



SLIDE BOARD



1*



2



3



1. Side-Side Slide 1:00m

2. Side Lunges x12

3. SL Glute Bridge x8

4



OR



5



4. Isometric Hold :30s

5. Goblet Squat x12

6



6. Hamstring Curls on Board x12

7*



8



7. Side-Side Slide 1:00m

8. Reverse Lunges x12

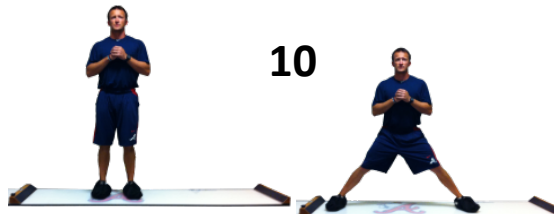
9



OR



10



9. Isometric Hold :30s

10. Abduction on Slide Board x12

***Side to Side Slide (Number 1 and 7)**

- Maintain athletic stance
- Keep foot planted against starting block
- Keep toes forward at all times
- After driving off the block maintain a stance feet shoulder width apart when contacting opposite block
- Keep both feet flat on sliding surface for the duration of the exercise and repeat motion