



## Basic Training Guide



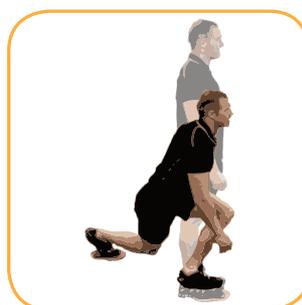
**Front Lunges:**  
Using only one **XR Slide**, slide forward on one leg. Be sure to keep tall with your head in line with your hips. Once you reach a comfortable stride length, contract to slide back up to standing position.



**Side Lunges:**  
Using only one **XR Slide**, slide laterally (to one side) on one leg. Be sure to keep tall with your head in line with your hips. Once you reach a comfortable depth, contract to slide back to standing position.



**Back Lunges:**  
Using only one **XR Slide**, slide backwards on one leg. Be sure to keep tall with your head in line with your hips. Once you reach a comfortable stretch, contract to slide back up to standing position.



**Curtsy Lunges:**  
Using only one **XR Slide**, slide backwards and across the heel of the stationary leg. Be sure to keep tall with Once you reach a comfortable stretch, contract to slide back up to standing position.



**Speed Lunges:**  
Using two **XR Slides**, alternate sliding legs forward and back. Be sure to keep tall with your head in line with your hips.



**Mountain Climbers:**  
Starting in a push up position with one leg forward. Using two **XR Slides**, alternate sliding legs forward and back. Note: placing your feet towards the inner part of the pads will help to keep the slides from colliding.



**Ham Curls:**  
Starting on your back with your hips raised off the floor. Using two **XR Slides**, slide your heels in towards your hips. Keeping your hips raised will increase the effectiveness of this movement.



**Alternate Ham Curls:**  
Starting on your back with with one leg pulled into your hips. Using two **XR Slides**, alternate sliding feet towards your hips. Keeping your hips raised will increase the effectiveness of this movement.

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Check out the demo video & learn more at:

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**Hip Adductors:**  
Starting with you hips above your knees (together). Using two **XR Slides**, slide open both knees to a comfortable stretch. Then contract and slide knees back together.



**Reverse Crunches:**  
Starting in a push up position. Using two **XR Slides**, slide knees forward as far into the chest as comfortable. To protect from overextending your hips and spine, control your sliding back to push up position.



**Intensity Variations:**  
To increase or to reduce the intensity of your sliding exercises, simply adjust your stance as depicted in this picture.



**Slide Flys:**  
Starting in a push up position with your hands together. Using two **XR Slides**, slide both hands open to a comfortable stretch. Contract to slide back to starting position.



**Alternate High Press:**  
Starting in a push up position with hands together. Using two **XR Slides**, slide one arm above head to a comfortable stretch. The other arm is performing a push up. Contract & press to slide back together.



**Alternate Side Press:**  
Starting in a push up position with hands close together. Using two **XR Slides**, slide one arm open to a comfortable stretch. The other arm is performing a push up. Contract & press to slide back together.



**Ab Wheels:**  
Using one or two **XR Slides**, slide hands out in front of you to a comfortable stretch. Contract the abs to slide back to start position.



**Swim Variations:**  
Using two **XR Slides**, slide hands to simulate various swimming movements (front crawl, butterfly, breast stroke).

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