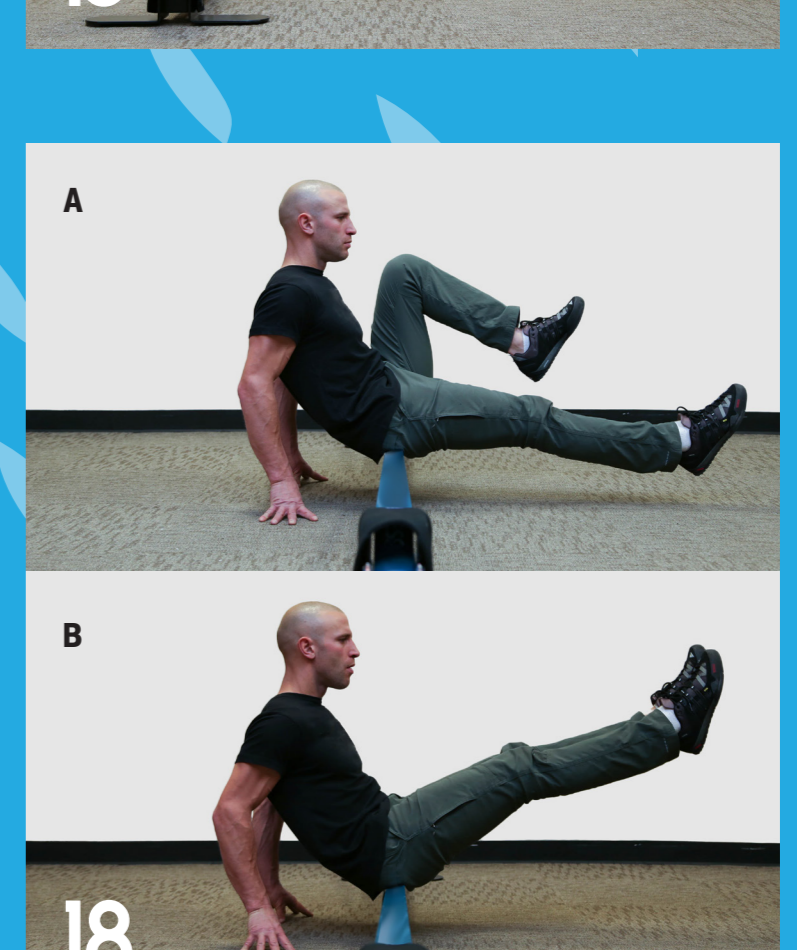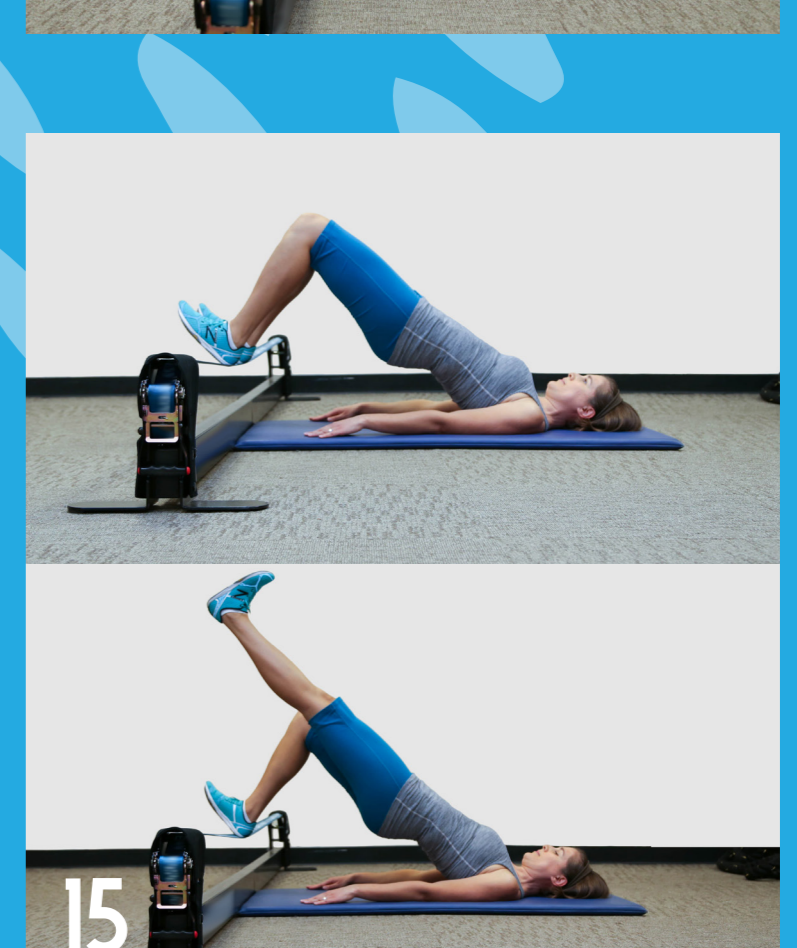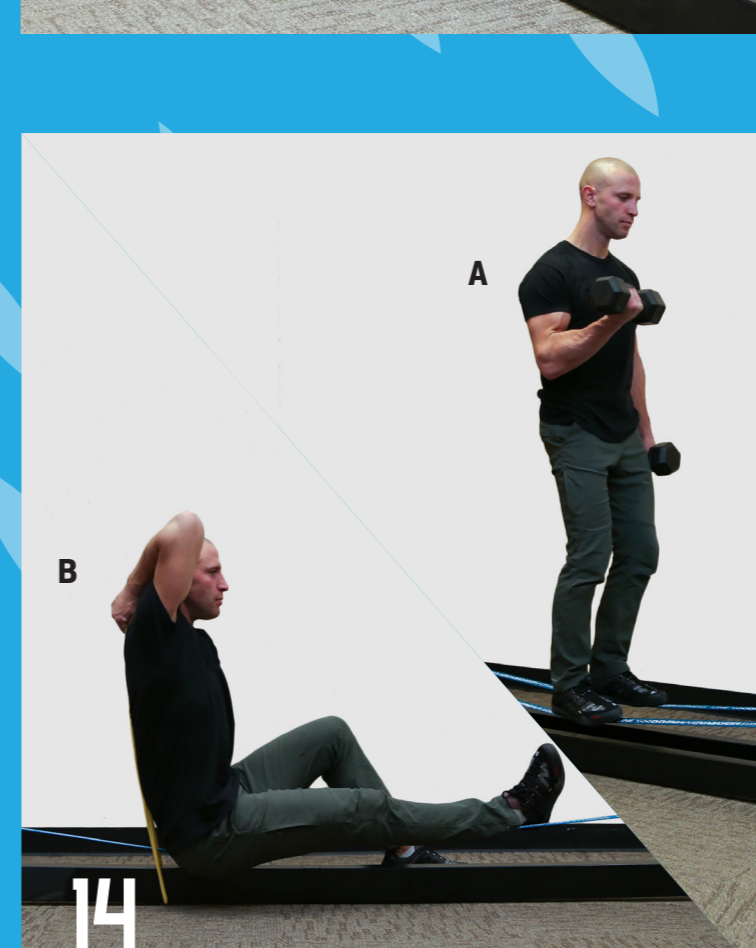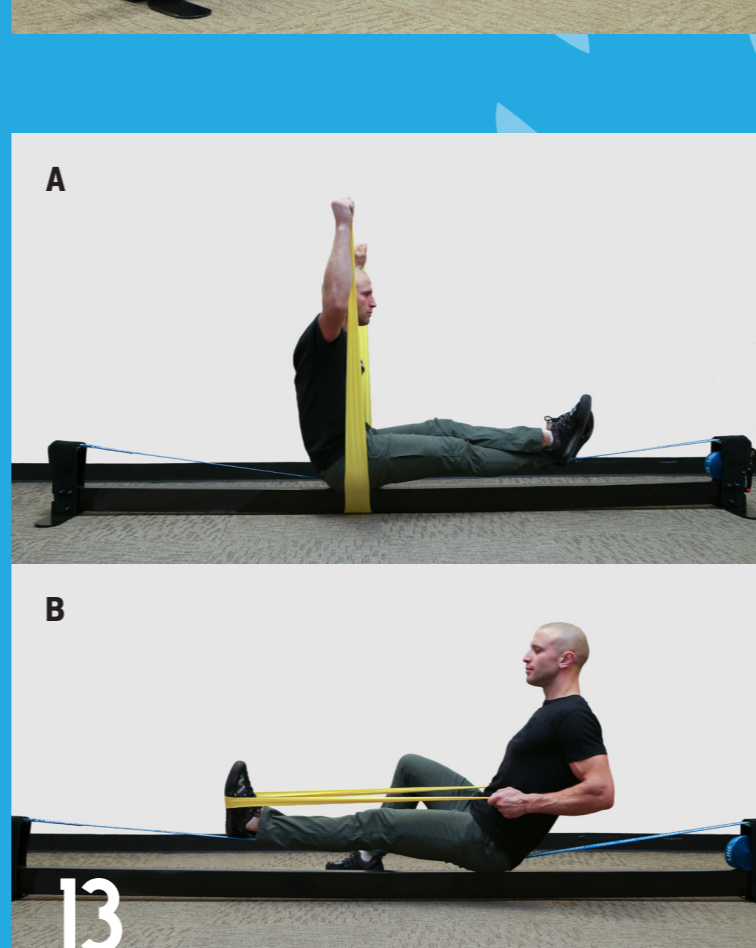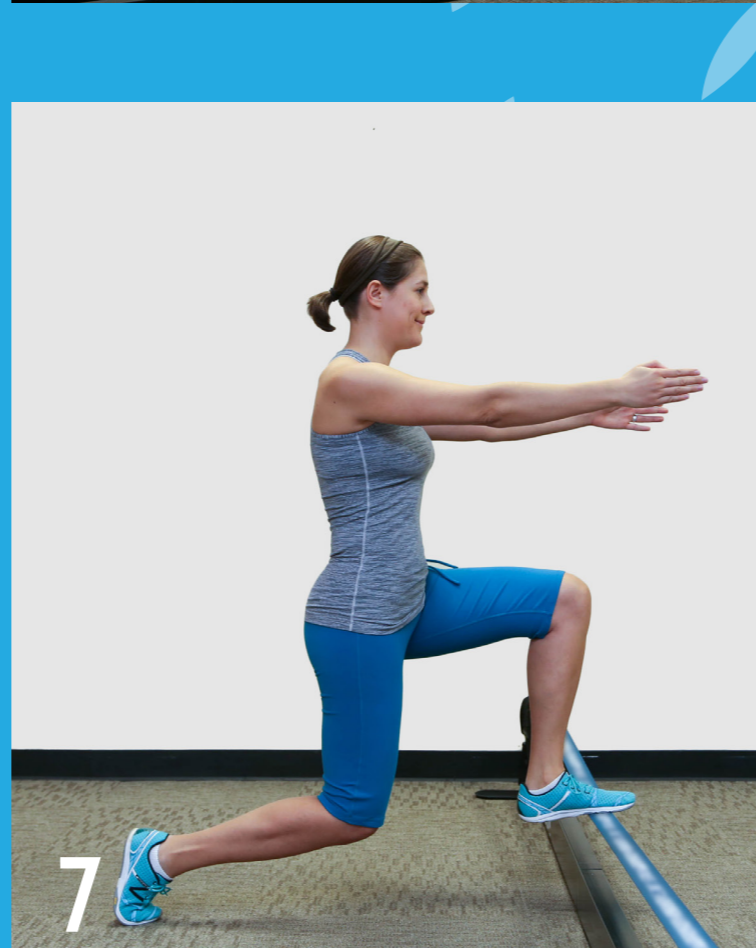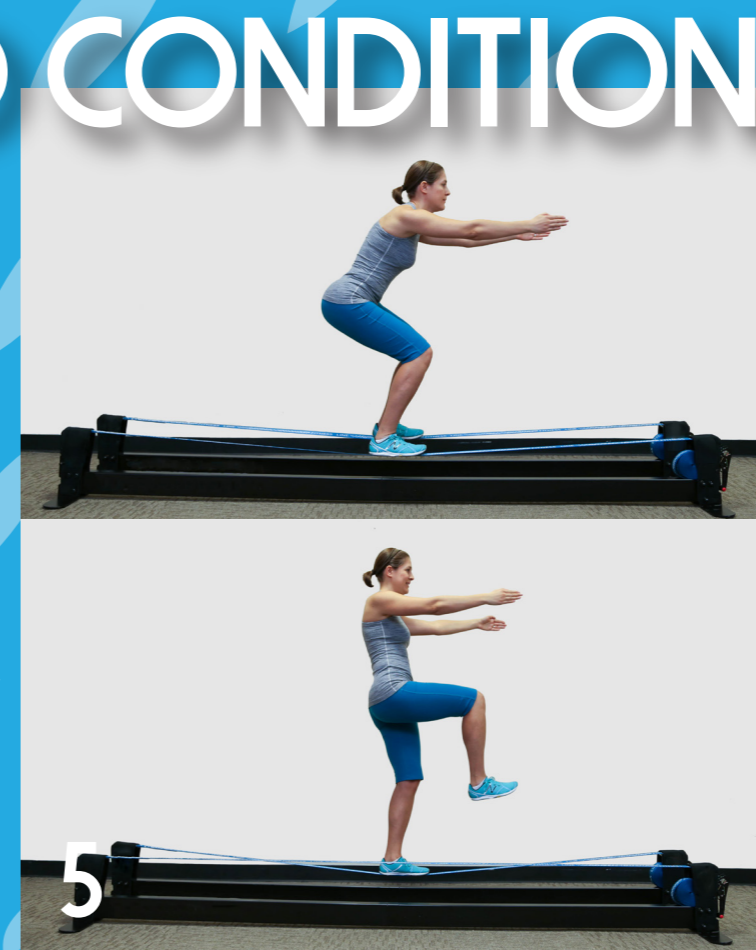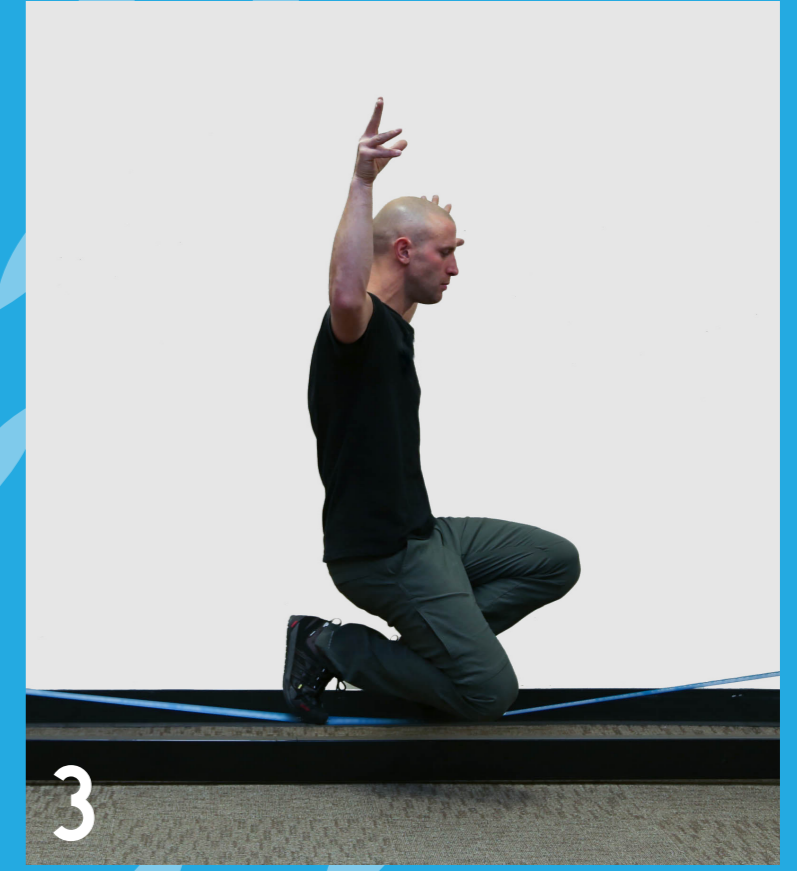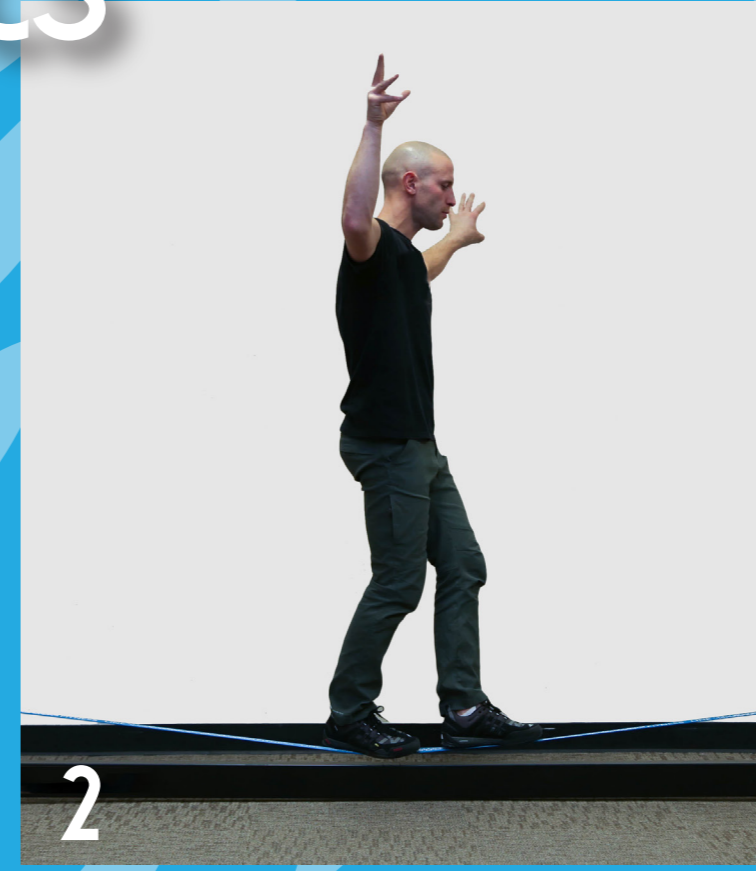
17. REVERSE CRUNCHES
Sit perpendicular on the SLACK STAND and support weight with hands behind the SLACK STAND touching the floor then lift the knees into the chest. Extend legs out with feet together and pull back into the chest engaging the lower abdominal muscles.

18. BICYCLES AND PIKES
A. Sit perpendicular on the slackline and support weight with hands behind the SLACK STAND touching the floor then lift knees into chest. Extend one leg out engaging the lower abdominal muscles and then switch legs.

B. Sit perpendicular on the slackline and support weight with hands behind the SLACK STAND touching the floor. Extend the legs out with heels on the floor and feet together. Lift straight legs up toward the ceiling and lower back down to just above the floor.

*Set suggestion is 10-15 repetitions per exercise and 2-3 sets. Every exercise can be done in one workout or divided by muscle group over several workouts.
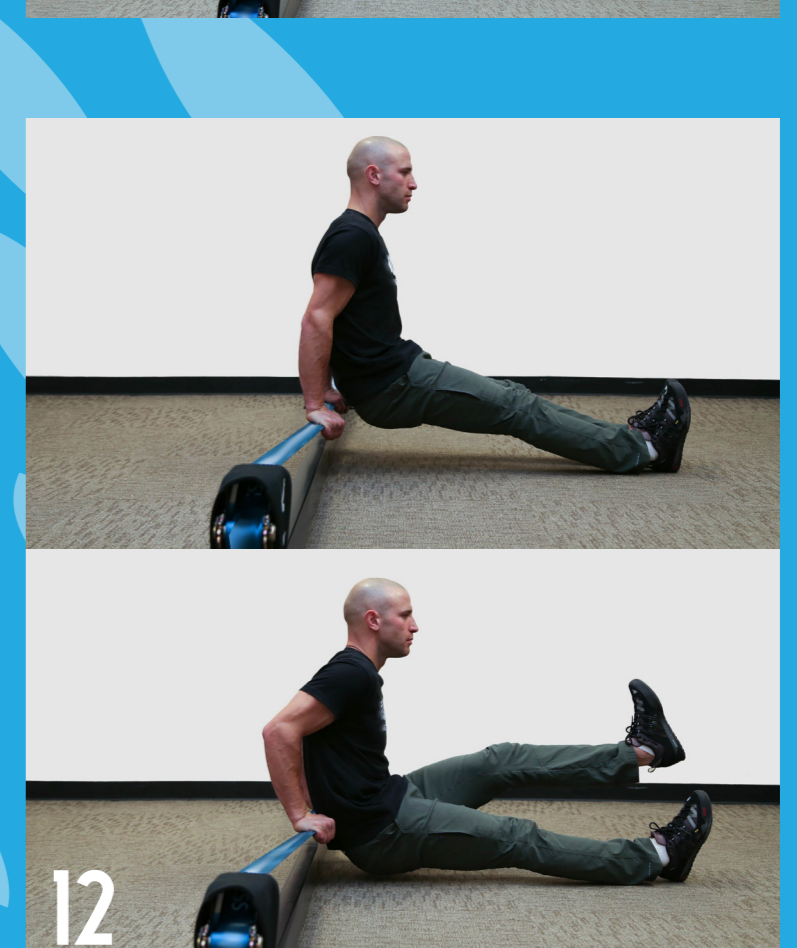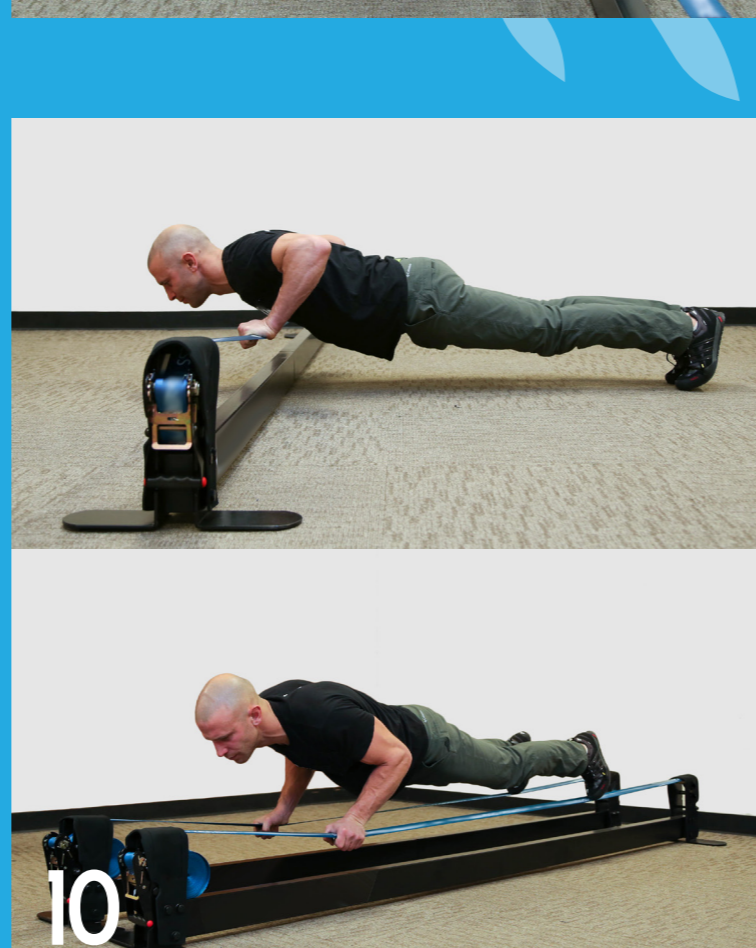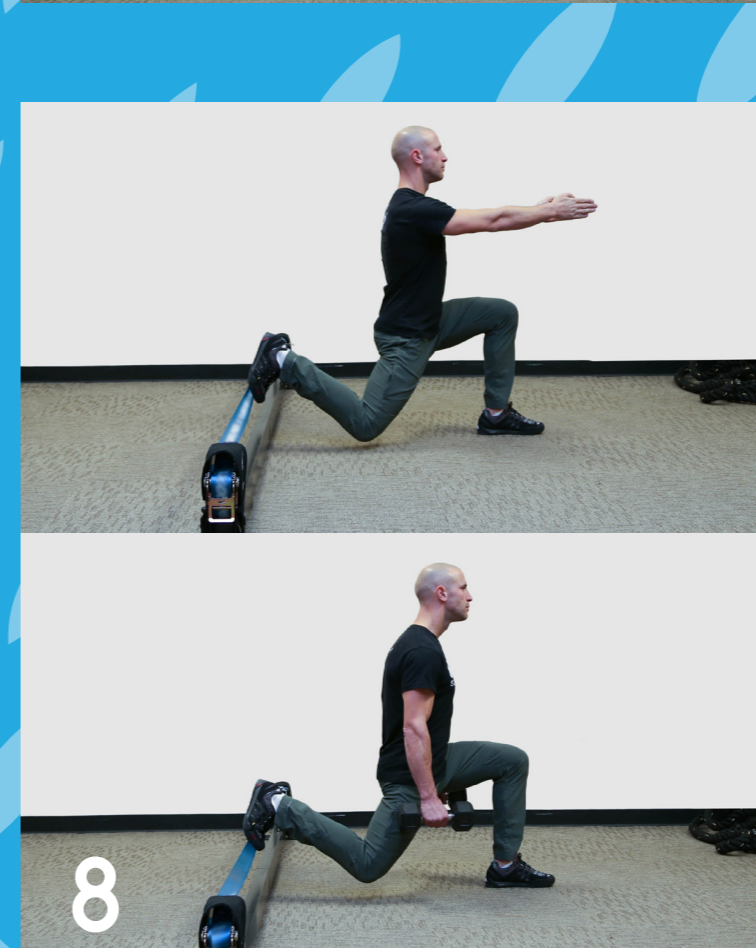
STRENGTH AND CONDITIONING

CORE TRAINING

WARNING: Before beginning any new exercise program, you should always consult your physician.