

# SLACKLINE INDUSTRIES

## QUADS



### 1. LEG PRESSES

Stand to the side of the slackline with one foot on it, toes pointing toward the anchor. Slowly press into the leg on the line to lift yourself to a standing position with arms raised for balance, then release back to the ground. Complete the set\* then switch sides.

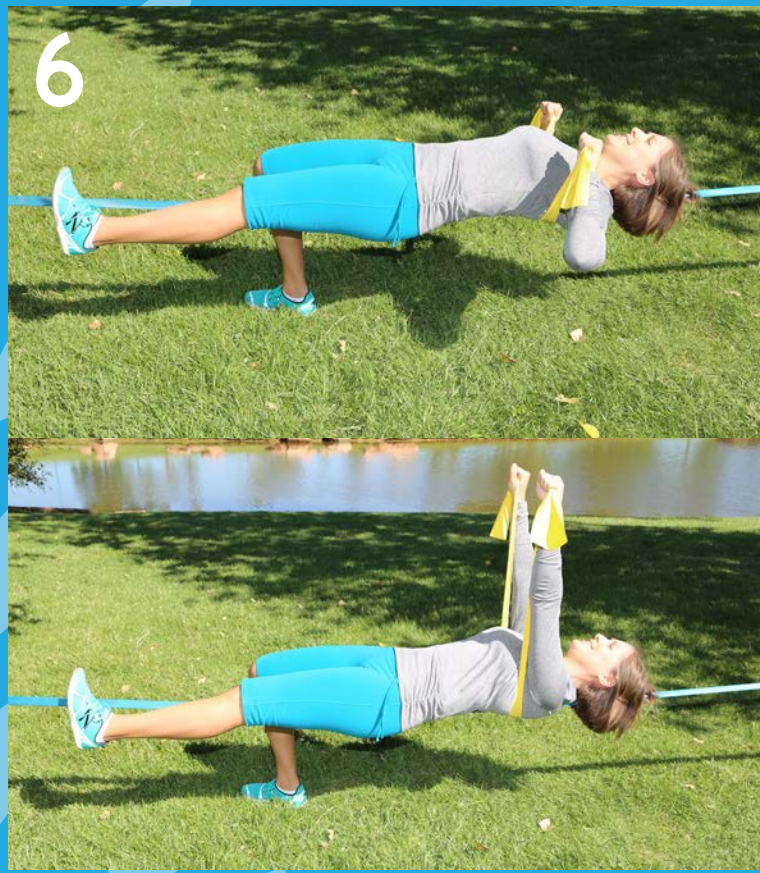
### 2. FRONT LUNGES

Stand at the middle of the slackline perpendicular to it and place the ball of one foot on it. Position the back foot to be in a comfortable lunge position ensuring the front knee is directly over the ankle at a 90 degree angle. Press down and up for the complete set\* then switch sides.

### 3. SQUATS

Stand with feet hip distance apart, perpendicular to the slackline so it is behind you. Keeping the chest lifted and arms out in front of you at shoulder height, squat down slowly until the glutes touch the slackline. Then, raise up.

## CHEST AND BACK



### 4. PUSH UPS

In the center of the line, wrap the comfort grips so they are shoulder width apart. Place hands on the grips and 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.

### 5. SEATED ROW'S

Sit on the slackline facing an anchor with one foot on the ground and the other leg extended on the line. Place the stretch band around the foot of the extended leg and grip the band with both hands. 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. Slowly release back to starting position.

### 6. CHEST PRESSES

Lay down on the slackline facing an anchor with knees bent and one foot on each side of the line touching the ground. For an added challenge, try extending one leg out and using the abdominal muscles to hold it up off the line. Place the stretch band under the line and your body at chest level. Grip the band with both hands, arms extended and palms facing the anchor in front of you. Bring the arms down to chest level, keeping the elbows square. Then press back up to starting position.

## GLUTES AND HAMSTRINGS



### 7. BACK LUNGES

Stand perpendicular to the slackline 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.

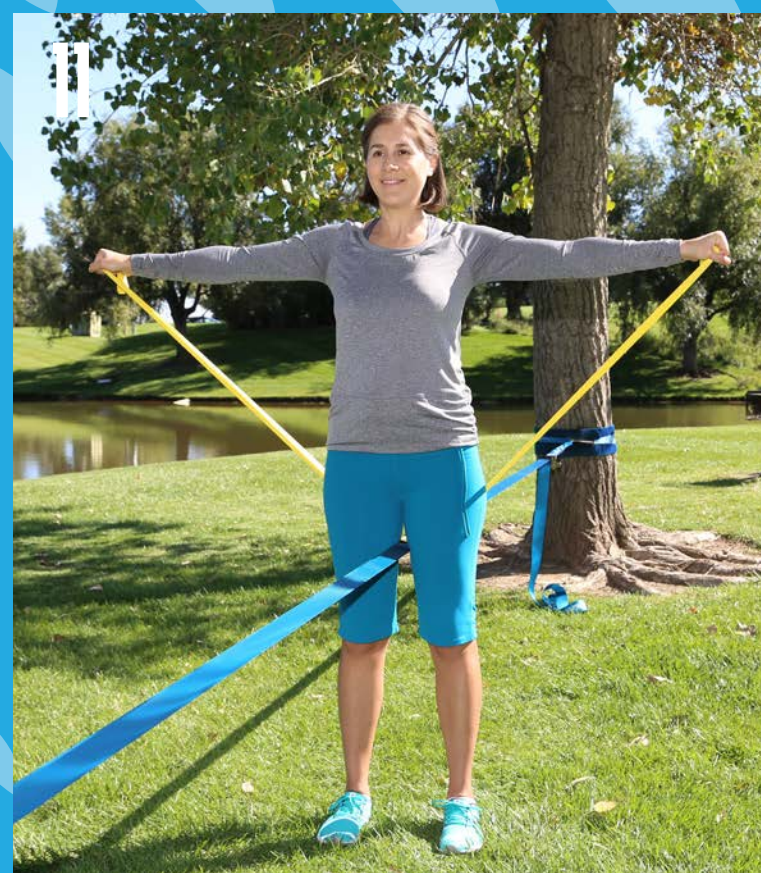
### 8. LEG RAISES

Wrap the comfort grips over the line in the center so they touch one another. Lay down perpendicularly over the slackline facing the ground so that the pelvis is in contact with the grips and the hands and feet are touching the ground. Place the hands shoulder width apart with arms extended. Extend the legs with toes touching the ground, hip width apart. Slowly lift the legs to the height of the line, engaging the lower back and glutes to lift. Release back down to the ground.

### 9. KNEE LIFTS

In the center of the line, wrap the comfort grips so they are shoulder width apart. Place hands on the grips and come into push up position keeping the hips down and abdominals engaged. Raise the right leg up to the height of the slackline, then bring the knee up along the outside of the body to touch the right elbow. Slowly release to starting position, keeping the foot off the ground. Complete a full set\*, then switch legs.

## SHOULDERS



### 10. FRONT RAISES

Wrap a comfort grip over the slackline in the center, and then wrap the center of the stretch band over the grip. Straddle the slackline facing an anchor so the stretch band is behind you. Grip the band with both hands arms at your side and palms facing down. Slowly lift the arms so they are fully extended in front of you at shoulder height and then release to starting position.

### 11. LATERAL RAISES

Wrap a comfort grip over the slackline in the center and then wrap the center of the stretch band over the grip. Straddle the slackline facing an anchor so the stretch band is behind you. Grip the band with both hands, arms at your side and palms facing in toward the body. Slowly lift the arms fully extended out from your side to shoulder height, then release to starting position.

### 12. SHOULDER PRESSES

Wrap a comfort grip over the slackline in the center, and then wrap the center of the stretch band over the grip. Straddle the slackline facing an anchor so the stretch band is behind you. Grip the band with both hands, elbows bent and palms facing up at shoulder height. Press straight up until your arms are fully extended. Release to starting position.

## BICEPS AND TRICEPS



### 13. BICEP CURLS

Wrap a comfort grip over the slackline in the center, then wrap the center of the stretch band over the grip. Stand to the side of the slackline facing the anchor and place one foot on the stretch band keeping it in front of the body. Grip the band with both hands, arms bent so the elbow is at the hip and palms facing up. Curl the hands up until they touch the shoulder, keeping the elbow close to the body at the hip. Release until arms are extended at your side.

### 14. TRICEP EXTENSIONS

Wrap the comfort grips over the slackline in the center, so they are touching one another. Sit on the grips perpendicular to the slackline and place the center of the stretch band under your glutes. Grip the band with both hands, palms facing each other and extend the arms overhead. Keeping the elbows very close to the ears, lower hands down until they are behind the neck, and then slowly extend back up to starting position.

### 15. TRICEP DIPS

Slide the grips out so they are shoulder width apart and sit on the slackline between the grips so you are perpendicular to it. Place hands on the grips with the palms facing down. Bend the knees at a 90 degree angle or for a challenge, extend the legs and keep your feet together, touching the ground. 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.

## ABS



### 16. PLANKS

In the center of the line, wrap the comfort grips so they are shoulder width apart. Come into push up position, perpendicularly facing the line using either your hands or elbows on the grips to support your body weight. Engage the core and keep a straight back with hips down for proper plank form. Hold the position for 30 seconds then release.

### 17. OBLIQUE LIFTS

In the center of the line, wrap the comfort grips so they are shoulder width apart. Come into push up position perpendicularly facing the line with arms fully extended. Rotate to one side to come into side plank. Your body weight should be supported by one arm, now looking at an anchor. Lower the hips down toward the ground and raise back up to side plank position using the side of your abdominals. Press down and up for a complete set\*, then switch sides.

### 18. KNEE TWISTS

In the center of the line, wrap the comfort grips so they are shoulder width apart. Come into push up position perpendicularly facing the line with arms full 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.

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

\*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.

# SLACKLINE WORKOUT GUIDE