

- Read entire instruction sheet before beginning your Slideboard training. Slideboard must be cleaned and waxed before first use.
- Due to improvements in safety and design, your Slideboard may appear different from the Slideboard on the web site.
- Be sure bumpers are properly positioned and securely locked into place before beginning to slide. SEE [“ASSEMBLING THE SLIDEBOARD”](#)

## HEALTH AND SAFETY INFO

**Warning-** Please consult your doctor before participating in this or any exercise program.

**Warning-** Until you are proficient in the use of the slideboard, work with another person who will stand facing you (but not on the slide) and hold your arms to help you keep your balance.

Children should always use this product with adult supervision.

If you feel faint or dizzy, or if any exercise causes pain or severe discomfort, stop the exercise immediately. Your heart rate is the best indicator of how hard you are working (see below). If you are on medication, exercise only at a level where you feel comfortable.

Remember to start slowly and progress at your own pace.

## SAFETY

- When the slide surface feels too slick, clean the slide surface and bumpers with a cotton towel soaked in warm water. Also, position the bumpers close together for greater control and safety.
- Please thoroughly review Care Instructions
- The Slideboard features specially-designed, angled and sloped bumpers for a natural “push off” to reduce impact on the knees and ankles.
- The Slideboard also features an attached, non-skid backing which provides excellent traction on any flat (clean) surface. Dust, wax or uneven floor surfaces can cause damage to the non-skid surface and can cause the slide to move or “walk” while the exercise is being performed.

## TRAINING ZONE

The best guide for determining the intensity of a cardiovascular workout is your heart rate. For best results, training range between 60% and 85% of your maximum heart rate is desired. This range allows you to improve your fitness level without working harder than your heart can handle. (See chart below)

### TEN SECOND HEART RATE

Age	60%	70%	80%
20-25	20	23	28
26-30	19	22	27
31-35	19	22	26
36-40	18	21	26
41-45	18	21	25
46-50	17	20	24
51-55	17	19	23
56-60	16	19	23

### To increase intensity

1. Add arm movement, medicine balls, stretch tube routines, Indian clubs, BodyBlades, etc,
2. Adjust bumpers to lengthen slide surface
3. Increase your stroke rate per minute
4. Decrease your stance closer and closer to a low speed skating stance

## SLIDEBOARD CARE INSTRUCTIONS

- When you first receive your board or if it gets really dirty, you will need to clean it with a water dampened soft cloth or if it is really dirty, add a little mild dish detergent and clean it up and let it dry before you wax it. Clean slide surface with ordinary, non-abrasive furniture polish such as Lemon Pledge and a clean cotton towel. Finish up by polishing off the excess furniture polish in a smooth circular motion with a dry section of the towel.
- Do not allow polish to build up on the slide surface. Do not polish the bumpers with furniture polish. Do not use a conditioner polish as it may have silicon in it and that will gum up your board so it is like mushy ice!
- The slickness of the slide will vary depending upon the amount of polish used/built-up on the slide surface.
- Clean bumpers only with warm water.

## Assembling the Slideboard

Read and follow all assembly instructions before beginning to slide.

1. **8 foot one piece boards ONLY** - Lay the Slideboard flat on the floor in front of you with the slick, white slide surface up and the handle hole facing you.
2. **10 foot 3 piece boards ONLY** – lay the 2 wood pieces down with the puzzle cut interlocked then roll out the sliding surface and match it up to the holes in the deck – you may have to flip it over and/or rotate it end for end to get everything to match up. The bumpers in the next step will hold everything together.
3. Place the right bumper down onto the right side of the Slideboard making sure the locking “key” pins are securely placed in the appropriate holes located on the Slideboard.
4. Now place the locking “key” pins on the bottom of the left bumper into the appropriate holes in the surface of the Slideboard. This bumper allows you to adjust the length of the Slideboard. This bumper must be placed into the corresponding holes only and locked down firmly before beginning to slide.
5. When both bumpers are securely fastened and placed in the appropriate hole positions as the diagram (III) indicates, you are ready to slide.
6. As a guide, beginners may position the bumpers close together. Intermediate sliders may position the bumpers at a greater distance.

## How to Slide!

- Place Slide socks (booties) over your athletic shoes before stepping onto the slide surface. It is best to use a shoe with rounded edges, not sharp angular edges like some running shoes; they will quickly wear through the booties at those edges. Also, make sure there are no stones or grit on your shoes, they can damage the sliding surface through the booties or damage the booties.
- Begin by standing in a bent knee position and carefully allow yourself to experience the slippery effects of the slide surface. This should feel like stepping onto a fresh ice surface. The handle should be in front of you and the bumpers should be angled out, the way you skate.
- Keep your knees aligned with your toes. Make sure your knees do not extend beyond your toes. Nose- knees- toes should be in a vertical line.
- Push off from the right bumper just enough to glide to the left bumper. The lead leg should maintain a bent knee position and the push off leg should almost fully extend as you glide across the surface. The lead leg should also remain positioned directly under your chin.
- Make sure the push off occurs with the foot positioned on the 90 degree wall of the sloped bumper. Keep your lead foot pointing straight ahead, and avoid turning it toward the upcoming bumper.
- Keep both feet flat on the slide surface throughout the slide movement, and recover on the opposite bumper and in a seated, bent knee position. What was your lead leg is now your push off leg and should be positioned firmly next to the 90 degree wall of the bumper.
- Concentrate on keeping your upper body aligned, balanced and aimed straight ahead during the glide.
- Gradually increase the force with which your leg (trail leg) pushes off from the bumper.
- A little practice will teach you to use just the right amount of force to project your body smoothly from bumper to bumper. Work on attaining a smooth, easy rhythm.
- Add arm movements only when you are comfortable with the sliding motion.

**Call Bill at 1-800-666-9198 or 716-679-7716 for assistance 10AM-10PM 7 days, if we cannot get to the phone, leave a message and we will call back [www.pro-slideboards.com](http://www.pro-slideboards.com)**