

Slide



Slide can be used for:

- **A Warm-up Activity**
- **Cardiovascular Training**
- **Lower Body Workout**

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

Use of Slide:

1. Request a slide at the front desk
2. Roll-out slide with brand name right side up (enabling the sides to slant slightly outward at the top of the slide)
 - Place the tie cord safely under the edge of slide or, if unattached, away from slide
 - Use of the slide on the carpet versus the wood or concrete floor will slow the sliding action and may be preferred for a beginner to soften any possible fall
 - Put the booties over aerobic or cross-training tennis shoes (running shoes are not supportive of the lateral sliding movement required)
2. Moving on the slide
 - Place your foot next to one side of the slide edge with the feet together
 - Keep your knees and body slightly flexed maintaining the shoulders and hips aligned over your center of gravity as you push off the side of your foot from the edge of the slide.
 - Dragging the follow leg will slow the speed of your sliding
 - You must contact the opposite side of the slide edge to allow you to push-off again and return to the original slide edge
3. Roll the slide up with the bottom rolled inside and replace the tie cord for storage.
5. Check-out an instructional slide video in the library to learn variations of slide technique